



## Neck Pain

Excerpt from Athlon Physical Therapy PIER Document

**PROBLEM:** Neck Pain

**INTERVENTIONS:**

- Manual Physical Therapy Exercise
- Deep Neck Flexor Endurance Exercise
- Manual Traction

**EVIDENCE:** Oxford Evidence Grade= A (level 1a studies)

Among patients with neck pain, with or without headache, a combination of manual physical therapy and exercise is more beneficial than primary care management (PCM), medication, manual therapy alone, a variety of exercise approaches performed alone, and low tech or high tech exercise alone, and modalities.<sup>3-5</sup>

30% of patients treated with manual therapy and exercise experience a clinically important reduction in pain than would have occurred otherwise if patients were receiving an alternative treatment approach.<sup>3,4</sup>

25% of patients treated with manual physical therapy and exercise experience a complete resolution of their symptoms than would have occurred if patients were receiving an alternative treatment approach.<sup>6</sup>

The beneficial effects of manual therapy and exercise continue to be observed one year later.<sup>4,6-8</sup>

### **REFER:**

Patients with neck pain of gradual or sudden onset (ie, trauma) that is provoked by movement, with or without associated headaches. We are currently involved in research that will identify subgroups of patients with neck pain likely to benefit the most from this approach.

\*References noted can be found on the original PIER document.