

Ergonomic Interventions and Technology-assisted Physiotherapy for Text Neck Syndrome: A Synergistic Approach

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ABSTRACT

The appellation "text neck" refers to the discomfort and distress to the neck that results from staring down at a cell phone and excessive use of tablets or other wireless devices for too long. Recent analysis indicates that among 18- to 44-year-olds, 79% are almost always within reach of their mobile phones, with only about two hours daily spent apart from them. In order to enhance patients' emotional responses, body image, and physical function, Virtual Reality (VR) and Augmented Reality (AR) have been integrated with psychological and physical rehabilitation therapies. The main emphasis of the present investigation is on scrutinising the efficacy of ergonomics and physiotherapeutic interventions abetted by technology for addressing patients affected with Text Neck Syndrome. In order to retrieve literature about Text Neck Syndrome, the Cochrane library, PubMed, and Google Scholar databases were reviewed. From an initial pool of 157 potentially relevant articles, forty met the established inclusion criteria for this review and were

therefore subjected to in-depth analysis. Combining ergonomic adjustments with motor control exercises proved as effective as pain relief and general exercise in reducing pain and improving function. However, a year later, this combined approach led to significantly greater overall recovery as reported by individuals with Text Neck Syndrome. The discrepancies have been observed, thus underscoring the necessity for further investigation. The present study concludes that providing office workers with highly adaptable seating and ergonomic education is predicted to enhance their ergonomic awareness and abilities, lessen physical burdens and discomfort, and optimize well-being and efficiency. The available evidence strongly suggests that combining Manual Therapies (MTs) with VR and AR has the ability to augment the quality and comprehensiveness of patient care provided by manual therapists.

Keywords: Cervical spine, Ergonomics, Neck Pain, Physical Therapy, Text neck, Virtual reality.