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The Contribution of the Strain Counter-Strain Technique in Chronic Neck Pain Rehabilitation

Topic: Physical Modalities

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BACKGROUND

Chronic neck pain can cause significant functional discomfort with an alteration in quality of life and a socio-professional impact. Medical-educational management is of prime importance.

The aim of this work was to compare the contribution of the strain counterstrain technique versus conventional rehabilitation in the management of common chronic neck pain.

METHODS

A prospective comparative study that included patients with chronic neck pain divided into group A: conventional rehabilitation and group B: Jones techniques associated with conventional rehabilitation. The rehabilitation protocol was carried out over a period of four weeks with three sessions per week. The evaluation was based on the Visual Analog Scale (VAS), centimetric measurements, the Nilsson scale and the Neck Disability Index (NDI) scale.

RESULTS

At the end of the protocol, both groups had improvement with superiority of group B for pain score (VAS), Nilsson scale and NDI.

CONCLUSION

The strain counterstrain technique showed superiority in this study on pain, joint mobility and functional scores. Larger studies and medium and long term evaluation are needed to draw better conclusions.

Statement of Disclosures

None

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