

RehabWORKS!

A Review of Evidence Based Medicine for Common Musculoskeletal Injuries or Conditions

Neck Pain and Headache

Epidemiology:

The lifetime incidence of neck pain ranges between 22% to 70%, with 30% of patients developing chronic symptoms.

Evidence Based Treatments:

The most recent Cochrane Collaborative Review published in 2004 in *Spine* reported **there is strong evidence for the use of manual therapy techniques (such as joint mobilization) combined with exercise to treat neck pain with or without headache.**

When treated with manual therapy and exercise:

- 30% more patients experience a clinically important reduction in pain than those who received an alternative approach.
- 25% more patients experienced a complete resolution of their symptoms than those who received an alternative treatment.

This treatment approach is more effective than the following common interventions:

- General practitioner care
- Medication
- Manual therapy alone
- Exercises alone
- Modalities (including electrical stimulation, ultrasound, traction, etc)

Who to Refer: Patients with neck pain of gradual or sudden onset (ie, trauma) that is provoked by movement, with or without associated headaches.

How to Refer: Fax us the patient's contact info and an PT order to 435-753-7305 ,or call us at 435-753-1556 and we'll take care of everything from there.

