

A REVIEW ON NECK PAIN - CERVICALGIA

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ABSTRACT

Aim: The aim was to evaluate the interventions and risk factors among people with Cervicalgia by using Yoga and Naturopathy cure. **Background:** Cervicalgia is a common disorder characterized by pain, discomfort, or soreness experienced in the region between the inferior margin of the occipital bone and T1. It is one of the commonest problems in young adults due to their repetitive use of computers, laptops, cell phones, TV, and improper sitting posture which lead the body to exhibit bad posture. **Method:** Study design was experimental and sampling technique was non-randomized convenient sampling technique between 17-55 years of age. **Result:** The increased stress and anxiety levels have affected the sleep pattern associated with the modern urban work tradition which is affecting the musculoskeletal system and increasing Cervicalgia problem in people respectively.

KEYWORDS: Cervicalgia, Neck Pain, Musculoskeletal System, Discomfort.

INTRODUCTION

Neck is a very important structure and any disturbance in the position may affect the associated bones and nerves passing through the bones causing the Cervicalgia in common words as Neck Pain.^[1] Cervicalgia has been reported to be among the most prevalent disorders in the general population as it affects subjects performing either occupational or recreational activities. It is said to be the second most widely spread disorder associated with spine dysfunction experienced by every age group, including children and adolescents.^[2] The literature demonstrates a clear link between psychological variables and Cervicalgia cause by awkward occupational postures, anxiety, stress, heavy lifting, and physically demanding work etc.^[3] These muscle imbalances and movement dysfunctions may have a direct effect on joint surfaces, thus potentially leading to joint degeneration. In some cases, joint degeneration may be a direct source of pain, but the actual cause of pain has been often secondary to muscle imbalance.

Cervicalgia peaks between the ages of 30 - 45 years and increases with age.^[5] College students are at a higher risk of Cervicalgia than primary school students. Cervicalgia has a negative effect on student's concentration and academic performance, altering their emotional state, mood and psychological well-being.^[6] Among the employed participants, discontentment in the job was found to be significantly associated with the development of Cervicalgia. Consistently and habitually expending majority of the time with personal electronic gadgets like the Smartphone, Desktop, Laptops, and

Tablets may also change the posture of the individual because the body adapts to the new requirements.^[7] Studies on school teachers have reported a longer duration of employment and a lower level of job satisfaction as significant risk factors for developing Cervicalgia^[8] as in **Fig.1**.

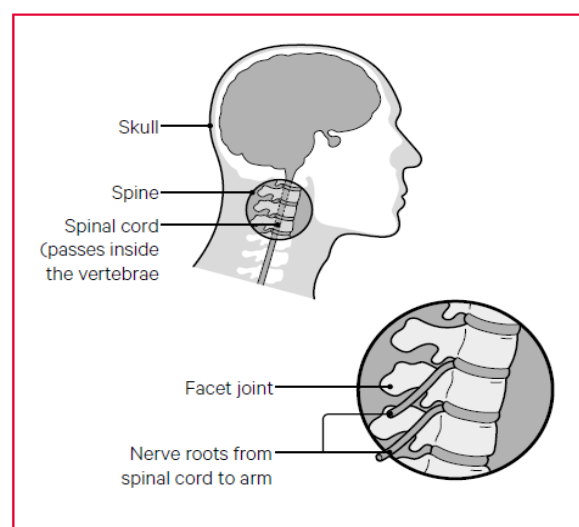


Fig 1: Head and Neck Structure.

The individual personal life styles which cause the Cervicalgia by factors such as low work satisfaction, occupation, poor physical work environment, female sex, stress and distress, pain related behaviour, low sleep quality, personal habits such as smoking, tobacco chewing and alcohol consumption respectively.^[9] The

various medical factors such as psychopathology, genetics, concomitant back pain, rheumatologic conditions, Catastrophization, trauma, previous neck injury, poor self assessed health status and anxiety are other reasons.^[10]

In an effort to reduce the individual and societal burden of Cervicalgia and to give the recent explosive growth of the Cervicalgia literature, it is time to critically examine the evidence from a clinical perspective.^[11-15] The aim of the paper was to review the literature^[16-20] published on interventions for Cervicalgia treatment by Conventional medicine and to use Yoga and Naturopathy Cure which are the best no-drug solutions and a mind-body technique that has been found to be effective for management of Cervicalgia^[20-28] respectively.

PROCEDURE FOR STUDY

Ethical approval is not required since this is a specific observational study and all the data collected in an subjective form and patients concern had been taken and presented in non-randomized convenient sampling technique who himself intended to cure and take treatment. Participant's Demographics values such as age, gender, height, body weight, and medical history were recorded with utmost care by the inclusion and exclusion criteria only. All the assessments were performed three times for each participant as pre-treatment, immediately after the treatment, 3 months after the last session and finally 6 months by the same physiotherapist.

Age of subjects taken should be between 25-75 years which include both Males and Females with Cervical Spondylitis, Cervical Spondylosis, and Chronic stage Cervicalgia (above 7 weeks). Patients with Neck Disability Index (NDI) score above 15/50 having Primary Complaint of Cervicalgia with or without Radiculopathy are selected for recruiting in study are taken as Inclusion criteria.

Patients or subjects with past history of Vertigo, Cervical Spondylolisthesis, Acute Inflammatory Arthritis, Congenital Malformation of Spine, History of Trauma and Fracture of Spine, Surgery to Cervical and Upper Thoracic Spine. Patients who have taken Pain Killers and Steroids for past 15 Days and Physiotherapy Interventions taken before recruiting in to the study are taken as Exclusion criteria.

COMMON TECHNIQUE TO CURE

The various methods to be followed are Apply Ice for the first few days of your Neck Hurting, Apply Heat with a Heating Pad, Hot Compress, or Hot Showers, Take Over-the-Counter Pain Relievers such as Ibuprofen or Acetaminophen, Take a few days off from Sports, Activities and Heavy Lifting, Resume Normal Activity slowly as symptoms ease, Sleeping on a firm mattress, with your head at the same height as your body, Exercise your neck every day, Slowly stretch your head in side-to-

side and up-and-down motions, Use good posture, Avoid cradling the phone between your neck and shoulder, Change your position often, Do not stand or sit in one position for too long, Get a gentle neck massage, Use a special neck pillow for sleeping, Do not use a neck brace or collar unless advised by doctor are some of the solutions.

WHEN TO SEEK MEDICAL CARE

Situations like Severe Neck Pain without apparent cause, A lump in your neck, Fever, Headache, Swollen glands, Nausea and vomiting, Trouble swallowing or breathing, Weakness, Numbness and tingling, Pain that radiates down your arms or legs, Inability to move your arms or hands, Inability to touch your chin to your chest, Bladder or bowel dysfunction, Dizziness, Losing weight, Tingling or numbness in the arms or legs, Sweats and chills or problems swallowing, Vertigo, Changes to eyesight (e.g. double or blurred vision), Difficulty in speaking or swallowing, Metallic taste in the mouth, Numbness of your face, Severe headaches, Changes to walking pattern, Unexplained trip or falls, Loss of hand dexterity (control in performing fine hand tasks), Significant loss of grip strength, Pain and stiffness, Clicking and grating noises, Dizziness and blackouts, Muscle spasms, Loss of sensation involving more than one dermatome, Intractable or increasing pain, Insidious progression, Loss of sexual, bladder, or bowel function, Neurological signs, Unexplained weight loss, Pain that is increasing, is unremitting, or disturbs sleep, History of inflammatory arthritis, cancer, tuberculosis, immunosuppressant, Drug abuse, AIDS, or other infection.

GOOD POSTURE MAINTAINENCE

Keep your computer monitor at eye level and your head level at all times, Use a chair with back support, Avoid tilting your head to hold a phone between your ear and shoulder, When texting, try to keep your phone screen at eye level to avoid bending neck, While sleeping on your back, do not sleep with more pillows than necessary, Support the curve of your neck by placing a small towel roll inside the pillow case are some of the methods to be followed to maintain a good posture respectively.

INTERVENTION FOR CERVICALGIA

Naturopathy treatment generally involves diet therapy, yoga therapy and meditation etc. Apart from this Infrared lamp exposure, Hydrotherapy treatment with Hot and cold bath fomentations, Spinal bath or Immersion bath, Neck mud pack is given to relax the stiff muscles, Diet and clear bowels are two important parts of any naturopathy treatment.

Physiotherapy and Acupuncture is an integral part of naturopathic treatment and highly beneficial in Cervicalgia. The patient is advised not to sleep on a thick mattress and sleep without a pillow. Mindfulness meditation can help you to focus on your breath and relax your mind and body.

EXERCISES AND YOGA ASANA

Exercise every other day allowing enough rest is important to let the soft tissues recover and develop. Choose 3 or 4 exercises from the set below that are challenging but manageable. Perform 5-10 repetitions of each exercise, 3-5 times a day. Rest for up to 1-2 minutes between each set. Once an exercise is easy, progress it by increasing the number of repetitions (you could aim to increase it by 2-5 repetitions every 2 weeks) or for holding the positions for longer, or moving to a more challenging exercise.

The various exercises useful to relieve Cervicalgia are Neck Flexion, Neck Rotation, Neck Side Flexion, Chin Tucks, Scapula Retraction, Trunk Rotation, Seated Row without Equipment, Prone Scapula Retraction with Dumbbells, Shoulder Blade Retraction (Middle Trapezius), Prone Shoulder Blade Retraction with Arms Bent (Middle Trapezius) and Prone Arm Lift (Lower Trapezius) etc.

Yoga expert suggests a few asanas for a healthy Neck Pain relief are Bhujangasana (Cobra Pose), Cat-Cow Pose, Balasana (Child's pose), Bridge pose and Dhanurasana (Bow pose).

The combination therapy of specific asanas, breathing exercises, massage and relaxation techniques have proved beneficial in reducing both intensity and frequency of muscle pain in the study on subjects.

The results of this study for the stretching group is supported by effects of global posture re-education and static stretching on pain, range of motion and quality of life in women with chronic neck pain which concluded that stretching showed significant improvement, post relaxation versus isometric exercises in nonspecific neck pain, long working time and constant muscle tension in the neck and shoulders increase the risk of pain mainly.

CONCLUSION

The study results strongly support that yoga & Naturopathy could potentially play a beneficial role in management of Cervicalgia problem. The increased stress and anxiety levels have affected the sleep pattern associated with the modern urban work tradition which is affecting the musculoskeletal system and increasing Cervicalgia problem in people. Evidences from around the world suggest that these traditional, holistic healing systems work wonders against Cervicalgia through regular yoga asanas, physiotherapy and right diet that can provide a better relief to Cervicalgia. Future studies should assess the long-term effects of the interventions. I suggest a longer duration of treatment with more sessions in order to maximize the treatment effect.

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