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Effect of craniosacral therapy on chronic mechanical neck pain

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Background: Chronic neck pain is one of the most common complaints in the general population and can result in substantial problems including disability, absence from work and cost of treatment.

Purpose: This study was conducted to investigate the effect of craniosacral therapy on chronic mechanical neck pain.

Subjects: 30 patients aged from 18-30 years from both sexes were classified randomly into 2 groups with equal numbers.

Materials & Methods: Study group (group A) consisted of 15 patients who received craniosacral therapy in addition to traditional physical therapy (infrared radiation & ultrasound therapy) for 4 weeks consecutively, while the control group (group B) consisted of 15 patients who received only traditional physical therapy (infrared radiation & ultrasound) for 4 weeks consecutively. Visual analogue scale (VAS), range of motion (ROM) and neck disability index (NDI) were measured at two intervals pre-treatment and post-treatment.

Results: There were significant differences between both groups (A and B) post treatment ($P < 0.0001$) regarding VAS, ROM and NDI in favor of group (A).

Conclusion: Craniosacral therapy is more effective in addition to traditional physical therapy in improving pain, range of motion and neck functional disability in patients with chronic mechanical neck pain.

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Effect of sitting postures and shoulder position on the cervicocephalic kinesthesia in healthy young males

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Information about head orientation, position and movement with respect to the trunk relies on the visual, vestibular, extensive muscular and articular proprioceptive system of the neck. Various factors can affect proprioception since it is the function of afferent integration, and tuning of muscular and articular receptors. Pain, muscle fatigue and joint position have been shown to affect proprioceptive capacity. Thus, it can be speculated that changes in body posture can alter the neck proprioception. This study was undertaken to investigate the effect of body posture on cervicocephalic kinesthetic sense in healthy subjects. Cervicocephalic kinesthetic sensibility was measured by the kinesthetic sensibility test in healthy young adults while in (a) habitual slouched sitting position with arms hanging by the side (SS), (b) habitual slouched sitting position with arms unloaded (supported) (SS-AS), and (c) upright sitting position with arms hanging by the side (US) during maximum and 30 degree right, left rotations, flexion and extension. 30 healthy male adults (mean age 27.83; SD 3.41) volunteered for this study. The least mean error was found for the SS-AS position (0.48; SD 0.24), followed by SS (0.60; SD 0.43) and US (0.96; SD 0.71), respectively. For all test conditions, there was significant difference in mean absolute error while head repositioning from maximum and 30 degree rotation during SS and SS-AS positions ($p < 0.05$). In conclusion, body posture can affect the proprioception function of the neck. Supporting the upper extremities in such a way that their weight is unloaded, which leads to reduction in the tension between the neck and shoulder girdle, can improve cervicocephalic kinesthetic sense in both the horizontal and vertical planes. The findings of this study can be implemented in people who have to do repeated arm and neck movements, by using ergonomically effective chairs with proper arm supports. This might help in prevention and treatment of neck pain.

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