Title:
Prevalence of cervical spines MRI changes in patients with neck pain and its relationship with risk factors

Abstract:
Background Neck pain is a common problem that causes people to get rid of it are seeking specialized medical care and this makes their absence from work. Pain in the neck can be gripped all strata of society. In workplaces, in environments employee, or even at home or athletes for damage. Recent research shows that factors such as sex, family history of neck and shoulder pain, long sitting time, computer use, insufficient rest time, smoking had a significant effect on neck and shoulder pain. Methods: A total of 100 patients with neck pain and cervical radiculopathy for an cervical MRI to MRI center of Shariati hospital visited, the study was conducted. Information about age, gender, weight, height, BMI, occupation, underlying disease, long – term study, family history of cervical spine problems and life style were collected. Results: Of the 100 patients, 69% female and 31% were male. Age rang, 22-75 years was, most patients were aged 51 years and older (31%). The greatest change neck MRI has been spondylosis, with a prevalence of 59% (some patients had more than a pathologic finding). Among the patient studied, most people have formed homemaker people (36%). Conclusion: The results show that spondylosis, is the most common pathological finding on MRI of the neck. In accordance with previous research, the incidence of neck pain in female patients and in patients over 50 year is more. But this study, the frequency of changes in the cervical MRI, especially in male patients more spondylosis shows.

Keywords:
MRI changes, cervical spines, neck pain, risk factors