



THE RELATIONSHIP OF "TEXT-NECK" SYNDROME WITH THE USE OF SMARTPHONE AND ITS RECORDING BY IMAGING TECHNIQUES, CORRELATION WITH X-Ray Imaging.

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Abstract – Staying for long hours on the smartphone, for most people will also cause neck injuries and one of these injuries is "Text Neck" which is a growing global health problem, with deviation even in normal x-ray imaging findings, and can affect a large number of the population worldwide the world. The term and medical condition derive from the onset of degeneration of the cervical spine resulting from the repetitive stress of frequently bending the head forward while looking at mobile device screens and texting for long periods of time. In order to diagnose these problems, imaging techniques are used to identify the diagnosis or disease that any person may have, such as X-ray, CT, MRI and many other devices. In the course of life, about two thirds of the population have some form of neck pain, especially in the middle age group. There was also an increase in radiological examinations to look for neck problems, and increase findings of changings of normal findings in x-ray of neck

Keywords – Neck Pain, Technology, X-Ray, CT, MRI

I. INTRODUCTION

"Text-Neck" is a term heard in the news or on social media that refers to looking down or hunched over an activity for a long time. This attitude is not exactly new; people have been doing this for centuries with books, drawings, sewing and many other activities. Recently, this attitude is more related to smartphones and computers, that is, to electronic devices. Using a cell phone for long periods of time a day can cause text neck syndrome because while using the phone, our head is extended forward, our shoulders are hunched and our back is arched, which is a bad posture for body. Teenagers are the driving force behind mobile phones given the importance of them being constantly in touch, with access to various social networks. Time spent at home increased exponentially after the pandemic and changed most people's daily routines, reduced opportunities for direct face-to-face interactions,

and thus people began to rely more on Internet-based services.

II. MATERIALS AND METHOD

This study used a mixed mixed methodology for its realization. The study is based first on an empirical research. So, a wide literature was used, mostly published by foreign authors, where we can learn about the text-neck syndrome as well as anatomical and imaging concepts. Secondly, the other chosen method will be the survey. This is because it offers a closer proximity and more accurate results on the part of the users. The survey will be in the form of a structured quantitative interview. Unlike the classic questionnaire, the interviewee does not have to choose between limited and prefabricated answers, instead, he is given the opportunity to answer verbally in an open manner. The selected sampling consists of 130 people aged 15-30, from the city of Tirana.

A. Level-2 Heading

"Text Neck" is a growing global health problem and can affect a large number of the population worldwide. The widespread abuse of mobile technology is causing a harmful and dangerous physical condition for the human body, known as Text Neck. Dr. Dean Fishman is a chiropractor in Plantation Florida and a leading health care provider for technology-induced injuries. This doctor coined the phrase "Text Neck" to explain the repetitive stress damage to the body caused by excessive texting and excessive use of all portable electronic devices. The term and medical condition derive from the onset of degeneration of the cervical spine resulting from the repetitive stress of frequently bending the head forward while looking at mobile device screens and texting for long periods of time.

B. Figures and Tables

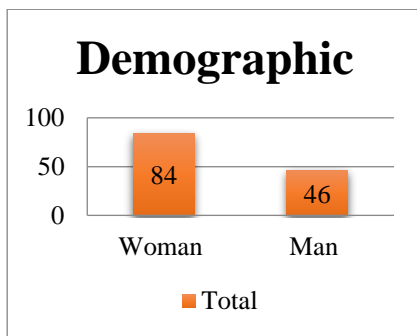


Fig. 1 The first data collected were demographic. From the results, 84 of the respondents were women and 46 were men. Women occupy a percentage of 65%, while men 35% of the total 100%.

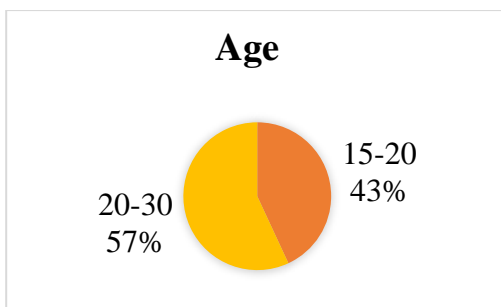


Fig.2 In terms of age, 43% of respondents were between 15 and 20 years old, compared to 57% who were between 20 and 30 years old.

Table 1. Question: Have you undergone any physical therapy or imaging?

Question	Answer in group
No	40
Yes-x ray	61
Yes- Physiotherapy	29

III. RESULTS

Young Albanians, women tend to use mobile phones more than men and use mobile phones for social media, to write messages and to study much more than men. Average neck pain is observed in most young people, what can be seen is the correlation between the intensity of the pain and the hours of use of the smartphone with the value $p = 0.040$. In most cases, the graph can establish the diagnosis and what is assessed is mainly the loss of lordosis. In the graph, the height of the discs and vertebral bodies, bone changes, if there is narrowing of the intervertebral space and if the vertebrae of the cervical column are of the correct height should be seen. "Text neck" is a repetitive strain injury that can be avoided by frequent interruptions while using the phone. It is essential to take a break every 20 minutes while using smartphones in daily life.

IV. CONCLUSION

In this study there is a correlation between neck pain and spending many hours on a smartphone. These people adopt a static and bent spine posture while using the phone. If this posture is maintained for a long time, the center of gravity of the head is pushed forward. This imbalance causes constant muscle contraction causing text neck syndrome with symptoms such as headaches, neck pain, shoulder pain, upper back pain and forward head posture. The literature has shown that the prevalence of neck pain increases with age. Age and duration of cell phone use are major determinants of pain severity. Imaging techniques are necessary to be performed to identify the diagnosis or disease that any person may have, such as X-ray, CT, MRI and many other devices.

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