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Background: Previous literature had proved the significance of physiotherapy as an effective management in the management of mechanical neck pain, still there was lack of literature seen supporting the effectiveness of different physiotherapy interventions with their doses targeting specific group of population (adults/students only). The aim of this study was to see the efficacy of Kaltenborn grade III mobilizations, muscle energy techniques and their combination to improve range and functional ability in adults with mechanical neck pain.

Materials & Methods: A quasi experimental study on 72 freshly diagnosed patients with mechanical neck pain was conducted in Physiotherapy Department of Fatima Memorial Hospital Shadman. These patients were randomly divided in 3 groups (Mobilization group, METs group and Combination group). There was no significant difference between age, educational year, computer using hours, duration of pain and initial NDI score and its percentage. NDI scale and goniometry was used as an assessment tool to measure the outcome of treatment in different groups before and after treatment (follow up 1 week).

Results: