

## PREVALENCE OF TRAPEZITIS IN PEOPLE WITH ADAPTED SLEEPING POSITIONS

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**ABSTRACT**

Sleep is considered as the most important recovery phase for the body, it includes both physical and psychological demands. Trapezitis is a condition that causes inflammation in the trapezius muscle, which lead to pain and stiffness in the neck and shoulder. Symptoms of Trapezitis are pain, stiffness, muscle spasms, numbness, tingling, headaches, tenderness, heaviness. Causes of Trapezitis repetitive movements, excessive exercise, forward head posture, sitting without back support.

Trapezitis is a condition which affects mostly on the people who perform heavy and repetitive shoulder activities, who works at computers, or have weak neck or back muscles

Treatment for trapezitis are Stretching to keep muscle flexible and NSAIDs, Manual therapy, Strengthening exercises, Heat and cold therapy Electrical modalities, Trigger point release, Promoting correct sleep posture

**KEYWORDS:** trapezitis, sleeping position, muscle pain,

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**Conflict of interest:** None

**INTRODUCTION**

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**Treatment for trapezitis are**

- Stretching to keep muscle flexible and NSAIDs
- Manual therapy
- Strengthening exercises
- Heat and cold therapy
- Electrical modalities
- Trigger point release
- Promoting correct sleep posture

**SLEEPING POSTURES**

- Supine
- Prone
- Left lateral

- Right lateral
- Prone is the most commonly used sleeping position
- Other most commonly used is the left and right lateral
- Supine is not frequently used
- If the alignment of the sleeping postures are not proper, then there is tension developed in the trapezius muscle leading to trapezitis

**MATERIALS AND METHODS:****Materials -**

- Patient Information Sheet
- Data Collection Sheet
- Selfmade Questionnaire
- Consent Form

**Outcome measures:**

- Selfmade Questionnaire

**Methods:**

A cross-sectional observational study was conducted to determine the prevalence of trapezitis among individuals with adapted sleeping positions. Individuals aged 18–25 years who reported using adapted sleeping positions (such as altered pillow height, side-lying with arm under head, prone sleeping, or use of multiple pillows) for at least 3 months were included in the study.

Inclusion Criteria

## RESEARCH PAPER

Adults aged 18–60 years

Individuals using adapted or modified sleeping positions for  $\geq 3$  months Both males and females

Individuals willing to participate and give informed consent

Exclusion Criteria

History of cervical spine trauma or surgery

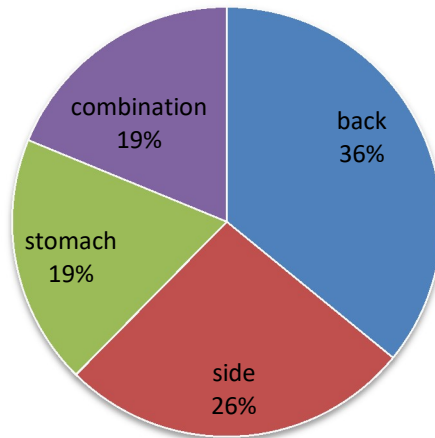
Neurological disorders affecting the neck or upper limb

Inflammatory or systemic musculoskeletal conditions

Recent acute neck injury (within last 3 months)

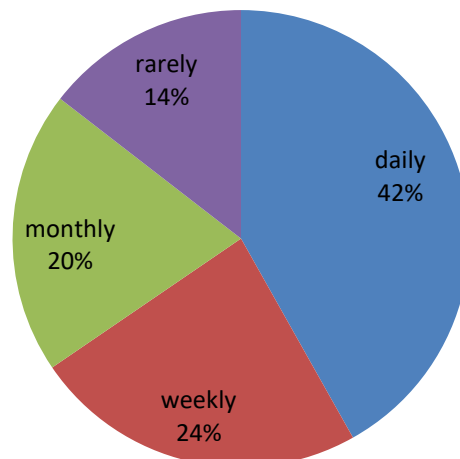
## RESULT:

### preferred sleeping position



According to the data, 36% of respondents said they preferred sleeping on their backs, making this the most common sleep posture. At 26%, side sleeping is the second most popular preference, indicating that it is also generally preferred. On the alternative hand, just 19% of answers said they were slept on their stomach or used a combination of postures. When compared to other sleeping positions, the data clearly indicate a preference for side and back sleeping.

### how often they feel pain



According to the chart, many respondents reported experiencing pain frequently. It is by far the largest category, with a noteworthy 42% reporting experiencing discomfort on a daily basis. Discomfort is nevertheless a frequent problem for a significant percentage of individuals, as 24% report weekly pain and 20% express monthly pain. Just 14% of respondents claim to feel pain seldom, indicating that most people experience pain often rather than infrequently.

#### DISCUSSION:

The present study aimed to determine the prevalence of trapezititis in individuals with adapted sleeping positions and to explore the association between preferred sleep posture and the frequency of neck and shoulder pain. Sleep posture plays a crucial role in musculoskeletal recovery, and improper alignment during prolonged sleeping hours can impose sustained mechanical stress on cervical and shoulder musculature, particularly the trapezius muscle.

As per the study's findings, the most popular sleeping position was supine (36%), followed by side-lying (26%). Only 19% of individuals claimed prone or mixed sleeping positions. Even while side-lying and supine positions are typically thought to be biomechanically advantageous when supported by pillows, the significant frequency of pain in this study indicates that sleep posture might not be protective on its own if symmetry and support are insufficient.

The high prevalence of pain among participants—42% experiencing daily pain, followed by weekly (24%) and monthly (20%) discomfort—was a noteworthy finding of this study. This demonstrates that for many people, discomfort associated with trapezititis is a chronic problem rather than an isolated incident. Long-term still positions during sleep, particularly when the head is positioned asymmetrically or with inadequate cervical support, can cause the trapezius muscle to be continuously activated at a low level, which can result in muscle exhaustion, ischaemia, and inflammation.

These results are in line with other research that found a link between poor sleep posture and elevated trapezius muscle activation, especially when the head and neck are not in a neutral position. It has been demonstrated that persistent trapezius activation during sleep hinders muscle repair and may put people at risk for long-term shoulder and neck pain. Furthermore, people may unintentionally worsen muscle tension over time if they adopt modified or regular postures for comfort, pre-existing pain, or lifestyle reasons.

Overall, the results highlight the significance of postural awareness both during waking hours and when sleeping, showing that altered sleeping positions lacking adequate alignment and support are linked to a higher prevalence and severity of trapezius muscle pain.

#### CONCLUSION:

The current study finds that a significant percentage of participants frequently experience neck and

shoulder pain, indicating that trapezititis is very common among those with modified sleeping habits. Even though the most popular sleeping positions were supine and side-lying, poor alignment and insufficient support during sleep seem to play a major role in trapezius muscle strain and unease.

In order to prevent and treat trapezititis, it is crucial to address sleep-related postural variables, as evidenced by the high frequency of daily and weekly pain. Reducing overactivity of the trapezius muscles and preventing persistent symptoms may be achieved by educating people about proper sleeping position, pillow level and support, and preserving neutral cervical alignment.

From the standpoint of physiotherapy, the results emphasise the necessity of a comprehensive strategy that addresses sleep posture correction in addition to manual therapy, stretching, strengthening, and ergonomic guidance in order to effectively treat trapezititis. To support the evidence that sleep position and trapezius problems with muscles are related, more research with bigger sample numbers and reliable muscle activity assessments is advised.

**CONFLICT OF INTEREST:** Nil

**Ethical clearance:** Ethical clearance by institutional ethical committee of Krishna vishwa vidyapeeth, karad.

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