

# Prevalence of Injuries In Video Game Players

## An Exploratory Study

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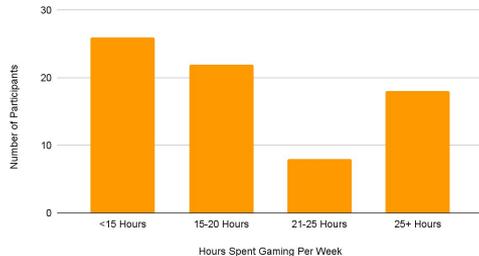
### Background & Purpose

Video games have become a popular hobby for individuals of all ages, but there is limited existing research about symptoms occurring from extended gaming. For the purpose of this study, we defined playing video games as habitually spending time playing games of any kind on any device; including but not limited to: a computer, console, or mobile device. The purpose of this exploratory study is to determine the prevalence of symptoms within this population and to determine if this population may benefit from skilled physical therapy treatment to address these symptoms.

### Methods

- An anonymous 20 question survey was administered to 80 participants through the use of the social media platform, Discord, in addition to Google Forms
- Of the 80 individuals the survey was administered to, 69 participants completed the survey in its entirety
- Participants were prompted with answers, however, an option for the participant to type in a response was provided as well for further clarification

Average Time Spent Gaming



### Results

- The primary gaming device for the population surveyed was PC, comprising 53 of the users
- 43 (62% of the people surveyed) people said they would see a PT to treat their symptoms. Of the 26 people who said they would not see a PT, there were some commonalities:
  - 15 individuals indicated that they believed their symptoms were too insignificant
  - 6 individuals stated that they felt as if the MOI was not a valid reason to seek physical therapy treatment
- 32 people said that they did not know a physical therapist may be able to help with the symptoms they experience from extensive gaming
- A variety of assistive devices are used in this population
  - 29 utilize a gaming chair
  - 11 utilize blue light filter glasses
  - 2 utilize wrist braces
  - 31 do not utilize an assistive device

### Reported Symptoms

- |   |   |
|---|---|
|  Headache - 28         |  Wrist/Hand Numbness - 14 |
|  Back Pain - 26        |  Shoulder Pain - 13       |
|  Neck Pain - 23        |  Elbow Pain - 7           |
|  Wrist/Hand Pain - 23 |  Other - 8               |

### Discussion

- Our research demonstrates a potential need for physical therapy treatment in this population.
- Future research should be conducted to determine the prevalence of desk jobs in this population. It is possible that desk jobs may be contributing to many of the symptoms these patients are experiencing and gaming may not be the sole cause of these symptoms.
- Further research should be conducted to explore the stigma surrounding seeking treatment for semi-professional gaming injuries. While this was not explicitly asked in our survey, participant's inputted responses indicate the possibility of bias existing in this population.
- Assistive gaming devices may contribute to preventing/reducing symptoms for individuals who play video games extensively. Further research should be conducted to explore the benefits of gaming devices.
- It is possible that physical therapy treatment may address symptoms experienced by this population. Further research should be conducted to explore the benefits of Physical Therapy in treating/preventing symptom occurrence in video game players.
- A limitation of this study is the small sample size, in addition to the administration route of our anonymous survey. Only those with access to Discord/Google Forms were able to participate.

### Acknowledgements and References

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