

Prevalence and Determinants of Neck Muscle Weakness Among Students of Different University Departments: A Cross-Sectional Analysis

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ABSTRACT

Introduction: Neck pain is the leading cause of years lived with disability worldwide and it accounts for high economic and societal burden. Altered activation of the neck muscles is a common musculoskeletal impairment presented by patients with neck pain.

Aim: This study aims to represent a database of neck muscle strength and comparison of these measurements between students of various departments.

Materials and Methods: Kindly provide all relevant details including inclusion and exclusion criteria, place of study, variables assessed

and statistical tests used. Total of 100 healthy students participated from ages 18-24. Isometric neck muscle strength was taken using a pressure biofeedback device after ethical approval.

Result and Conclusion: There was a significant correlation in neck muscle strength and the activities of different department students as the P value of current study is 0.021, which is less than 0.05 at a confidence limit 95% suggesting a significant correlation.

Keywords: Neck Muscles, Isometric strength, University students

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