ADAPTATION AND PATHOLOGICAL CHANGES IN CERVICAL INTERMEDIATE DISCS DUE TO SITTING CONDITIONS

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Abstract : This is it research long time during sitting down of work neck spine step and intermediate on disks surface coming adaptation processes and pathological to changes effect to learn dedicated . Descriptive and histological analysis results neck on disks degenerative of processes long time during static in case to be with depends that shows . Research results adaptation mechanical systems to understand and prevention get measures according to practical recommendations own into takes.

Key words : neck intermediate discs , sitting performance , adaptation , pathological changes , health .

Login: Today's in the day of technologies development and work conditions change as a result of people long time during sitting down performance usual become became Long time during static in case to stay spine to the step , in particular , the neck to the field serious pressure spends Neck intermediate disks start weight support and different actions provide for adapted complicated structures is static pressure as a result their adaptation possibilities restriction and degeneration processes acceleration can.

Statistical to the information according to, according to pain and mobility decrease neck disks pathology initial signs This is considered to be the case. wrong in case sitting , inactivity and organism enough in quantity immobility reason to be possible . Neck disks adaptation opportunities restoration for enough time and to the conditions has not been in cases of liquid loss, fibrous in the ring microcracks and degenerative changes to the surface is coming.

This in research neck intermediate on disks adaptation mechanisms and far time during to sit as a result appearance to be pathological changes deep studied. This changes determination through prevention measures and treatment methods working exit goal as placed.

Today's in the day of technologies development and work conditions change as a result of people long time during sitting down performance usual become became Many modern work in places office in the environment sit down hours diary of life

indispensable to the part became As a result , musculoskeletal to the system , in particular , the neck spine step and intermediate to disks negative effect showing conditions surface is coming Long time during static in case to stay neck to the field excess mechanic pressure spends , this while intermediate on disks adaptation of possibilities limitation and pathological of changes development reason will be.

Neck spine step human head weight holding stand up and the head to move task performs It's complicated task constant dynamic and static to cargo adaptation demand does But long time during sit down status because of neck intermediate normal hydration of discs situation lose liquid balance violation and uncle layer degradation with face to face will come From this except , wrong in case sitting , for example , forward bowed head position or your height violation , this processes more strengthen can.

Statistics to information according to , long time during sitting down working people between neck pain and mobility restrictions such as symptoms more occurs . These are symptoms intermediate on disks degeneration processes initial signs is considered Degeneration processes from the start then , they time pass with more deepens and mobility significant level limiting puts.

This is it of research main purpose neck intermediate on disks adaptation processes and long time during sit down conditions surface coming pathological changes in detail is learning . This research through we degenerate processes prevention to get directed efficient strategies work exit for necessary has been scientific the basics to create goal we did From research removable results not only scientific in terms of important , perhaps health storage system and work givers for practical important have to be is expected.

Materials and methods :

1. **Research design and Participants :**
   - 25-55 years old for the study between 120 people participant attraction done.
   - Participants two to the group allocated : long time during sitting down workers and active life style have those who are
2. **Descriptive analysis :**
   - Magnetic resonance using tomography (MRT). neck intermediate disks checked .
   - Disc height , hydration level and structures integrity was evaluated .
3. **Histological analysis :**

- Cadaver disks samples analysis made of fiber ring and of the nucleus the situation is also uncle layer strength was studied.

4. **Life style information :**

- Participants work activity , physical exercises frequency and neck pain according to questionnaire filled in

Results :

1. **Descriptive analysis results :**

- Long time during sitting of disc height in participants decrease and signal intensity decrease observed ($p < 0.05$). These changes neck disks of hydration that it has decreased and structural of stability that it is broken shows.
- Disc herniations long term static to pressure subject to has been in 40% of cases in the group determined if , active in the group this the indicator is 10% organize did. This is the case wrong in case long time sit down neck disks deformation accelerate shows.

2. **Histological observations :**

- Neck disks fibrous in the ring microcracks and uncle layer thinning long term static to pressure subject to has been in the group significant level high it has been . Microcracks structural of integrity that it is broken confirmed.
- Core in the pulposum proteoglycan of the amount decrease adaptation of possibilities that it has decreased showed . This process intermediate on disks depreciation of the function to subside take will come

3. **Life style and degeneration:**

- Sitting down in workers neck disks adaptation mechanisms limited being , this condition pathological changes strengthened . Other from the side , active group participants between degeneration processes significant level slower passed .
- Breaks and physical of activity lack of degeneration processes accelerator important factor as note done.

Discussion: Research results long time during sitting down work neck disks to the structure significant level negative effect to show shows . Descriptive and histological analyses that's it showed that it is long term static pressure and wrong in case sit down neck intermediate on disks degeneration strengthens. Prevention measures as physical activity increase , breaks to do and ergonomic work conditions organize reach recommendation will be done .

Summary : Long time during sitting down work neck intermediate disks adaptation mechanisms limited , pathological changes acceleration was determined.

Prevention and early diagnosis measures degeneration processes in slowing down important important have.

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