

Abstract

To assess the effectiveness of physical interventions for cervicogenic and temporomandibular joints to reduce Tinnitus. Moreover, this systematic review will assess various physical therapy and optimal tinnitus management approaches.

Methodology

A systematic review of potential literature was performed following PRISMA guidelines. A comprehensive electronic search across PubMed, CINAHL, Science Direct, Embase, Cochrane library, and Scopus from 1991 to October 2022. I assessed the standard mean difference of intervention within and between the studies. The quality assessment of randomized and non-randomized control trials is performed using the Cochrane risk of bias assessment and the Newcastle-Ottawa scale respectively.

Results

Nine studies were included in this systematic review (1 cohort and 8 clinical trials). 470 patients were included overall. I used Visual analog scale (5 studies), Tinnitus handicap inventory (4 studies) and self-design questionnaires (3 studies) to describe the results. Different manual therapies were used to intervene and all of them showed statistically significant effect in improving subjective tinnitus in patients.

Conclusion

The results of this systematic review suggested a favorable role of manual therapy for the management of tinnitus. Prominent change in the pain intensity, severity, and awareness was reported.

Key words

Tinnitus, physical therapy, treatment, cervical spine, temporomandibular joint disorders