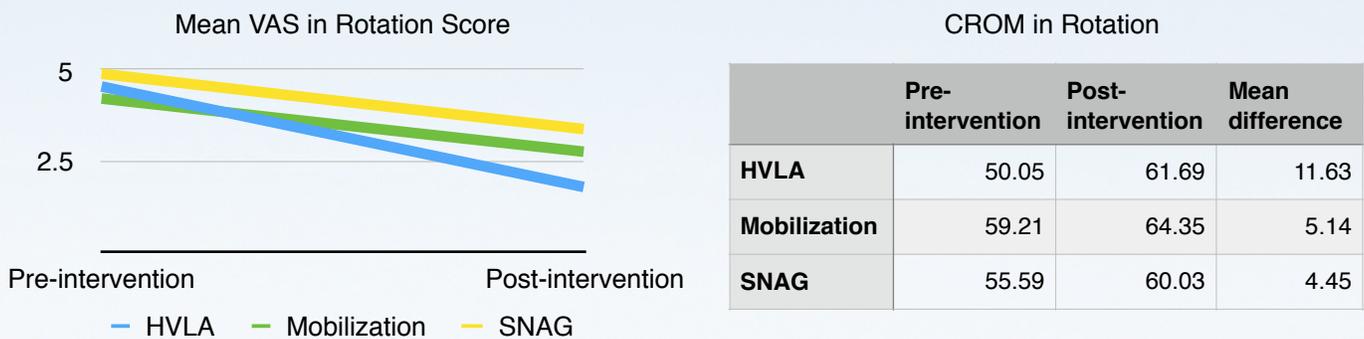


**Mobilization Versus Manipulations Versus Sustain Apophyseal Natural Glide Techniques and Interaction with Psychological Factors for Patients with Chronic Neck Pain: Randomized Controlled Trial**

*European Journal of Physical and Rehabilitation Medicine. April 2015. Vol. 51- No. 2*



Many individuals suffering from chronic neck pain experience a significant reduction in quality of life. The resulting disability can affect both the professional and personal lives of those patients. For many health care providers, the decision on the appropriate treatment modality can be difficult.

This study evaluated the efficacy of mobilization, spinal manipulation, and natural glide for patients with chronic neck pain. They found that spinal manipulation provided the greatest breadth and depth of improvement. Manipulation was able to increase the overall cervical range of motion while also providing the greatest reduction in pain intensity at rest. Research has proven manipulation to be an extremely safe treatment option. However, for patients who may be apprehensive regarding cervical manipulation, our office is able to offer a variety of techniques for the treatment of chronic neck pain.

*“All the manual therapy techniques studied produced a decrease of pain during active movement, and an increase of cervical range of motion and local hypoalgesic effects, but only the manipulation and mobilization groups experienced pain relief at rest.”*

*“Under low anxiety levels, a better prognosis is expected after manipulation and SNAG technique intervention.”*

*“HVLA (high-velocity, low-amplitude manipulation) group showed more reduction of pain intensity in rest and more increase of CROM than others,..”*

We believe in creating a healthier community. We believe patients have better outcomes when physicians work together. Let's build a healthier tomorrow.