



Neck Pain: A Practical Guide

Guidelines

Mobilization and Manipulation

Cervical - Grade A - Best for neck pain and headache

Thoracic - Grade C - Best for Neck and Arm Pain

PT's use Thoracic more due to outweighing the risks and benefits of the cervical manip.



Exercise

Enhances



Ability to work



Isometric Neck Strength



ROM

Grade A - Strengthening, Endurance, and Coordination Exercise



Prevents



Headache: 10% Reduction



Assoc. Symp.



Unnessecary Surgeries

Patient Education

Grade A - To improve the recovery in patients with whiplash-associated disorder (WAD), clinicians should (1) educate the patient that early return to normal, non-provocative pre-accident activities is important, and (2) provide reassurance to the patient that good prognosis and full recovery commonly occurs.

Top 3 Aims



- ✓ **"Act as Usual"**
Patients who are presented with education on WAD show less severe signs.
- ✓ **Exercise is Key!**
With education, patients benefit from less disability by exercising more and not wearing a cervical collar.
- ✓ **Quality of Life**
Early active intervention leads to increased QoL.

Examination: Outcome Measures

Grade A - Neck Disability Index and Patient Specific Functional Scale

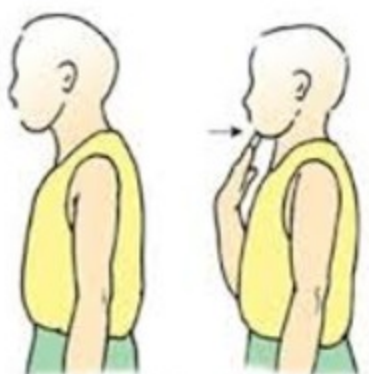


Identify patient baseline relative to pain, function, and disability

Monitor change in patient status throughout treatment.

Upper Quarter and Nerve Mobilization Procedures

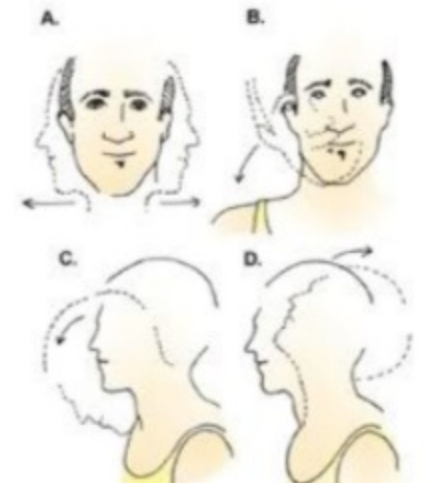
Grade B - Clinicians should consider the use of upper quarter and nerve mobilization procedures to reduce pain and disability in patients with neck and arm pain.



Chin tucks

Traction

Grade B - Clinicians should consider the use of upper quarter and nerve mobilization procedures to reduce pain and disability in patients with neck and arm pain.



Neck range of motion exercises

Mechanical Neck Pain Interventions That Work:

Manipulation, Education, Exercise