

## Scapula Dyskinesia in Patients with Chronic Neck Pain in Selected Hospitals in Colombo District, Sri Lanka

KADK Sandamali<sup>1#</sup>, MP Wadanamby<sup>1</sup>, AMSDM Gunarathne<sup>1</sup>, R Tudugala<sup>2</sup>, and HPM Dabare<sup>1</sup>

<sup>1</sup>Department of Physiotherapy, Faculty of Allied Health Sciences, General Sir John Kotelawala Defense University, Sri Lanka

<sup>2</sup>Department of Radiography & Radiotherapy, Faculty of Allied Health Sciences, General Sir John Kotelawala Defense University, Sri Lanka

#sandamalikavindya123@gmail.com

Neck pain is a prevalent musculoskeletal condition affecting a significant portion of the population. This results in impaired functionality of associated anatomical structures such as shoulder joint and scapulothoracic joint, relative to individuals without neck pain. While much attention has been given to the relationship between chronic neck pain (CNP) and general musculoskeletal dysfunction, the specific impact of CNP on scapula dyskinesia (SD) remains underexplored. This study aims to compare SD between CNP patients and individuals without neck pain. A cross-sectional study was conducted among 55 participants aged 18-65 years diagnosed with CNP (NP group), attending the Department of Physical Medicine at University Hospital Kotelawala Defense University (UHKDU) and Colombo South Teaching Hospital (CSTH). Age, gender and BMI matched 55 participants without CNP (Healthy group) were recruited from the eye-clinic UHKDU. Socio-demographics data were collected through a questionnaire and SD was assessed with the Lateral Scapular Slide test (LSST). The mean age of the population was 48.6 ±12.6 years, and the mean BMI was 26.6±4.3kg/m<sup>2</sup>. 76.4% of the population were females. 56.4% of NP group reported positive for LSST and, 12.7% of the healthy group reported positive for LSST. LSST results showed significantly greater distance (P<0.01) in between the inferior border of the scapula in NP group compared to healthy group. Scapular dyskinesia in the NP group is five times reduced compared to the healthy group. Neck pain can result in scapula dyskinesia.

**Keywords:** *chronic neck pain, lateral scapular slide test, scapula dyskinesia*