

PSI Evidence-Based Newsletter

The **only** physiotherapy clinics in Ottawa **accredited** by the Canadian Physiotherapy Association for excellence in service

Necks - The Facts

- 66% of people will experience neck pain at some time in their lives
- 10% of people with neck pain will go on to develop chronic pain
- Evidence shows that patients treated by a physiotherapist within 5 days of injury have significantly less time lost from work

Neck Pain

- Deep neck flexor (DNF) muscle weakness has been associated with cervical pain and dysfunction.
- Mobilization combined with an exercise regimen is beneficial for patients with mechanical neck disorders.
- Active treatment, administered early, is effective for pain reduction.

Physiotherapy helps!

- Active treatments are superior to rest or collar use.
- Manual therapy can reduce pain and increase mobility.
- Active and passive movements in the cervical spine can reduce neck pain following whiplash.
- Training of DNF's helps to prevent recurrence.

Ref: Evidence-based physiotherapy in patients with neck pain. Carlsson et al Swedish Council on Technology Assessment in Health Care(SBU),1999:130
 Research search: Katrina Richell-Herren (research fellow)and Simon Carley (consultant in emergency medicine)
 Squires B, Gargan MF, Bannister GC. Soft-tissue injuries of the cervical spine: 15 year follow-up. J Bone Joint Surg Br 1996;78:955-7.
 Kvarnstrom S. Occurrence of musculoskeletal disorders in a manufacturing industry with special attention to occupational shoulder disorders. Scand J Rehabil Med Suppl 1983;8:1-114.
 Watson DH, Trott PH. Cervical headache: an investigation of natural head posture and upper cervical flexor muscle performance. Cephalgia 1993;13:272-284.

Why use PSI Physiotherapy and Sports Injury Centres?

- ✓ We focus on functional outcomes.
- ✓ We improve level of function, ability to work, and quality of life.
- ✓ We go for long-term results not just short-term pain relief.
- ✓ 85% of patients meet their goals.