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Effects of selective rehabilitation on chronic cervical spondylosis- A clinical trial

Abdus Shakoor Bangabandhu Sheikh Mujib Medical University, Bangladesh

A randomized clinical trial was done to find out the effects of selective rehabilitation on the patients with chronic cervical spondylosis, involving 150 patients. They were divided into two groups: group-A and group-B. Group-A: In this group 72 patients were treated with selective rehabilitation program that is - exercise, cervical collar, neck support, manual cervical traction at home, warm moist compression and instruction in posture. Group-B: In this group 78 patients were treated with NSAIDs only. All the patients were followed up and assessed weekly for six weeks. The results were expressed as mean \pm SD and the level of significant expressed by p-value. Student's't tests was done to see the level of significance.

There was significant improvement in both the group after treatment (P=0.001). In comparison between two groups, there was no significant difference in improvement between two groups up to 5th weak (P > 0.05). But there was significant improvement seen in Group-B than Group-A after six weeks treatment (P=0.03). This result indicates that the improvement of the patient with chronic cervical spondylosis was seen in selective rehabilitation group and also in NSAIDs group. Improvement was more or less same in both the groups up to 5th week and after six weeks more improvement was found in NSAIDs group. So, to reduce pain and disability, rehabilitation treatment can be used for the treatment of chronic cervical spondylosis without analgesics.

Biography

Md. Abdus Shakoor has completed his MBBS degree from Barisal Medical College in 1989 and FCPS degree in 2000 from Bangladesh College of Physicians and Surgeons, Dhaka, Bangladesh. Currentiy he is working at the Department of Physical Medicine and Rehabilitation, Bangladesh Sheikh Mujib Medical University (BSMMU), Dhaka, Bangladesh as an Associate Professor. It is the only medical university of Bangladesh. He has published more than 60 papers in reputed journals of home and abroad.

dmashakoor04@yahoo.com