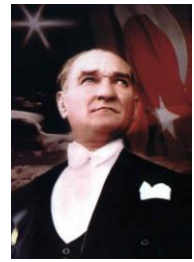




INVESTIGATION OF MUSCULOSKELETAL PAIN AREAS AND PAIN SEVERITY IN COMPUTER USERS WHO ARE UNIVERSITY EMPLOYEES

EKINCI, Y.; ATASAVUN UYSAL, S.; YILDIZ KABAK, V.; DÜĞER, T

Hacettepe University Faculty of Health Sciences Department of Physical Therapy and Rehabilitation, Ankara, Turkey



Objectives

The aim of this study was to determine the musculoskeletal pain areas and pain severity in computer users who were university employees.

Methods:

93 individuals using computer during the day on Hacettepe University employees were participated the study. The mean computer usage time was 4.8 ± 2.4 hours. The working postures of the participants were evaluated with Rapid Upper Limb Assessment (RULA). Individuals whose RULA scores were 3 and above (the scores show musculoskeletal risk) included this study. It was asked to participants whether they had pain in joints and spine at least once during last four weeks. If they had pain, they were wanted to express the level of the pain with visual analogue scale (VAS)

Conclusion

University employees who use computer because of their work for long time are at high risk for musculoskeletal injury. As a result of our study the individuals who were using computer for long time for their job had pain especially at back-neck region because of the wrong posture. Therefore, it should be emphasized that the importance of the ergonomic education, protecting back-neck region alignment and regulating the work environment

Results:

	Pain Frequency (%)	Pain Severity (VAS)
Neck-Back	81	4.7±2.0
Low Back	66.7	4.3 ±2.5
Right Shoulder	61.9	2.4±2.3
Left Shoulder	59.5	1.9±2
Right Elbow	37.3	1.7±2
Left Elbow	31.8	1.1±1.6
Right Wrist-Hand	51.2	1.9±2.5
Left Wrist-Hand	31.7	0.8±2.5