NECK PAIN AND CLINICAL RESEARCH

Joan is a 47-year-old woman whose chief complaint is 3 weeks of central neck pain radiating to her right shoulder blade. She has had no trauma that might be the cause of her pain. As of today, Joan has:

» Constant pain associated with intermittent HA (frequency: daily; duration: 4 hrs)
» Initial neck pain rating = 6/10
» Limited right side bending and rotation
» Neck Disability Index score = 25%

INTERVENTION:

After examination, Joan's provider prescribed impairment-based manual physical therapy and exercise for 6 visits over 3 weeks.

RESULT:

» Joan's neck and scapula pain is resolved (0/10)
» and she now has full range-of-motion.
» Headaches are resolving and are managed with stretching
» Headache frequency is reduced to 2x per week

WHAT WORKS

Therapeutic exercise + manual therapy is recommended by the Cochrane Collaboration as the most effective intervention for mechanical neck pain.(1) Therapeutic exercise + manual therapy results in less pain and greater patient satisfaction for up to 2 years compared to usual care or exercise alone.(2)

WHAT DOESN'T WORK

» Tylenol,ibuprofen, etc. is only slightly better than a sugar pill (placebo).(3).
» Waiting to see if it gets better on its own.(4).
» Massage or modalities such as heat, cold or ultrasound.(5).
» Exercise handouts without PT instructions and guidance.(6).

YOUR PATIENTS ARE LOOKING FOR ALTERNATIVES AND WE WOULD LIKE TO HELP.


"Joan's provider prescribed impairment-based manual PT & exercise for 6 visits"

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