Determining **muscle fatigue** from reading a **smartphone** with the cervical extensor fatigue test

**Davis, S., Gallagher, K., & Sullivan, A.:** Exercise Science Research Center, University of Arkansas, Fayetteville, AR Email: sed014@uark.edu

### Background
- Smartphone use has led to pain and injuries associated with neck flexion while looking down.
- It is important to identify exactly how neck flexion during smartphone use leads to neck pain and muscle fatigue.

### Hypotheses
- Neck endurance will be greater before 30 minutes of smartphone use.
- Neck endurance will decrease in those who develop neck pain during smartphone use.

### Methods
- 43 participants (17 male and 26 female)
- Neck endurance (right) was tested by the cervical extensor fatigue test before and after 30 minutes of smartphone use.
- Participants had no previous neck pain or injuries.
- A visual analog scale (VAS) was completed by participants before smartphone use and after each smartphone task (each was 10 minutes).
- Pain developers (PD) were defined by a VAS score of 12 mm or higher.
- A two-way ANOVA was used with a within factor of time (pre/post-test duration) and between factor of pain group (PD/non-PD).

### Purpose
- To measure the effects of neck flexion on neck endurance during smartphone use.

### Results
- Max VAS scores for pain developers of the neck (p<.0001) and thoracic (p<.0001) regions were 13.78 and 17.17 mm greater than non-pain developers for the neck and thoracic regions.
- Scores reported by pain developers in the neck and thoracic regions were 18.63 mm (11.31 mm) and 20.33 mm (12.24 mm).

- Significant difference (p<.001) between pre- and post-comparisons for PDs during cervical extensor fatigue test, but not non-PDs.
- Average decrease in time for PD of 18.91 seconds compared to 3.29 seconds for non-PD.

### Discussion
- There was a decrease in neck endurance in individuals who are classified as pain developers.
- A neck flexion may increase muscle length and stretch the passive tissues in the neck, which could cause pain and decrease muscle strength.

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