Exercises for mechanical neck disorders (2012)

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Overview of the study

Objectives
• To improve pain, disability, function, patient satisfaction, quality of life and global perceived effect in adults with neck pain

Methods
• Evidence current up to 18 February 2012
• Participants: Adults (≥ 18 years of age) with acute, sub-acute or chronic neck disorders*
• Intervention: Exercise therapy prescribed or performed in the treatment of neck pain**
• Outcomes measured
  - Primary outcomes: pain, measures of function, patient satisfaction, global perceived effect and quality of life
  - Secondary outcomes: adverse events and costs of care

* Mechanical neck disorders (MND) including whiplash associated disorders (WAD) category I and II, myofascial neck pain, osteoarthritis, cervical spondylosis, cervicogenic headache (CGH), neck disorders with radicular findings (NDR)
** Excluded: multidisciplinary/multimodal treatment, exercises requiring manual therapy techniques by a trained individual
## Results & Conclusion

- 21 trials (2159 participants) included

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<th>Treatment</th>
<th>Evidence</th>
<th>Quality of evidence</th>
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| Combined cervical, scapulothoracic stretching and strengthening           | - Beneficial for neck pain relief post treatment and intermediate follow-up  
                          | - Improved function short and intermediate term for chronic neck pain     | Moderate            |
| Exercise                                                                  | Beneficial for pain in the short term and for function up to long-term follow up for chronic neck pain | Low                 |
| Upper extremity stretching and strengthening, or general exercise program | No benefit for chronic neck pain                                         | Low to moderate     |

⇒ There is low to moderate quality evidence for the short and intermediate term efficacy of certain types of exercises on chronic neck pain