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Neck syndrome in young population

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Text neck is a repeated stress injury and pain sustained from excessive watching or texting on handheld devices for long periods of time. Dependence of mobile phone is increasing rapidly and people spend long hours on mobile phone that lead to various musculoskeletal problems. This study will help us find the awareness of text neck syndrome and awareness of hazards which are caused by excess usage of phone. This study also aimed at finding the knowledge regarding the preventive measures of text neck syndrome. The study design was an observational study with a sample size of 311. A self-administered questionnaire was distributed to all subjects. Results were calculated in percentile format. This study stated that 35% population has heard of text neck syndrome out of which only 8% population has knowledge of this syndrome. The results also stated that 21% population has knowledge regarding the preventive measures of this syndrome. This study has demonstrated a low level of awareness of text neck syndrome amongst young adult population. Also it mentioned about lack of knowledge of preventive measures in this population.

Biography

Mohammad Hassan Khan is working as a physiotherapist in Karachi, Pakistan. He is currently pursuing master by research in management of cervical disorders. His practice and research area include cervical pain, neck syndrome.