



EVALUATION OF NECK PAIN IN LONG DISTANCE DRIVERS

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The cervical spine is surely the most complicated articular system in the body 37 separate joints whose function it is to carry out the myriad movements of the there are 37 separate joints whose function is to carry out the myriad movement of the neck in relation to the trunk, and subserve all special sense organs, e.g., eyes, head and neck in relation to the trunk, and subserve all special senses organs, eg., eyes, ears, nose, taste, touch, and proprioception. The 7 small cervical vertebrae with their ligamentous, capsular, tenuinous, and muscle attachments appear poorly designed to protect their contents, compared with the skull above and the thorax below. The contents of this anatomical cylinder interposed between the skull and thorax include carotid and vertebral arteries, the spinal cord and all anterior and posterior nerve roots, and, in its uppermost portion, the brain stem. The extremely flexible cervical spine balances a 4.5- 5.5 kg (10-12 pound) "ball," the head, on the lateral masses (zygapophyseal joints) of the atlas. The head acts as a cantilever on top of the highly mobile neck. Normally, the neck moves over 600 times an hour, awake or asleep; no other part of the musculoskeletal system is in such constant motion. The cervical spine is subject to stress and strain in ordinary everyday activities--speaking, gesturing, rising, sitting, walking, turning about, even at rest lying down. The position of the cervical spine discloses mood, attitude, how you feel about yourself and the world about you. The cervical spine in flexion suggests depression, withdrawal, sadness, and mourning-- sometimes prayer, as in bowing the head in prayer and supplication--while chin up extension of the cervical spine expresses optimism, confidence, savoir-faire, "all's right with the world." This section of the spine is constantly communicating with myriad bliminal gestures, poses, questions, and answers. A "pain in the neck" is such an unpleasant experience that it is used as an invective for any annoying event or person (how about the verb "to neck," i.e., kissing and caressing, the terminology currently out of style). Normal function



requires that all movement be made without damage to the spinal cord, the entire vascular supply to the head and neck, with many millions—or perhaps billions—of nerve fibers passing through it and the intervertebral foramina.

AIMS AND OBJECTIVES

1. The aim was to determine the prevalence of neck pain in long route driver.
2. To create awareness among drivers about their bad postural habits during work
3. To investigate possible contributing factors.
4. To inform them about neck pain prevention.

SIGNIFICANCE OF STUDY

This study is on long route driver, which are prone to occupational hazards and their bad posture which they adopt during driving. Study in this field explores the posture its effects on drivers and help to reduce absenteeism and increased productivity to perform the best of their duty.

METHODOLOGY

Samples:

The survey was conducted on sample of 30 long route drivers in Haryana, India.

Subject participated voluntarily in the study. The response rate was 85% (n=102)

The study sample consisted of 30 male subjects, who were all good experience holders.

The average age of subjects was 45.5 years ranging from 30-55 yrs.

Inclusive Criteria

1. Age : 30-55 yrs
2. Sex : Male only
3. Bus Drivers only
4. Cervical Spondylosis

Exclusive Criteria

1. Age < 25 yrs & > 55 yrs
2. Any disease of spine
3. Any previous injury of spine.

The subjects were from Rohtak Roadways Haryana.

Instrumentation

The self administered questionnaire was distributed which was composed of a total of 18 questions.



- Information on neck pain and routine practice
- Posture adopted
- Degree of Discomfort
- Treatment applied in connection with pain (type, effect)

Dependent Variables Includes

1. Age
2. Sex
3. Physical workload
4. Year of service

Procedure

I visited drivers at their home as well as Rohtak Depot personally. I explained my objectives. I requested them to fill a consent as the questionnaire.

Table-1

Age group(yrs)	Number	Percentage
30-35	10	26%
35-50	10	40%
Above 50	10	34%
Total	30	100%

Table-2

Years of pachce	Number	Percentage
Upto 10 years	10	25%
11-20 yrs	10	35%
20-25 yrs	10	40%
Total	30	100%



Table-3

Frequency	Number	Percentage
Quite	7	11.76%
Sometimes	10	17.64%
Parely	7	37.25%
Never	5	33.35%
Total	30	100%

Table-4

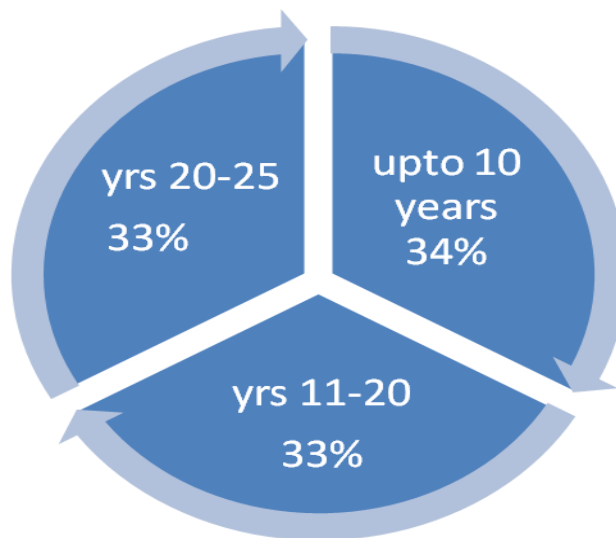
Exercise of neck	Number	Percentage
Yes	10	66%
No	5	34%
Total	15	100%

RESULTS

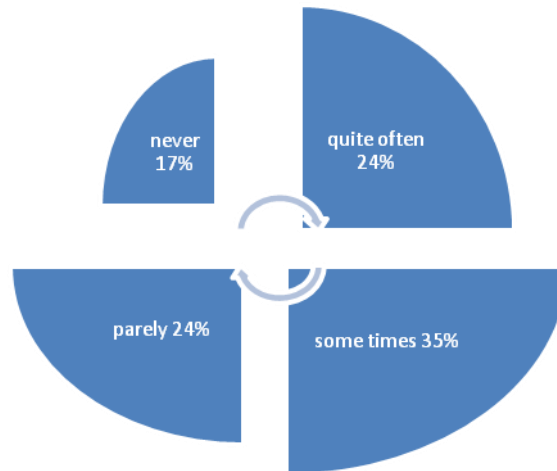
This study reflects that age is not directly dependent on the neck pain.

Neck pain is also attributed to the seniority in the field.

Variation with years of service as a driver



Frequency of Neck Pain



DISCUSSION

My study indicates that long route drivers experience symptoms of discomfort associated with driving. Discomfort was localized mainly in the neck and the back which corresponds to the postural characteristics in the Driver services.

According to my study, pain in the neck experienced by the driver may have been caused by postural stress associated with driver service. The large range of cervical extension are required in driver job to gain visual assess and both hands are also often used always from the study which is likely to account for localized discomfort.

CONCLUSION

There is fairly consistent evidence that driving associated and driver are prone to neck problem including discomfort and disease like cervical spondylaysis.