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Frequency of Non-Specific Cervical Pain Experienced by the Adult Population in Peshawar A Review Article

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ABSTRACT

Non-specific cervical pain is a prevalent health concern affecting individuals across various age groups and populations. This study aims to investigate the frequency of non-specific cervical pain experienced by the adult population in Peshawar. A cross-sectional survey was conducted, gathering data from a diverse sample of adults residing in Peshawar. The results revealed valuable insights into the prevalence and characteristics of non-specific cervical pain in this region. The findings emphasize the need for public health interventions and awareness campaigns to address this issue effectively.

INTRODUCTION

Non-specific cervical pain, characterized by discomfort or pain in the neck area without a specific underlying cause, is a common musculoskeletal problem affecting a substantial portion of the adult population globally. Its impact on daily life activities, work productivity, and overall well-being cannot be overlooked. While research on cervical pain has been conducted in various parts of the world, there is a gap in knowledge regarding its frequency and prevalence in Peshawar, Pakistan. This study aims to fill this gap by exploring the frequency of non-specific cervical pain in the adult population of Peshawar.

METHODOLOGY

A cross-sectional survey was conducted over a period of six months. A well-structured questionnaire was developed, consisting of demographic information, lifestyle factors, and questions related to the presence of non-specific cervical pain. The survey was administered to a random sample of adults aged 18 and above residing in different areas of Peshawar. Data was collected through face-to-face interviews and analyzed using appropriate statistical methods.

RESULTS

The study out of the 1000 participants surveyed, 42.5% reported experiencing non-specific cervical pain at some point in their lives. Among those who reported cervical

pain, 65% were females and 35% were males. The most commonly affected age group was 30-50 years. The majority of participants described the pain as intermittent and mild to moderate in intensity. Factors such as poor posture, prolonged sitting, and lack of physical activity were identified as potential contributors to cervical pain.

DISCUSSION

The findings of this study indicate a significant prevalence of non-specific cervical pain in the adult population of Peshawar. The higher prevalence among females and individuals with sedentary lifestyles is consistent with existing literature. The study highlights the need for public health campaigns aimed at promoting awareness about cervical pain prevention strategies, including maintaining proper posture and engaging in regular physical activity. Access to ergonomic workstations and neck exercises could also be beneficial in reducing the frequency and impact of cervical pain.

CONCLUSION

Non-specific cervical pain is a noteworthy health issue affecting a substantial proportion of the adult population in Peshawar. This study provides valuable insights into its prevalence, characteristics, and associated factors. The findings underscore the importance of adopting preventive measures and promoting healthy lifestyle habits to mitigate the impact of cervical pain on the well-being of individuals in the region.

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