

Correlation of Work Posture with Cervical Endurance Using RULA Among IT Professionals

Amita Aggarwal*, Dr Tushar J Palekar

Dr. D.Y. Patil College of Physiotherapy, Dr. D.Y. Patil Vidyapeeth, Pune

*Corresponding author

ABSTRACT

Introduction: Work Related Musculoskeletal Disorders (WRMDs) are common health problems affecting individual's physical and social functioning. Neck pain is being one of the WRMDs seen in desktop workers who are working continuously for hours which may be due to awkward posture adopted by them during their working schedule.

Methodology: Present study analyzed the correlation between working posture and cervical muscle endurance among IT professionals. After demographic data, 42 individuals with and without neck pain were recorded for Neck Disability Index (NDI) followed by cervical range of motion (CROM) and rapid upper limb assessment (RULA) evaluation. The individual's scores of all these body regions were collected, evaluated and assessed to obtain the RULA grand score which indicate the overall conditions of work postures of the individual.

Results: In this study, 69.04% of the subjects were using external mouse, 57.1% acknowledged presence of working screen at eye level and 54.7% of the subjects were using adjustable chair. After RULA assessment, maximum subjects were graded high on RULA score with 47.6% scoring between 5-6, suggesting further investigations and changes requirement. For between group comparisons, cervical right lateral flexion, left rotation and cervical endurance was reduced significantly in the subjects with neck pain. A weak negative correlation was found between work posture and cervical endurance.

Conclusion: The longer working hours at uncomfortable workstation and in improper posture leads to upper limb discomfort and neck pain.

Keywords: WRMDS, IT professionals, RULA, Cervical endurance

