

Scholarly Article Critique

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Case & Diagnosis: Case #7, Chronic Upper Back and Neck Pain

Summary and Critique of Scholarly Articles.

Title of Article: Neck and shoulder pain related to computer use

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1. Article title information.

Ming, Z., Närhi, M., & Siivola, J. (2004). Neck and shoulder pain related to computer use. *Pathophysiology*, 11(1), 51-56.
<http://dx.doi.org/10.1016/j.pathophys.2004.03.001>

2. Describe how this article is pertinent for your topic. Does it provide proof of a clinical concept? Does it explain a procedure that is needed for your topic? What are the implications for your topic?

This article is applicable for my case because it is about the specific topic our case is looking at, neck and shoulder pain related to computer use, but it is not as relevant to my specific section. My component of the case is supposed to be looking at the tendons, ligaments, joints, skin and or/muscles associated with back and neck pain, but this article is looking at the pathophysiology of neck and shoulder pain. Even though neck and shoulder anatomy is not the primary focus of this article, tendons, ligaments, joints and muscles are discussed throughout it. I could not find any articles specifically on my topic and I thought this article was good because it was more congruent with an OT perspective. This article is looking at neck and shoulder pain from a holistic perspective and all of the various occupational, social and personal factors that can contribute to neck and shoulder pain.

The amount of time a person spends on their computer and neck and shoulder pain disorders are increasing. Neck and shoulder pain is not as prevalent as low back pain, but it can cause chronic pain, disability and impaired quality of work and life. This is a clinical concept because neck and shoulder pain is a common complaint that affects a person's quality of life and there is a considerable deficiency of information regarding neck and shoulder pain.

This article looks at the pathophysiology of neck and shoulder pain in relationship to computer use as well as the how it can be diagnosed, treated and prevented. The person in our case (Stephanie) has been living with chronic back pain for a few years now and the information in the article may be able to help her gain a better understanding of the factors that may contribute to her condition as well as offer her a few treatment and prevention options. It also explains how

neck and shoulder pain is defined, classified and diagnosed, which could be helpful for Stephanie to gain a better understanding about her condition.

This article failed to mention its research design and how data was collected and analyzed, which effects of quality and credibility of the research. Although this article discussed several factors that may be associated with neck and shoulder pain, the evidence is inconsistent and requires further research to be conducted. The information provided in this article should be used as a foundation for our topic to help us better understand the current body of knowledge on neck and shoulder pain among computer users, but the reader should also be aware of the article's limitations that have been identified.

Precisé of the article: Neck and shoulder pain related to computer use

This article by Zhiyong Ming, Matti Narhi and Jouko Siivola looked at the current understanding of the pathophysiology of neck and shoulder pain related to computer use as well as how this condition is diagnosed, treated and prevented. It identified many components that are linked to neck and shoulder pain including work related factors, personal characteristics, the physical environment as well as social and psychological factors. The authors explained that upper back and shoulder pain is a common and increasing problem that can cause an overall impairment in one's quality of life. Although this is a prevalent problem there is a lack of information addressing it, especially compared to the immense amount of information on low back pain. This study reviewed 20 years of research publications on the pathophysiology and neck and shoulder pain associated with computer use. Unfortunately, this was only mentioned briefly in the article's abstract and was not further discussed. This article also failed to mention how the data was collected and analyzed. Since this was a literature review there were no outcomes of the study, but this review revealed that neck and shoulder pain is a common diagnosis seen in computer users. However, the evidence showed that the factors that cause neck and shoulder pain were inconsistent, so further research needs to be conducted to determine the importance of how each factor contributes to neck and shoulder pain.

As previously mentioned, this article provided little to no information regarding the research design and how the data was collected and analyzed. Without this information the reader is not able to understand the process of how and why the data was found, which reduces the overall credibility of the literature review. The article looked at neck and shoulder pain related to computer use from a holistic perspective and identified many multidimensional factors, which is aligned with the OT perspective, but unfortunately, the conclusions were inconsistent. This information can be used as a reference or foundation for our topic, but further research still needs to be conducted to determine the significance each of these factors contributes to neck and shoulder pain among computer users. The article briefly mentioned a variety of treatment options ranging from abstinence of computer use to surgery, but these were not discussed in detail, so if the person in our case was interested in any of these options, they would need to do additional research on the treatment option. I also

found a few grammar errors, which made me question the quality of the article. Overall, I thought this article was interesting and offered a suitable understanding of the current knowledge of information on the pathophysiology of neck and shoulder pain, but the issues I have identified impacts the articles reliance and should be acknowledged.