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Physiotherapy for subacute non-specific neck pain

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The work focuses on detecting and comparing the effectiveness of physiotherapy to reduce non-specific neck pain perception in the subacute period of its duration (less than 3 months) as the basis for preventing the transition to chronic pain. The aim of the work was to evaluate the effectiveness of selected types of physiotherapy in patients with non-specific neck pain in the subacute stage. The randomized controlled trial with design Parallel-group study was used to evaluate the efficacy of physiotherapy in patients with subacute non-specific neck pain. The set consisted of 209 patients with non-specific neck pain, including 141 women with an average age of 47.8 and 68 men with an average age of 48.9. 45 patients underwent physical therapy with kinesiotherapy and 164 patients underwent physical therapy only. Each patient underwent an examination of the range of spinal motion before and after the treatment and identified the perception of pain in the visual analogue scale with a scale rating of 0 to 10. Therapy was performed 2-3 times a week with a total of 8-10 therapies, where the length depended on the indicated physiotherapeutic procedures, namely physical therapy or combine therapy. The study results suggest a higher efficacy of combination therapy (physical therapy and kinesiotherapy) compared to the efficacy of individual physical therapies for pain perception.

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