

# Manipulation or mobilisation for neck pain (2010)

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**COCHRANE BACK REVIEW GROUP**  
The best evidence in back and neck pain care



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## Overview of the study

### Objectives

- To assess if manipulation or mobilisation improves pain, function/disability, patient satisfaction, quality of life, and global perceived effect in adults with acute/subacute/chronic neck pain with or without cervicogenic headache or radicular findings compared to a control group or to another treatment.

### Methods

- Evidence current up to 8 July 2009
- Participants: Adults (> 18 years old) with neck pain or cervicogenic headache, or neck disorders
- Intervention: Manipulation or mobilisation techniques
- Outcomes measured: Pain relief, disability including work related outcomes, patient satisfaction, global perceived effect, QoL

## Results & Conclusion

- 51 trials ( 2992 participants) included

Intervention	Evidence	Quality of evidence
Cervical manipulation	Manipulation and mobilisation produced similar effects on pain, function and patient satisfaction at intermediate-term follow-up for subacute/chronic neck pain	Moderate
	Manipulation alone compared to a control may provide short-term relief for pain and disability in cervicogenic headache	Low
Thoracic manipulation	Thoracic manipulation as an additional therapy may be beneficial for pain reduction and increased function in acute pain; and for immediate pain reduction compared to placebo for chronic neck pain	Low
Mobilisation	A combination of Maitland mobilisation techniques was similar to acupuncture for immediate pain relief and increased function; but as additional treatments, no difference found between mobilisation and acupuncture	Low

⇒ Cervical manipulation and mobilisation may provide immediate or short term change