

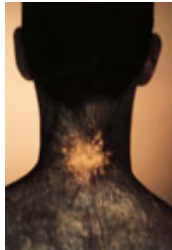


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Treating Mechanical Neck Pain With Manual Therapy And Exercise

October 2007



There has been a recent emergence of evidence supporting the use of manipulative therapy in the treatment of mechanical neck pain and cervicogenic headaches. Though impressive, these positive benefits have been shown to be short-term. The following randomized clinical trials support the use of manual therapy and exercise performed by a physical therapist to ensure long-term improvements.

Short-Term Effects of Thrust versus Nonthrust Mobilization/Manipulation Directed at the Thoracic Spine in Patients with Neck Pain: A Randomized Clinical Trial

Sixty patients, ages 18 to 60 years with complaints of mechanical neck pain were randomly assigned into two groups: thoracic spine thrust or thoracic mobilization. Follow-up was made within 2 to 4

days of the initial intervention with outcomes measured by Neck Disability Index, Fear-Avoidance Beliefs, pain scales and Global Rating of Change Scales. Subjects in the thoracic spine thrust group

demonstrated significantly greater short-term reduction in disability, pain and higher change scores with a between group difference of 2-10% and a 95% confidence interval.

A Randomized Controlled Trial of Exercise and Manipulative Therapy for Cervicogenic Headache

The authors of this study compared four groups of manipulative therapy, low load exercise, combined therapy and a control group over a 6 week intervention period. Outcomes were assessed at 3, 6 and 12 months following treatment with 72% of subjects reporting reduced head-

ache frequency, intensity and Neck Pain Index in all groups in comparison to the control group. In addition, the combination group of manipulative therapy plus low load exercise showed a comparative 10% increase in the number of patients that gained relief of symptoms versus

either therapy alone. However, it was shown that manipulative therapy in isolation failed to improve the strength testing of craniocervical flexion suggesting the superior treatment approach of combining manipulative therapy with exercise for long term outcomes.

Free Swelling Screening

DURING THE MONTH OF OCTOBER

We are offering free swelling screenings to your patients that are struggling with swelling concerns in their arms and/or legs.

Please call us to schedule a free appointment time.

Cleland, JA et. Al. Short-Term Effects of Thrust Versus Nonthrust Mobilization/Manipulation Directed at the Thoracic Spine in Patients With Neck Pain: A Randomized Clinical Trial. *Phys Ther.* 2007;87(4):431-440.
 Jull G, Trott P, Potter H et al. A Randomized Controlled Trial of Exercise and Manipulative Therapy for Cervicogenic Headache. *Spine* 2002; 27(17): 1835-1843.