

APPLICATION OF MANUAL TREATMENT THERAPY TO NECK AND SHOULDER PAIN CURE FOR OFFICE STAFF AT BAC NINH SPORT UNIVERSITY

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Abstract:

We have applied hand treatment therapy combined with massages, acupressure and spinal manipulation techniques to neck and shoulder pain cure for office staff at Bac Ninh Sport University.

Key words: Manual treatment, massage, acupressure, spinal manipulation, neck shoulder pain

INTRODUCTION

Neck shoulder pain is a type of neuromuscular disorder caused by localized, sudden cramps due to neurological dysfunction that is not due to bone or joint damage, neck vertebrae or intervertebral disc. Due to circulatory disturbances, anemia in the spinal area or excessive stretching of the nerves causing nerve disturbances in the neck shoulder cause partly cramping and pain.

Neck shoulder pain is a common pathological syndrome in office staffs with symptoms such as pain, stiffness at the neck and shoulders. The pain may spread to the ears, the temples or spread to the shoulders, arms. Some cases may accompany with muscle spasms, numbness in the arms, forearms, fingers or more severe muscle weakness, muscle atrophy. There are many treatments available, but nowadays, Doctors and patients have increasingly used non-prescription treatments, in which movement treatment and acupressure are popular treatments. However, in reality, the use of treatments depends on patient's clinical condition and hospital conditions. Therefore, it is very urgent and valuable to cure the neck and shoulders pain for the office staff at Bac Ninh Sport University by manual therapy.

RESEARCH METHODS

In the research, we have used methods of synthesis and analysis of documents, interview,

talks, medical examination, Massage - acupressure - spinal manipulation and mathematical statistics. Diagnosis and effectiveness are on two criteria: Pain sensation and movement limitation in four levels.

RESULTS AND DISCUSSION

1. Situation of the prevalence of neck pain syndrome of officials of Bac Ninh Sport University

By interviewing 113 office staff at Bac Ninh Sport University, the study has identified that the neck and shoulder pain are mainly in middle and high age. specifically: At the age of above 45, 100% suffered in both men and women; at the age of 22 to 34, male suffers account for 55.56% and female ones account for 41.18%; at the age of 35 to 44, male suffers account for 63.89%, female ones account for 68.75%. The incidence of neck and shoulder pain is in high level, with male suffers of 67.9% and female ones of 57.1%.

2. Selecting manual treatment exercises on neck and shoulder pain for office staff at Bac Ninh Sport University

By using methods of reading and analyzing documents, interview results, the study has selected the manual treatment combined with massages and spinal manipulation. Including:

Massages include three techniques:

Stroking; stretching; kneading

Acupressure points: Feng Chi, Feng Fu, Feng

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Men, A Shi, Tian Zong, Jian Zhen, Jian Gu, Qu Chi, Wai Guan, Zhong Zhu, He Gu

Spinal manipulation techniques: Weight relief of upper neck area from C1 to C3; weight relief of the lower neck area from C4 to C7; weight relief of upper back area from D1 to D3; weight relief of the lower back area from D4 to D7.

3. Massage, acupressure and spinal manipulation treatment process

Based on theoretical and practical issues, the study has developed the process of implementing massage, acupressure and spine manipulation techniques as follows:

Massage techniques:

Perform a smooth massage, rubbing gradually heating the neck muscle groups, shoulder belts and stairs. Performing from the occipital bone to the neck and shoulder in 15-20 minutes / treatment.

Acupressure techniques:

After massaging the muscles and ligaments are hot and soft. Then we press the acupressure points. Namely, Feng Chi, Feng Fu (which is the middle of the nape, 1cm from the root of hairs, Feng Men (the two sides symmetrical, equal to 1.5 cm from vertebrae 2), A Shi, Tian Zong (the shoulder well), Jian Zhen (closed arms, acupuncture points on the tip of the armpit 2 inches), Jian Gu, He Gu, Qu Chi (Forearm in 900, acupuncture on the outer edge of the elbow folds), Wai Guan (the middle of the forearm, the middle of the hand, 2 cm from the wrist), Zhong Zhu and He Gu. Proper acupressure helps to relieve neck and shoulder pain.

Spinal manipulation technique:

We take weight relief of upper neck area from C1 to C3. Using wave mode in two postures:

Sitting posture with bowed neck: Weight relief has a clinical form of a single soft and varied from C1 to C3.

Lying on back posture: The weight relief is a single or multiple convex, convex, or cramp and sclerosis from C1 through C3.

We take weight relief of lower neck area from C4 to C7. Using wave mode in three postures:

Sitting posture with forward head: Weight

relief has a clinical form of concave deflection, atrophy or weakness.

Sitting posture with backwards head: Weight relief has a clinical form of a single or multiple convex, convex, constricted, rigid.

Lying posture with face down: Weight relief has a clinical form of concave shape, concave deflection, shrinkage, weakness or fibrous muscle.

We take weight relief of upper back area from D1 to D3. Using wave mode in two postures:

Straight sitting posture: Weight relief of upper back has a clinical form of convex or distorted.

Sitting posture with forward head: Weight relief of upper back area from D1 to D3 has a clinical form of concave, single or interplanetary depression.

We take weight relief of the lower of the upper back area from D4 to D7. Using wave mode in 3 postures:

The posture of sitting shoulder to shoulder: Weight relief of the lower of the upper back has a clinical form of convex, lumpy and thick.

Light Folding posture: Weight relief of the lower of the upper back has a clinical form of a thick convex.

Sitting posture with humpback: Weight relief of the lower of the upper back has a clinical form of concave, depressed and crooked in the deep muscle.

4. Application of manual treatment in curing neck and shoulder pain for office staff at Bac Ninh Sport University

We have conducted the study on 20 staffs suffering from neck and shoulder pain with levels ranging from level 2, the time to start treatment from 01/5/2017 to 30/6/2017. The study has used two evaluation criteria: VAS point scale, shoulder and neck vertebrae movement capacity with four raising levels. The effectiveness of massage and spinal acupressure therapy before and after experiment is in Table 1.

Table 1 shows that both of two criteria for evaluation neck and shoulder pain after treatment time are significantly reduced in comparison with that before the experiment in

different levels, which showed that manual treatment applying for selected subjects is effective. The results in each criterion are as follows:

As for the pain:

Level 4: Before experiment, 2 people, after experiment, 01 person has moved to level 3 (50%) and 01 person has moved to level 2 (50%).

Level 3: Before experiment, there were 6 people, after experiment 2 people have moved back to level 2 (33.3%) and 04 people have moved to level 1 (66.7%).

Level 2: Before experiment, there were 12 people, after experiment only 2 people (16.6%), 10 people move to level 1 (83.4%).

As for Movement Limitations:

Level 4: Before experiment, 1 suffered person s, after experiment, he has moved to level 3 (100%).

Level 3: Before the experiment, there were 9 people, after experiment, one of them has moved to level 2 (11%) and 08 people have moved to level 1 (89%).

Level 2: Before experiment, there were 10 people, after experiment, only 2 people (20%); 08 people have moved to level 1 (80%)

Overall, after the experiment, there are 18 cases of remission, accounting for 90%, there are only 02 cases having no remission, accounting for 10%.

Table 1. Application results on using manual treatment to curing neck and shoulder pain for office staffs Bac Ninh Sport University

Evaluation levels	Evaluation criteria	Comparison results						
		Before experiment	After experiment					
			Level 1	%	Level 2	%	Level 3	%
Level 2	VAS point scale	12	10	83.40	2	16.60	-	-
	Movement level of neck and shoulders' vertebrae	10	8	80.00	2	20.00	-	-
Level 3	VAS point scale	6	4	66.70	2	33.30	-	-
	Movement level of neck and shoulders' vertebrae	9	8	89.00	1	11.00	-	-
Level 4	VAS point scale	2	-	-	1	50.00	1	50.00
	Movement level of neck and shoulders' vertebrae	1	-	-	-	-	1	100

CONCLUSION

Using research results, we have drawn the following conclusions:

1. The subject has identified the actual status of neck and shoulder pain of office staff at Bac Ninh Sport University.

2. The study has selected manual treatment with 03 methods (massage, acupressure and spinal manipulation) for treatment of neck and shoulder pain for office staff at Bac Ninh Sport University. The results after experiment have showed significant improvement in both quantity and level compared to the pre-experiment.

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