EFFECTIVENESS OF TELEREHABILITATION-BASED EXERCISE PROGRAM FOR CHRONIC GRADE II NONSPECIFIC NECK PAIN AMONG PT & OT ONLINE LEARNERS

Jodel Benedict G. Barredo
UPH-Dr. Jose G. Tamayo Medical University
PHILIPPINES
a19-0210-765@uphsl.edu.ph

Charles Jordan M. Bronto
UPH-Dr. Jose G. Tamayo Medical University
PHILIPPINES
a19-0343-431@uphsl.edu.ph

Kento B. Minorikawa
UPH-Dr. Jose G. Tamayo Medical University
PHILIPPINES
a19-0469-718@uphsl.edu.ph

Jefferson M. Planilla
UPH-Dr. Jose G. Tamayo Medical University
PHILIPPINES
a19-0106-139@uphsl.edu.ph

Stephanie L. Piol
UPH-Dr. Jose G. Tamayo Medical University
PHILIPPINES
stephanie.piol@uphsl.edu.ph

Noel R. San Antonio
UPH-Dr. Jose G. Tamayo Medical University
PHILIPPINES
noel.sanantonio@uphsl.edu.ph

ABSTRACT

Neck pain is a very common condition associated with disability worldwide. It is the 4th most burdensome condition in terms of years lived with disability having a one-year prevalence of 20.3%, lifetime prevalence of 27% to 71%, and can be observed in individuals from the age groups of 15-25. Telerehabilitation is a physical therapy service at a distance using any telecommunication media that has been a way by physical therapists to deliver treatment, management, and checkups for conditions such as nonspecific neck pain. This study aimed to determine the Effectiveness of Telerehabilitation-based exercises in reducing Grade II Chronic Nonspecific Neck Pain among Physical Therapy and Occupational Therapy Online Learners in UPH-DJGTMU. The researchers evaluated the respondents if they fit the criteria to be part of the study, ruling-out the "red flags" (set by the Neck Pain Task Force) such as trauma, tumor/cancer/malignancy, spinal cord compromise, systemic diseases, infections, pain, and prior medical history. A total of thirty-six (36) male and female students have passed the required inclusion criteria and were selected as respondents for the study. Visual Analogue Scale (VAS) and Neck Disability Index (NDI) outcome measures were used to measure the pain and disability of the respondents prior and after the treatment sessions. The VAS and NDI scores showed significant improvement in the post-test compared to the pre-test, indicating that there is a decrease in the neck pain experienced by the respondents. The results showed that the use of telerehabilitation-based exercise program was effective in decreasing the neck pain of Physical Therapy and Occupational Therapy online learners.

Keywords: Neck Pain, Telerehabilitation, Online Classes, Physical Therapy