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Upper Extremity Musculoskeletal Disorders among Computer Users

Ali AYDENİZ, Savaş GÜRSOY

Department of Physical Medicine and Rehabilitation, Faculty of Medicine,
Gaziantep University, Gaziantep - TURKEY

 [Keywords](#)
 [Authors](#)



medsci@tubitak.gov.tr

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Abstract: Aim: The aim of this study was to determine whether upper extremity musculoskeletal disorders are more prevalent in intense computer users and the relation between cumulative hours of computer use and symptoms. Materials and Methods: The study group included 100 bank workers, who worked more than 6 h per day for at least 2 years on a video display unit and were recruited through convenience sampling. Sixty-five age and sex matched healthy subjects who worked not more than 2 h on computer keyboards for office work constituted the control group. Results: There were no significant differences between groups when the age and sex of the participants were considered. The results suggest a high prevalence of musculoskeletal disorders of the upper extremities among intensive computer users. The differences were statistically significant except in neck range of motion and left cubital tunnel syndrome. As the time spent on video display unit increased, there is a tendency in occurrence of symptoms, but only in carpal tunnel syndrome the relation is significant. Conclusions: The findings showed that cumulative computer use time increased the risk of musculoskeletal disorders in the upper extremities. As the duration of job increased, the risk for carpal tunnel syndrome significantly increased. Further studies with the inclusion of a larger number of cases and potential risk factors would help clarify the role of variables in the aetiology of work-related neck and upper limb disorders.

Key Words: Computers, upper extremity, musculoskeletal system

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