

Altered Proprioception & Joint Position Error in Young Adults with Non-Specific Chronic Neck Pain

Raghuraj Jaju, Dr. Kapil Garg, Purva Toshniwal*

MGM Institute of Physiotherapy, N-6 CIDCO, Aurangabad

*Corresponding author

ABSTRACT

Background: Musculoskeletal Pain is common symptom with prevalence of 30% in adolescent. Neck pain has been found to be common musculoskeletal pain in young adults. Proprioception involves joint position sense and kinaesthesia. Cervical muscles have abundant density of muscle spindle rich in proprioceptive system which plays role in maintaining static and dynamic postures. In several musculoskeletal condition like cervical spondylosis altered proprioception has been seen.

Aim: To determine the prevalence of altered proprioception & joint position error in patients with non-specific chronic neck pain among young adults.

Methods: A prevalence study of 68 patients were included with neck pain more than 3 months, both male and female were included, age criteria was 18 -35 years, non-cooperative and patients with psychological disorders, vestibular disorder, cervical fracture and cervical radiculopathy were excluded. Outcome Measures used are proprioception and joint position error using joint position error test.

Results: Proprioception was altered majorly in and right neck rotation (23%) right side flexion (23%) followed by flexion (17%) and extension (7%) moderate to severely in population. Joint positioning error was also found to be mildly altered within range.

Conclusion: This study concluded that muscle fatigue being the factor of altered proprioception and joint positioning error in non-specific chronic neck pain in young adults.

Keywords: Non-specific neck pain, Proprioception, Joint position error

