

# Prevalence and Symptomatology of Cervical Spondylosis in Computer Professionals: A Cross-sectional Study

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## ABSTRACT

**Introduction:** Computer workers are more likely to develop cervical spondylosis, a degenerative disorder of the cervical spine, as a result of sedentary work habits, poor posture, and extended screen time. For the purpose of prevention and management, it is essential to identify certain symptoms and related risk factors in this population.

**Aim:** To investigate the influence of ergonomic and occupational factors, as well as the prevalence and symptomatology of cervical spondylosis among computer professionals

**Materials and Methods:** A cross-sectional study with 300 computer experts was carried out. Using a standardised questionnaire, information about common symptoms, work patterns, and demographics was gathered. Headaches, disorientation, numb hands, stiffness, radiating arm discomfort, and neck pain were among the main symptoms evaluated. To find correlations, daily computer use and ergonomic aspects were examined.

**Results:** According to the study, 68% of participants had symptoms that were typical of cervical spondylosis. The most often reported symptoms were radiating arm pain (52%), stiffness (76%), and neck pain (85%). Increased symptom severity was substantially correlated with ergonomic issues, such as prolonged work hours ( $\geq 8$  hours/day), improper chair height, and lack of lumbar support.

**Conclusion:** Cervical spondylosis is highly prevalent among computer professionals, with neck pain and stiffness being the most common symptoms. Addressing ergonomic risk factors and promoting awareness of preventive strategies, including regular physical activity and workplace modifications, is crucial for reducing the burden of this condition in the workplace.

**Keywords:** Ergonomics, Neck pain, Occupational health, Sedentary lifestyle.