

Prevalence of Neck Pain among Military Clerks in the Directorate of Pay and Record and Directorate of Benevolent Fund in Army Camp, Panagoda

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Abstract

Neck pain is one of the most common musculoskeletal conditions among different occupations specially in occupations which requires the use of a computer. Military clerks are reported to experience neck pains at a higher rate and there are no studies done previously on prevalence of neck pain among this population. Therefore, this study is aimed to identify the prevalence of neck pain among military clerks in directorate of pay and record and directorate of benevolent fund in Army camp, Panagoda. An observational cross-sectional study was carried out among 103 individuals (69 males and 34 females) who currently work as military clerks. A self-administered questionnaire was used to collect data along with the pain severity assessment by Numerical Pain Rating Scale (NPRS). Among the total population, 48.5% (n=50) were reported with neck pain within the past 12 months (55.1% males and 35.3% females). Among the clerks who had neck pain during the past 12 months, 54% (n=27) had pain radiating towards their upper limbs and most of them complained of radiating pain to both sides. Majority of the clerks reported to experience neck pain lasting for few hours per day 52% (n=26). Aggravating factors for neck pain in this population were staying in the same posture for prolong periods, riding a motorcycle and lifting weights whereas a break from work, massaging neck area and neck exercises relieved neck pain. According to NPRS, majority of neck pain cases were mild (NPRS 1–3). Neck pain is common among Sri Lankan military clerks hence such vulnerable clerks should be identified early and should be directed to take preventive action from getting neck pains.

Keywords: *Neck pain, Military clerks, NPRS, Aggravating factors, Easing factors*