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Comparison between immediate effects of soft tissue mobilization along with stretching exercises and without stretching exercises in patients with mechanical neck pain

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Objective: To measure whether soft tissue mobilization along with stretching exercises improves level of disability or stretching exercises alone increases neck range of motion in patients with mechanical neck pain. Study Design: A randomized comparative trial Place and Duration: At Royal Institute of Medical Sciences Physiotherapy Clinic Multan, in four months from 1st January 2017 to 30th April 2017.

Methodology: Fifty patients who met inclusion criteria were randomly placed into two groups. Group A, received hot pack and neck stretching exercises and group B, received hot pack, neck stretching exercises and soft tissue mobilization (STM). Immediate effects post intervention was documented by measuring range of motion (ROM) using goniometer; pain intensity was measure by Visual Analogue Scale (VAS), Global Rating of Change Scale (GROC) and disability scores on Neck disability index (NDI) 2-4 days post treatment.

Results: The STM group reported a significant improvement on the GROC ($p=0.001$) immediately after treatment (post

treatment). There was no difference between groups for the NDI post-test values, there is statistical insignificance ($P=0.408$) between treatment and control group on disability. There is statistical significance ($P=0.000$) between treatment and control group in pain that was measured by VAS.

Conclusion: Soft Tissue Mobilization is effective to relief neck pain immediately and improves range of motion but not up to a mark. Moreover, Soft Tissue Mobilization does not improve levels of disability as compare to the stretching exercises.

Biography

Rabab Kompal has completed her Master of Science in 2016 at the age of 26 from The University of Faisalabad, Pakistan. She is a Musculoskeletal Specialist. She is the Assistant Professor/Head of [Physical Therapy](#) Department at Royal Institute of Medical Sciences, Multan Pakistan. She has 6 Publications that have been cited for 10 times. She is also serving as a senior Physiotherapist at RIMS Physiotherapy clinic and rehabilitation center, Multan. She has already presented her work twice at international platform in Physiotherapy conferences, Dubai UAE.

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