



# The Prevalence of Cervical Pain in Women Makeup Artists and Hairdressers Age Above 35 Years

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## Introduction:

Cervical pain, a pervasive issue among professionals in the beauty industry, particularly makeup artists and hairdressers, has gained increasing attention in recent years. This deep analysis delves into the prevalence, contributing factors, and implications of cervical pain in this specific occupational group, shedding light on its multifaceted nature and the urgent need for targeted interventions.

Cervical pain, also known as neck pain, is a common issue among makeup artists and hairdressers in Ahmedabad, as well as in similar professions worldwide. These professionals often spend long hours in awkward positions, constantly bending over clients or standing for extended periods, which can strain the muscles in the neck and upper back. Here's a detailed overview of cervical pain in makeup artists and hairdressers in Ahmedabad:

As we aged gradually our metabolism system shows aging signs after 35 to 40 years our katabolism system is more prominent then anabolism system, means our cells break down faster then new cell regeneration. Age above 35 to 40 years women have their menopause periods where hormonal changes are there. This changes leads to calcium loose from the bones. This ultimately leads to neck pain and disability in this professional.

## 1. **Need Of Study:**

- Prolonged awkward postures: Makeup artists and hairdressers frequently lean over clients while working, leading to prolonged periods of neck flexion and rotation.
- Repetitive movements: Continuous use of certain muscles during makeup application or hairstyling can lead to muscle fatigue and strain.
- Improper ergonomics: Many salons and makeup studios may not have ergonomic workstations or chairs, forcing professionals to work in uncomfortable positions.
- Stress: The stress of meeting client expectations and managing busy schedules can contribute to tension and tightness in the neck and shoulder muscles.

## 2. **Symptoms:**

- Neck pain: Makeup artists and hairdressers may experience dull or sharp pain in the neck region, which can radiate to the shoulders and upper back.
- Stiffness: Stiffness and reduced range of motion in the neck are common complaints, especially after long hours of work.
- Headaches: Tension headaches often accompany cervical pain, resulting from muscle tension and poor posture.
- Numbness and tingling: Prolonged compression of nerves in the neck can lead to sensations of numbness and tingling in the arms and hands.

## **Objectives Of The Study:**

- To study about neck pain and disability in women makeup artist and hair dressers age above 35 years.
- To study about ergonomics and posture correction in same professionals.
- To encourage proper exercises and posture corrections.

## **Scope Of The Study:**

- The study focused on women makeup artist and hair dressers age above 35 years in Ahmedabad.

## **Subject and Method:**

### **Data collection and study design**

- An observational study was conducted on women makeup artist and hair dressers age above 35 years in Ahmedabad using online questionnaires. Data was collected between 1<sup>st</sup> April To 25th May 2024. The questionnaires filled out using Google Forms as a web based questionnaires. Questionnaires were distributed to women makeup artist and hair dressers by social networking service.

## Research Methodology

### Neck Pain Survey In Female Beauticians (Age Above 35).

This questioner is designed to enable us to understand how much your neck pain has affected your ability to manage your everyday activities. Please answer each section by selecting ONE CHOICE that most applies to you. We realize that you may feel that more than one statement may relate to you, but **PLEASE JUST CLICK THE ONE CHOICE WHICH MOST CLOSELY DESCRIBES YOUR PROBLEM RIGHT NOW.**

#### Neck Disability Index Questioners (NDI)

##### 1. Pain Intensity

- I have no pain at the moment.
- The pain is very mild at the moment.
- The pain is moderate at the moment.
- The pain is fairly severe at the moment.
- The pain is the worst imaginable at the moment.

##### 2. Personal Care ( Washing, Dressing, etc.)

- I can look after myself normally without causing extra pain.
- I can look after myself normally, but causes extra pain.
- It is painful to look after myself and I am slow and careful.
- I need some help, but manage most of my personal care.
- I need help everyday in most aspects of self care.
- I do not get dressed, I wash with difficulty and stay in bed.

##### 3. Lifting

- I can lift heavy weights without extra pain.
- I can lift heavy weights, but it gives extra pain.
- Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned, for example, on a table.
- Pain prevents me from lifting heavy weights off the floor, but I can manage light to medium weights if they are conveniently positioned.
- I can lift very light weights.
- I can not lift or carry anything at all.

##### 4. Reading

- I can read as much as I want to with no pain in my neck.
- I can read as much as I want to with slight pain in my neck.
- I can read as much as I want to with moderate pain in my neck.
- I can not read as much as I want because of moderate pain in my neck.
- I can not read as much as I want because of severe pain in my neck.
- I can not read at all.

##### 5. Headaches

- I have no headaches at all.
- I have slight headaches which come infrequently.
- I have moderate headaches which come infrequently.
- I have moderate headaches which come frequently.
- I have severe headaches which come frequently.
- I have headaches almost all the time.

**6. Concentration**

I can concentrate fully when I want to with no difficulty.  
 I can concentrate fully when I want to with slight difficulty.  
 I have a fair degree of difficulty in concentrating when I want to.  
 I have a lot of difficulty in concentrating when I want to.  
 I have a great deal of difficulty in concentrating when I want to.  
 I cannot concentrate at all.

**7. Work**

I can do as much work as I want to.  
 I can only do my usual work, but no more.  
 I can do most of my usual work, but no more.  
 I can not do my usual work.  
 I can hardly do any work at all.  
 I can not do any work at all.

**8. Driving**

I can drive my car without any neck pain.  
 I can drive my car as long as I want with slight pain in my neck.  
 I can drive my car as long as I want with moderate pain in my neck.  
 I cannot drive my car as long as I want because of moderate pain in my neck.  
 I can hardly drive at all because of severe pain in my neck.  
 I cannot drive my car at all.

**9. Sleeping**

I have no trouble sleeping.  
 My sleep is slightly disturbed ( less than 1 hour sleepless ).  
 My sleep is moderately disturbed ( 2-3 hours sleepless ).  
 My sleep is greatly disturbed ( 3-5 hours sleepless ).  
 My sleep is completely disturbed ( 5-7 hours ).

**10. Recreation**

I am able to engage in all of my recreational activities with no neck pain at all.  
 I am able to engage in all of my recreational activities with some neck pain at all.  
 I am able to engage in most, but not all of my recreational activities because of pain in my neck.  
 I am able to engage in most few of my recreational activities because of pain in my neck.  
 I can hardly do any recreational activities because of pain in my neck.  
 I cannot do any recreational activities at all.

**SHOULDER PAIN AND DISABILITY INDEX ( SPADI )****PAIN SCALE****How severe is your pain?**

Click the number that best describes your pain where : **0 = No Pain and 10 = The Worst Pain Imaginable.**

***At its worst?***

0
1
2
3
4
5
6
7
8
9
10

***When lying on the involved side?***

\*

0
1
2
3
4
5
6
7
8
9
10

***Reaching for something on a high shelf?***

\*

0
1
2
3
4
5
6
7
8
9
10

### Touching the back of your neck?

\*

0
1
2
3
4
5
6
7
8
9
10

### Pushing with the involved arm?

\*

0
1
2
3
4
5
6
7
8
9
10

Title

### DISABILITY SCALE

#### How much difficulty do you have?

Click the number that best describes your experience where : **0 = No Difficulty and 10 = So difficult it requires help.**

#### Washing your hair?

\*

0
1
2
3
4
5
6
7

8
9
10

**Washing your back?**

\*

0
1
2
3
4
5
6
7
8
9
10

**Putting on an undershirt or jumper?**

\*

0
1
2
3
4
5
6
7
8
9
10

**Putting on a shirt that buttons down the front?**

\*

0
1
2
3
4
5
6
7
8
9

10
----

**Putting on your pants?**

\*

0
1
2
3
4
5
6
7
8
9
10

**Placing an object on a high shelf?**

\*

0
1
2
3
4
5
6
7
8
9
10

**Carrying a heavy object of 10 pounds ( 4.5 Kilograms )**

\*

0
1
2
3
4
5
6
7
8
9
10

## Removing something from your back pocket?

\*

0
1
2
3
4
5
6
7
8
9
10

### 3. **Prevention and Management:**

- Ergonomic adjustments: Employers can invest in adjustable chairs, magnifying mirrors, and other ergonomic equipment to promote proper posture and reduce strain.
- Regular breaks: Encouraging makeup artists and hairdressers to take short breaks between appointments can help alleviate muscle fatigue and prevent overuse injuries.
- Stretching exercises: Simple neck and shoulder stretches performed throughout the day can help relieve tension and improve flexibility.
- Strengthening exercises: Building strength in the muscles that support the neck and shoulders can provide better stability and reduce the risk of injury.
- Stress management: Employers can offer stress-reduction techniques such as mindfulness meditation or yoga classes to help professionals cope with job-related stress.

### 4. **Seeking Professional Help:**

- If cervical pain persists despite preventive measures, makeup artists and hairdressers should seek professional medical attention.
- Physical therapists or chiropractors can provide personalized treatment plans including manual therapy, exercises, and ergonomic advice.
- In severe cases, doctors may prescribe medications for pain relief or refer individuals to specialists for further evaluation.

### 5. **Work Culture and Awareness:**

- Increasing awareness about the importance of ergonomics and self-care among makeup artists, hairdressers, and salon owners is crucial.
- Encouraging open communication about pain and discomfort can help create a supportive work culture where professionals feel empowered to prioritize their health.

By addressing the underlying causes of cervical pain and promoting a proactive approach to self-care, the incidence of neck pain among makeup artists and hairdressers in Ahmedabad can be minimized, improving their overall well-being and productivity.

### **Understanding the Prevalence:**

Research indicates a notably high prevalence of cervical pain among makeup artists and hairdressers, with a substantial proportion reporting symptoms such as neck stiffness, pain, and reduced range of motion. Studies conducted in various regions have consistently highlighted the widespread nature of this problem, underlining its significance within the beauty industry.

### **Factors Contributing to Cervical Pain:**

Multiple factors contribute to the development of cervical pain in makeup artists and hairdressers, encompassing both occupational and individual determinants. Prolonged periods of maintaining awkward postures, repetitive movements associated with makeup application and hairstyling, as well as inadequate ergonomic setups, emerge as key occupational risk factors. Additionally, psychosocial factors such as job-related stress and client expectations further exacerbate musculoskeletal strain, accentuating the complexity of the issue.

### **Impact on Occupational Health and Performance:**

The ramifications of cervical pain extend beyond mere physical discomfort, exerting a significant toll on occupational health and performance. Makeup artists and hairdressers experiencing cervical pain may exhibit decreased productivity, impaired concentration, and diminished job satisfaction, ultimately compromising the quality of service delivery. Furthermore, untreated cervical pain poses long-term risks, including the development of chronic musculoskeletal conditions and absenteeism, thereby underscoring the imperative for proactive management strategies.

### **Strategies for Prevention and Management:**

Efforts to address cervical pain in makeup artists and hairdressers necessitate a multifaceted approach encompassing preventive measures and targeted interventions. Implementing ergonomic modifications in the workplace, such as adjustable chairs and workstations, can optimize posture and minimize musculoskeletal strain. Encouraging regular breaks and incorporating stretching exercises into daily routines promote muscular relaxation and enhance flexibility. Moreover, education initiatives aimed at raising awareness about proper body mechanics and stress management techniques empower professionals to prioritize self-care and mitigate occupational risks effectively.

### **The Role of Research and Advocacy:**

Ongoing research plays a pivotal role in deepening our understanding of cervical pain in makeup artists and hairdressers, facilitating the development of evidence-based interventions. Furthermore, advocacy efforts aimed at fostering supportive work environments, implementing ergonomic standards, and

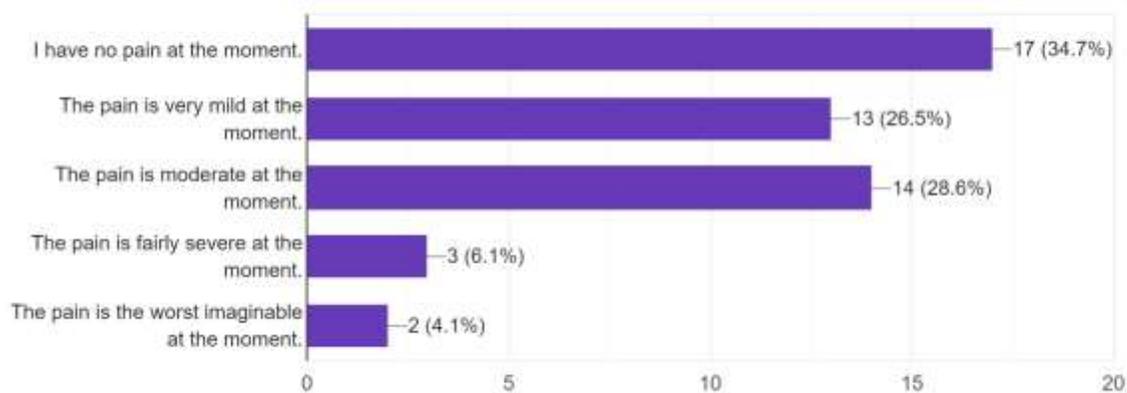
promoting occupational health initiatives are essential for effecting systemic change and safeguarding the well-being of professionals in the beauty industry.

## Conclusion:

In conclusion, the prevalence of cervical pain in makeup artists and hairdressers represents a pressing occupational health concern with far-reaching implications. Through comprehensive research, targeted interventions, and collaborative advocacy efforts, stakeholders can work towards alleviating the burden of cervical pain and fostering healthier work environments conducive to professional flourishing and well-being.

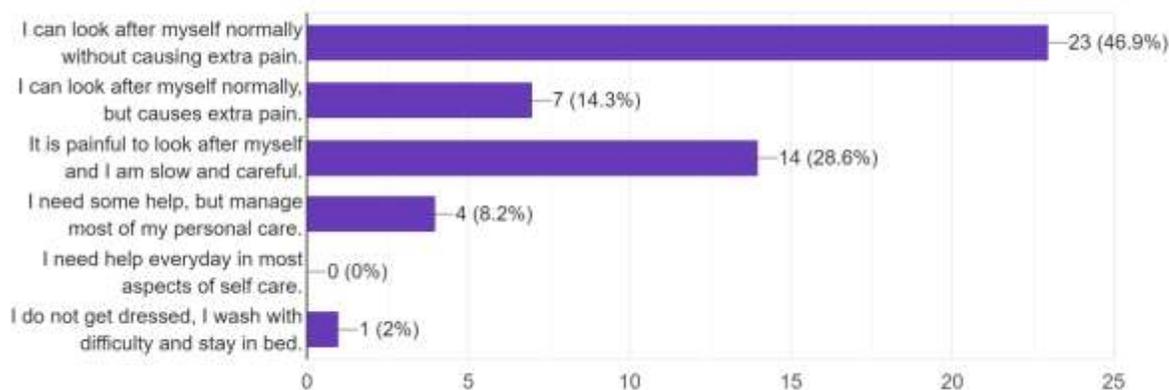
### 1. Pain Intensity

49 responses



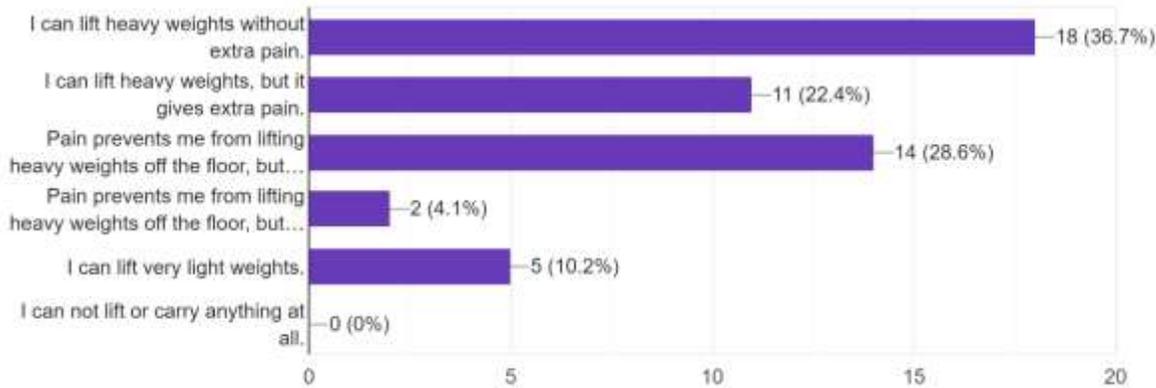
### 2. Personal Care ( Washing, Dressing, etc.)

49 responses



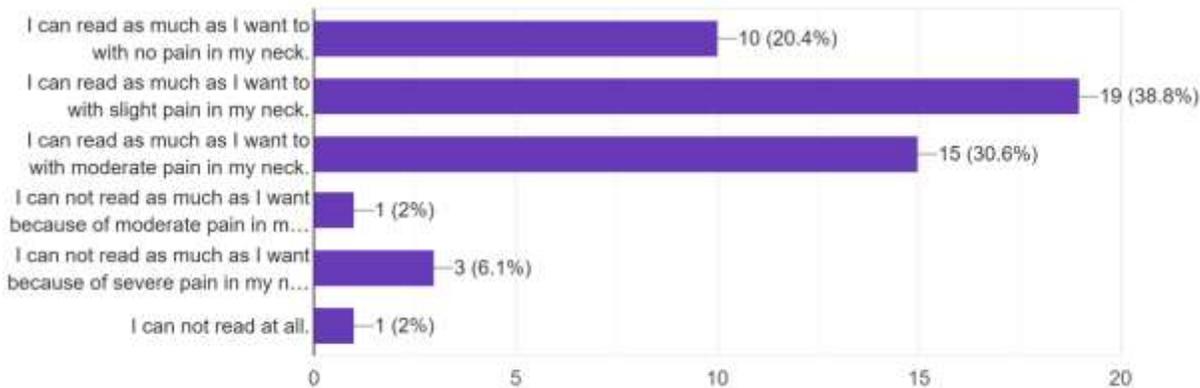
### 3. Lifting

49 responses



### 4. Reading

49 responses



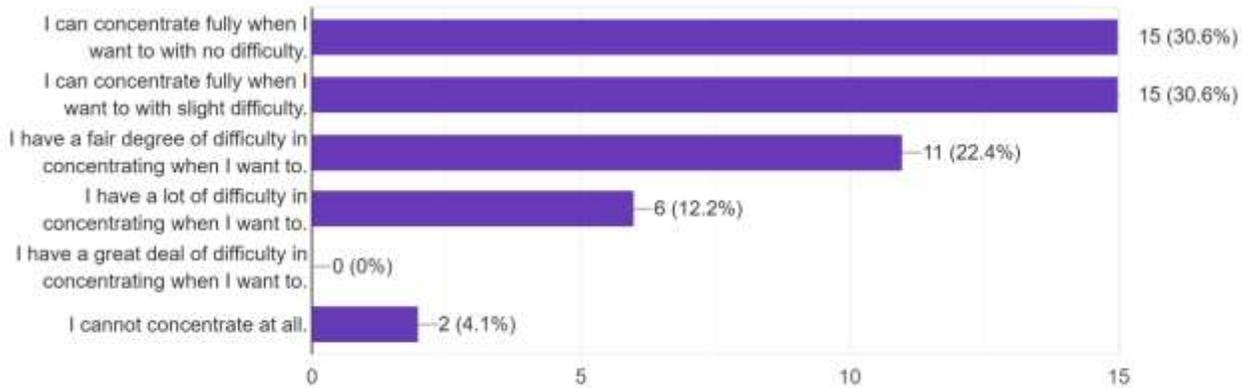
### 5. Headaches

49 responses



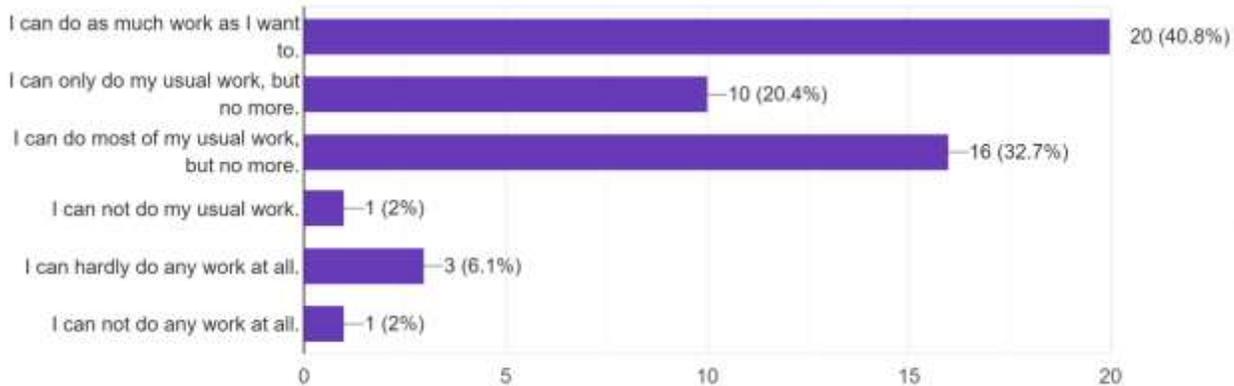
### 6. Concentration

49 responses



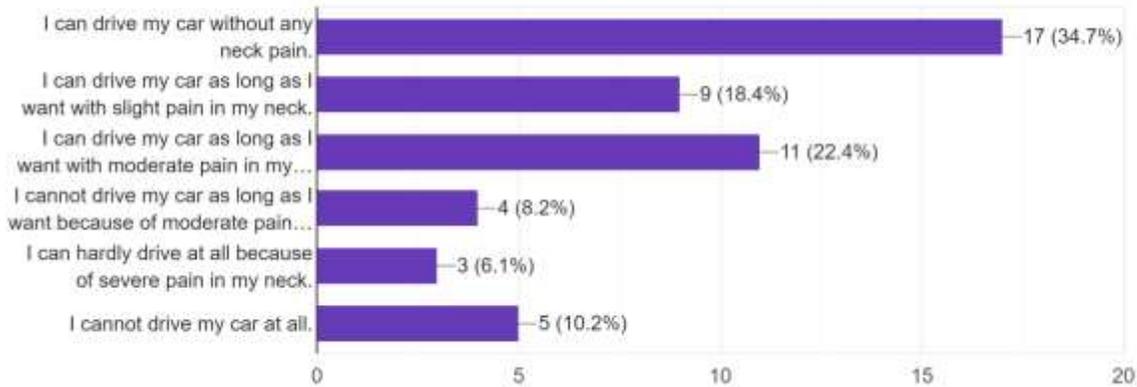
### 7. Work

49 responses



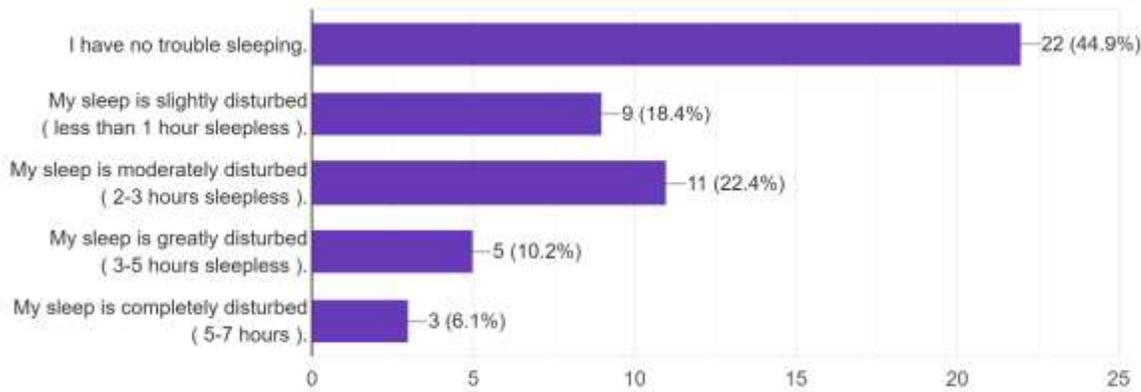
### 8. Driving

49 responses



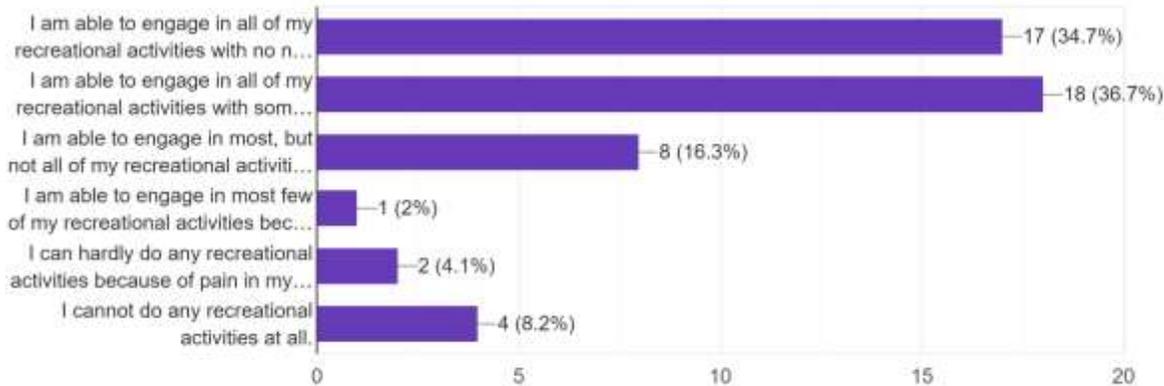
### 9. Sleeping

49 responses



### 10. Recreation

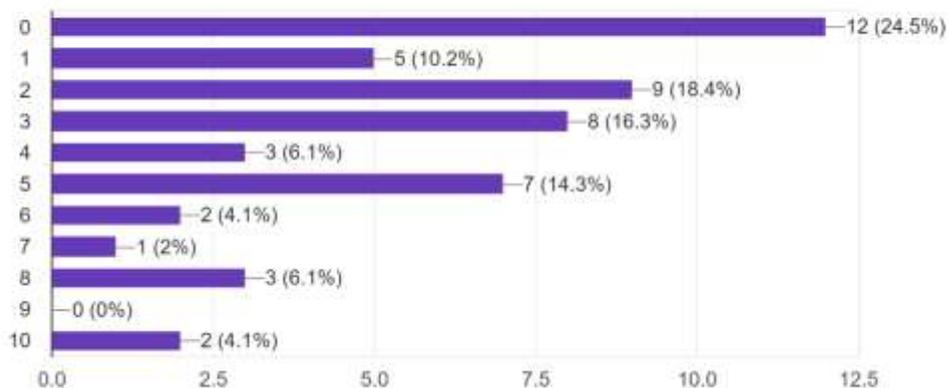
49 responses



## SHOULDER PAIN AND DISABILITY INDEX ( SPADI )

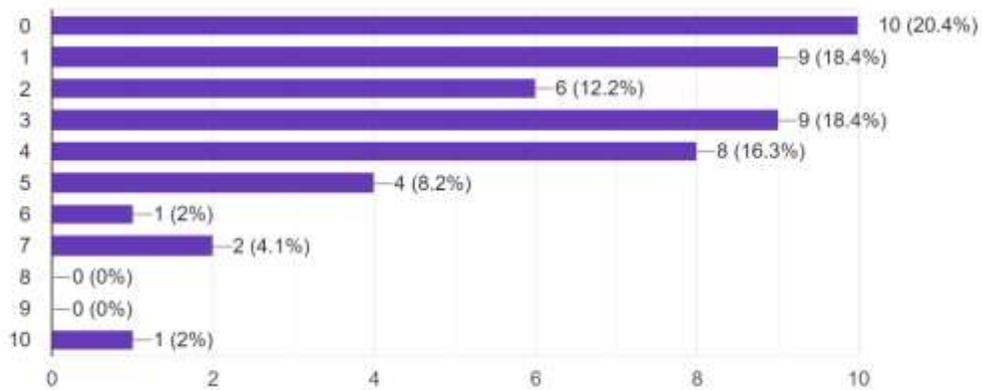
### At its worst?

49 responses



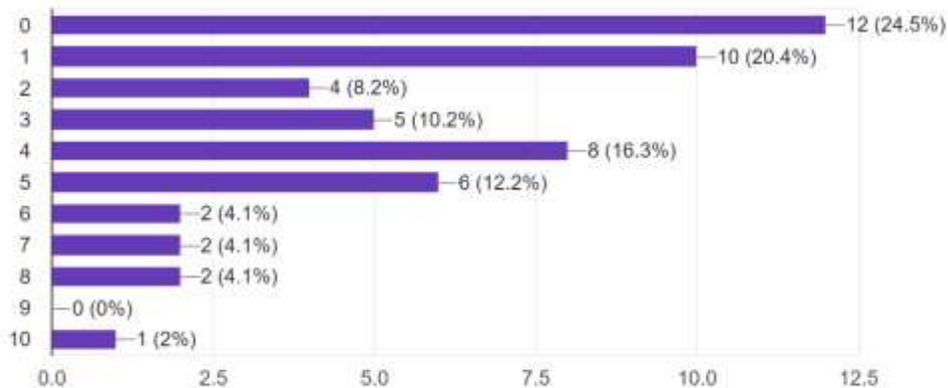
### When lying on the involved side?

49 responses



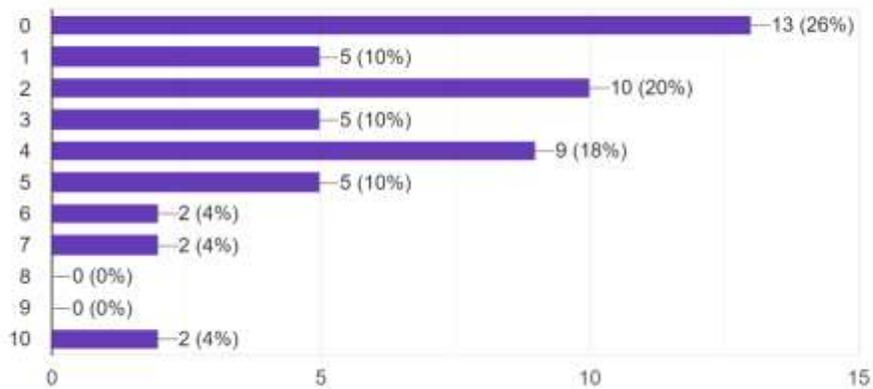
### Reaching for something on a high shelf?

49 responses



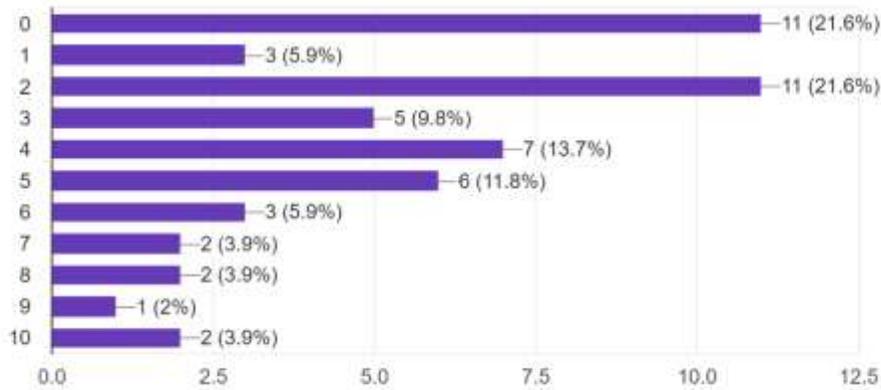
### Touching the ack of your neck?

50 responses



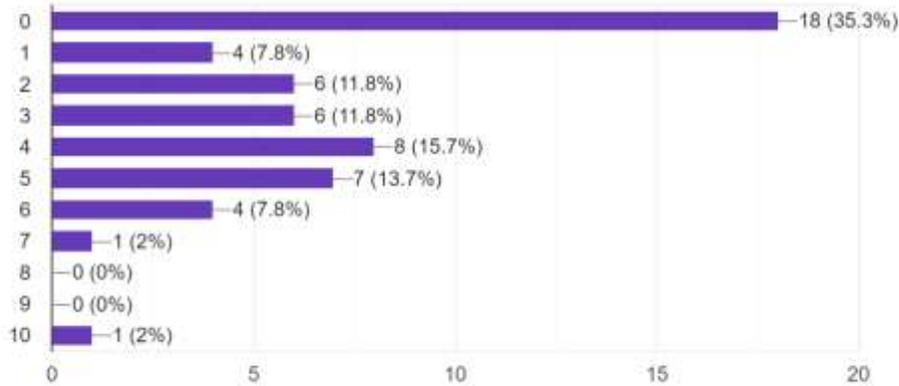
### Pushing with the involved arm?

51 responses



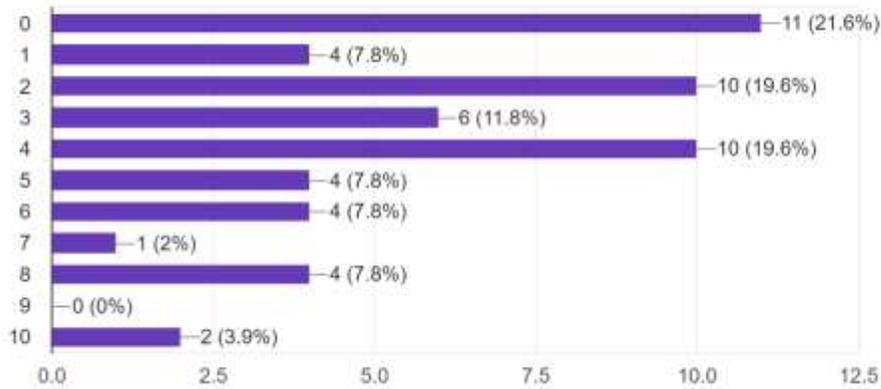
### Washing your hair?

51 responses



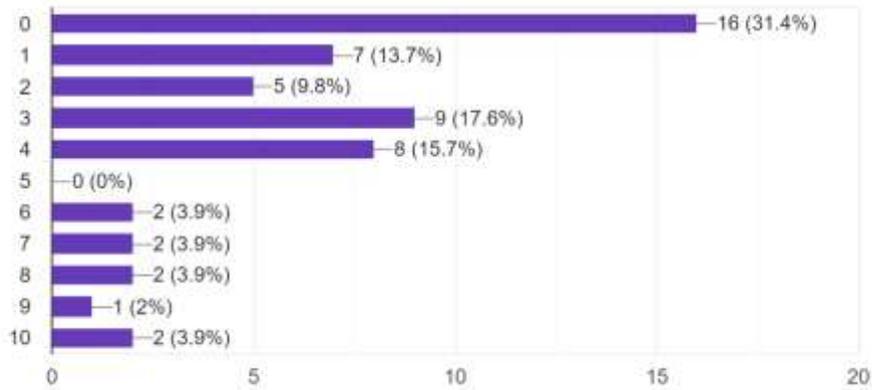
### Washing your back?

51 responses



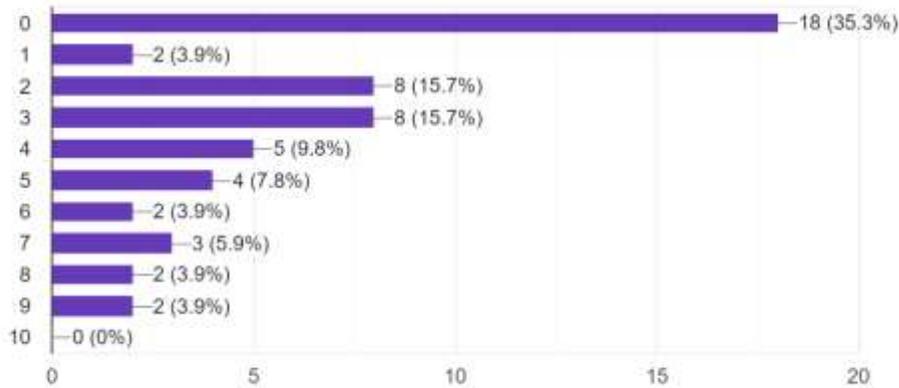
### Putting on an undershirt or jumper?

51 responses



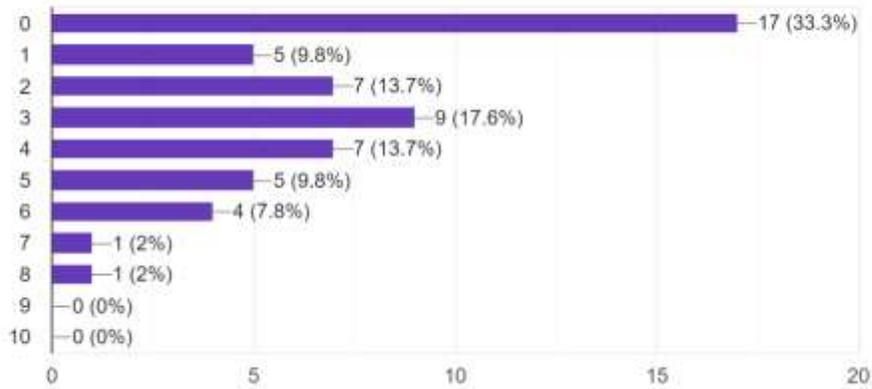
### Putting on a shirt that buttons down the front?

51 responses



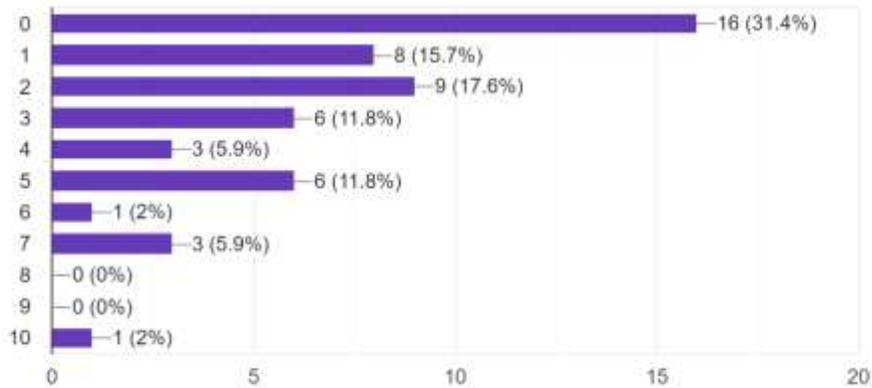
### Putting on your pants?

51 responses



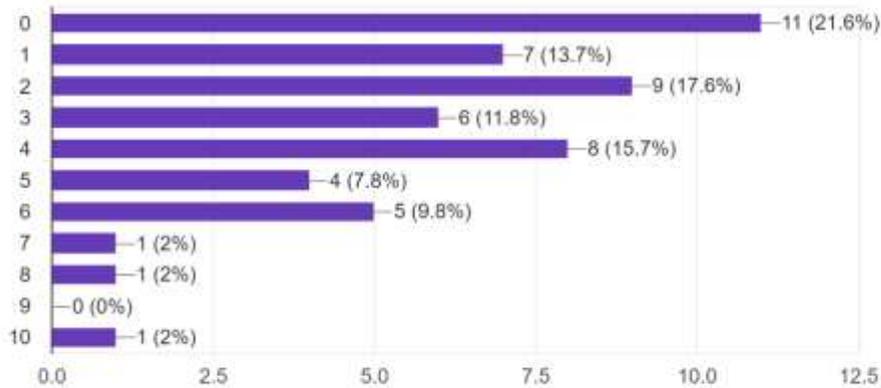
### Placing an object on a high shelf?

51 responses



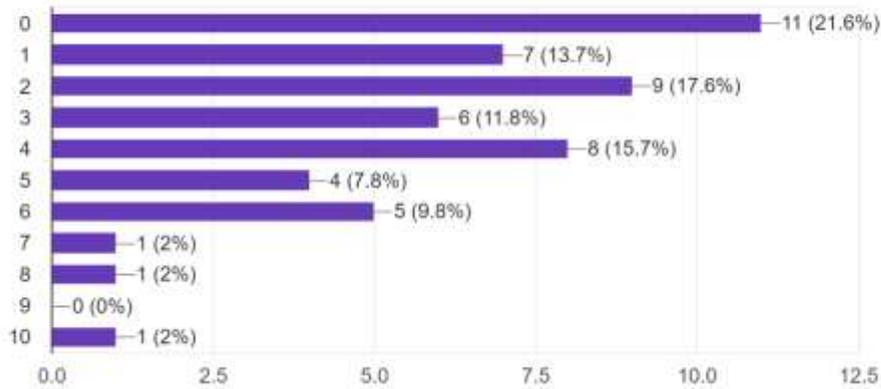
### Carrying a heavy object of 10 pounds ( 4.5 Kilograms )

51 responses



### Carrying a heavy object of 10 pounds ( 4.5 Kilograms )

51 responses



### Removing something from your back pocket?

51 responses

