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Effect of Maitland mobilization versus mulligan (SNAGs) mobilization on head repositioning accuracy (HRA), pain and functional disability in patients with chronic neck pain

Keyur Maneshbhai Patel

Vinayaka Institute of Physiotherapy, India

Background: Spinal mobilization is commonly used in the treatment of chronic neck pain. Various methods are used to treat patients with neck pain. In chronic neck pain, patients have impaired neck proprioception. Manual therapy has evidence in improving neck proprioception patient with chronic neck pain. There is no study found in comparing two spinal manipulative therapies on neck proprioception.

Objective: To find out effect of Maitland mobilization versus mulligan (SNAGs) mobilization on head repositioning accuracy (HRA), pain and functional disability in patients with chronic neck pain.

Method: 63 patients were randomly allocated by lottery method and equally allocated into 3 groups. The 3 groups were Maitland mobilization, Mulligan (SNAGS) and Conventional treatment group. All the groups were given different exercises and treatment for 3 weeks (5 session/week) and were statistically analysed by ANOVA.

Result: When comparing pain between Maitland and Conventional group, it indicated statically significant improvement ($p=0.00$). For HRA Maitland to SNAGs group and Maitland to conventional group it showed highly significance ($p<0.05$), and for Copenhagen Neck Functional Disability all groups showed highly significant with higher improvement shown on Maitland group ($p=0.00$).

Conclusion: In this study, the patients were treated with Maitland mobilization, SNAGs and conventional therapy in 3 groups, respectively. All three exercises are statistically significant in reducing the patient symptoms. But Maitland mobilization is significant in reducing the patient symptoms when it compared with conventional therapy and SNAGs mobilization.

Biography

Keyur Maneshbhai Patel has completed Master of Physiotherapy in Musculoskeletal Sciences in 2015 from CHARUSAT University and Bachelor of Physiotherapy in 2012 from Rajiv Gandhi University Bangalore. He has clinical experience of 1.5 years in Physiotherapy. Currently he is working as a Lecturer at Vinayaka Institute of Physiotherapy.

patel_keyur37@yahoo.com

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