



Peak Physical Therapy and Wellness Newsletter

Coming Soon

Physical therapy is proven effective for patients with knee arthritis.

Clinics

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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.

1 Gross AR, et al. A Cochrane review of manipulation and mobilization for mechanical neck disorders. Spine. Aug, 2004, 29(14):1541-1548

2 Evans R, et al. Two-year follow-up of a randomized clinical trial of spinal manipulation and two types of exercise for patients with chronic neck pain. Spine. Nov 1 2002;27(21):2383-2389

3 Gross AR, et al. Conservative management of mechanical neck disorders: a systematic review. J Rheumatol. May 2007;34(5):1083-1102

4 Jull G, et al. A randomized controlled trial of exercise and manipulative therapy for cervicogenic headache. Spine. Oct 1 2002;27(17):1835-1843; discussion 1843

5 Ezzo J, et al. Massage for mechanical neck disorders: a systematic review. Spine. Feb 1 2007;32(3):353-362

6 Gasner D, et al. A critical appraisal of review articles on the effectiveness of conservative treatment for neck pain. Spine. Feb 15 2001;26(2):196-205

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