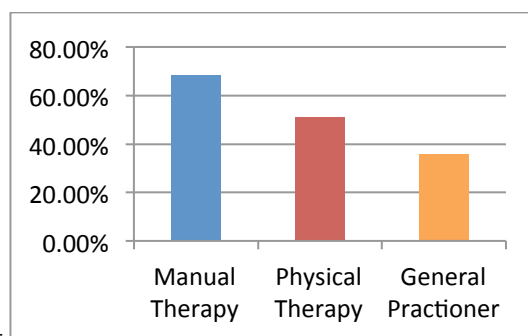


Cervical Spine Efficacy Studies

1) **Manual Therapy, Physical Therapy or Continued Care by a General Practitioner for Patients with Neck Pain; A Randomised Controlled Trial.** Jan Lucas Hoving, Bart W. Koes, Henrica C.W. de Vet, et al. *Annals of Internal Medicine*. 2002;136:713-722.

- 183 patients with non-specific neck pain of at least two weeks duration were placed into 3 groups. Group 1= 6 weeks of manual therapy (specific mobilisation techniques), one treatment a week.
Group 2= 6 weeks of physical (exercise) therapy twice a week.
Group 3= general practitioner (analgesics, counselling and education)



- Percentage Improvements:
- The study concluded that in daily practice, Manual Therapy is a favourable treatment option for patients with neck pain compared with Physical Therapy or continued care by a General Practitioner.

2) **Spinal Manipulation, Medication, or Home Exercise with Advice for Acute and Sub-Acute Neck Pain: A Randomized Trial.** Bronfort G, Evans R, Anderson AV et al. *Annals of Internal Medicine*. 2012;156:1-10.

- Spinal Manipulation Therapy (SMT) seemed more effective than medication according to various measures of neck pain and function. However, there were no demonstrated benefits of SMT over Home Exercise and Advice (HEA), as subjects in both groups improved in similar manners on short- and long-term outcomes. Participants who received medication did not fare as well overall, but still improved.
- SMT and HEA groups performed similarly on most of the secondary outcomes, although SMT was better than HEA for satisfaction in short and long term.