

Abstract

Title: Comparison of the effectiveness of manual therapy and therapy using exercises in muscle postural ligations for painful neck syndromes.

Objective: The main aim of this work is to compare commonly used physiotherapeutic techniques, exercise and mobilization, (manipulation) techniques in chronic, painful neck syndromes.

Methods: The study involved a total of 30 probands with chronic neck pain, randomly divided into three groups of 10. In the first group the subject was health exercise, in the second group therapy with mobilization (manipulations) techniques and in the third group was a combination of both therapies. Probands were individually treated in five visits, 30 minutes for one visit. The evaluation methods were NRS, NDI and goniometry. The data was evaluated in Microsoft Office Excel.

Results: The results showed that after 5 therapies there was a statistically significant reduction in pain on the NRS scale in all three groups. Within the NDI questionnaire there was a very small reduction in the ADL limitation, for all three groups, the changes were statistically significant. There were no changes in goniometry in any of the groups and changes were not statistically significant.

Keywords: chronic neck pain, cervical spine, exercise, mobilization, NDI