E-Poster

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Neck Pain and Impaired Postural Control: A Complex Relationship

Topic: Health Conditions (Nervous System, Musculoskeletal System, Cardiopulmonary System)

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BACKGROUND

Neck pain is a common public health problem that significantly impacts individuals' quality of life. Although the underlying pathophysiological mechanisms are complex and multifactorial, a growing body of evidence suggests a strong link between neck pain and impaired postural control. This study aims to explore specific postural profiles associated with chronic neck pain through stabilometric evaluation.

METHODS

This is a descriptive cross-sectional study conducted within the department of physical and functional rehabilitation. Patients referred for chronic neck pain were included. A postural assessment was performed using a SATEL platform, including both static and dynamic evaluations.

RESULTS

The mean age was 42.5 years, with a female predominance (60%). Neck pain had been present for an average of eight months. The most frequent cause was multilevel uncovertebral arthrosis in 82% of cases. Static evaluation on the SATEL platform revealed asymmetry in weight bearing in all patients, with a mean of 8.69%. The center of pressure was centralized and normalized in most cases. The length and surface of oscillations were above the normalized values, with mean values of +17.69 and +27.16%, respectively.

Instability indices were increased in both the frontal and sagittal planes, with a mean Romberg coefficient of 4.42. Four patients could not perform the dynamic examination on the mobile platform due to significant instability. Postural analysis revealed an underlying oculomotor problem in five patients. Based on the results of the postural assessment, postural rehabilitation was indicated in five patients.

CONCLUSION

Our study highlights the importance of investigating postural disorders in patients presenting with chronic neck pain. Impaired postural control could be a risk factor or a consequence of chronic neck pain. A multidisciplinary approach including specific postural rehabilitation seems necessary to improve symptoms and prevent recurrences.

Statement of Disclosures

None

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