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A COMPARISON OF TWO MANUAL PHYSIOTHERAPY PROTOCOLS FOR PATIENTS WITH NECK PAIN

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ABSTRACT

Thoracic mobilisation is a popular modality employed by physiotherapists as part of the management of neck pain, despite the lack of evidence as to its benefits. A randomised control trial was conducted to compare manual physiotherapy to the cervical and thoracic regions and manual therapy to the cervical spine alone for the treatment of neck pain. The Spielberger State Anxiety Inventory (STAI) was used to assess anxiety change due to the intervention. The Memorial Pain Assessment Card (MPAC) was used to assess pain change through the intervention. A treatment effects questionnaire (TAQ) was constructed to assess other effects of the treatment protocols. Results showed no difference between the groups for anxiety reduction, although within the groups there was a highly significant reduction in anxiety ($p<0.0001$). Pain reduction was marginally significantly reduced in the experimental group in comparison to the control group ($p=0.08$) although the CI was very broad. Within group tests for the MPAC showed a highly significant reduction in pain from either intervention ($p<0.0001$).