[IMAGE]

Too Much Static for Students

Unless you're superhuman, you've probably experienced more than a few neck pains and headaches. The source of these conditions remains unclear, although evidence suggests a potential connection between the two. Evidence also hints at the maintenance of static postures, such as with prolonged reading, writing, or computer work, and stress as contributing factors for neck and headache pain.

Students subject themselves to hours of prolonged reading, writing and computer work, which may make them a high-risk group for neck pain and headaches. To test this hypothesis, a recent study published in the *Journal of the Neuromusculoskeletal System* evaluated the effect of neck pain and headache pain on the academic performance of 118 college students. A survey gathered data on head and neck pain, which were then correlated with student grade-point averages (GPA), an indicator of academic performance.

Results showed that a high incidence of neck pain (51.3%) and headaches (73.7%) within the student population; many students also reported problems with concentration as a result of such conditions. Moreover, academic performance diminished in 17.9% of patients suffering from neck pain and 39% of students with headaches.

If these conditions affect student performance, it's a distinct possibility that the general population is likewise affected - work that requires extensive concentration or focus. To find out more about what you can do to ease the pain and frustration of headaches and neck pain, go to http://www.chiroweb.com/tyh/headaches.html and http://www.chiroweb.com/tyh/neckpain.html.

Reference:

Rose KA. The effect of neck pain and headaches on the academic performance of college students. *Journal of the Neuromusculoskeletal System* 2000:8(4), pp118-122.

Page printed from:

http://www.toyourhealth.com/mpacms/tyh/article.php?id=373&no_paginate=true&no_b=true