



Project:

Effect of desk works on the head and neck

Participated students:

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Under supervision of:

Dr. Muhammad Al Bagoury

Project summary:

➤ **Project Idea:**

The idea was formed to introduce a questionnaire that collect the essential data of a sample of people who their jobs depend on desk works, and to record the degrees of pain, referred pain, neck stiffness and other signs and symptoms that are manifested at that large category in the community.



➤ **Project Phases:**

- 1. The students visited organizations and companies that depend on desk works such as; Universities, schools, banks, Customs Department, tax authority, etc....**
- 2. The students introduced an explanation about the questionnaire to the participants to aid them fill it.**
- 3. The students described and applied to the participants the correct and healthy way of sitting and using computers during performing their jobs to prevent or reduce its effect on the head and neck**
- 4. Collecting the questionnaires and recording it**
- 5. The students presented the topic to the course instructor through power point presentations**
- 6. The collected data were statistically analyzed.**

➤ **Project Aim:**

This project was designed to study the changes that happens in the head and neck due prolonged sitting during desk works and introduce documented information about the percentage of presence of signs and symptoms that are familiar in desk work jobs.