EFFECTIVENESS OF TELEPHYSIOTHERAPY BASED NECK AND SHOULDER EXERCISE IN REDUCING NECK PAIN AMONG UNDERGRADUATE COMPUTER USERS TAKING-UP ONLINE CLASSES

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ABSTRACT

Telephysiotherapy is a physical therapy service at a distance using any telecommunication technology when an in-person visit is not permissible. It has been a way by physical therapists to deliver treatment, management, and checkups. With the world going through a pandemic, many restrictions were placed which affected how physical therapy services are given. Neck pain is one of the most common complaints among various populations, especially for those whose nature of work includes prolonged sitting without changing positions—similar to those students attending online classes. Consequently, this musculoskeletal condition can result in uncomfortable and limited movements when doing their everyday tasks and may affect the quality of life. With that, the study opted to tackle this problem by using telephysiotherapy based neck and shoulder exercises in reducing neck pain among undergraduate computer users who are taking-up online classes. The study utilized a One-Group Pretest–Posttest Design where the respondents were composed of 35 students with mild to moderate neck pain. The researchers, together with a physical therapist, prescribed the respondents to do the exercise once a day for 20 sessions. 12 sessions were done synchronously via video call with researchers, a physical therapist, and the respondents while 8 sessions were done asynchronously wherein the respondents were only tasked to fill up a form available throughout the day once they have done their exercises. The researchers used the Visual Analogue Scale (VAS) and Neck Disability Index (NDI) to see if there is a decrease in pain and disability of the respondents. Results showed that after the 20 sessions of the telephysiotherapy based neck and shoulder exercise, there was a significant decrease in the respondent's neck pain before after the telephysiotherapy exercises in terms of the VAS ($15.56 > \pm 2.03$) and NDI ($10.58 > \pm 2.03$). In conclusion, the use of the telephysiotherapy based neck and shoulder exercise is an effective way of reducing neck pain among undergraduate computer users taking-up online classes and can be done instead of face-to-face physical therapy management.

Keywords: Telephysiotherapy, Neck and Shoulder Exercise, Neck Pain, Computer Users, Online Classes.