

Two-Year Follow-up of Spinal Manipulation and Two Types of Exercise for Patients with Chronic Neck Pain: A Randomized Clinical Trial

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Setting the scene:

Neck pain affects a large number of individuals and has an important socioeconomic impact. The aim of this study was to compare the effects of spinal manipulation combined with low-tech rehabilitative exercise, MedX rehabilitative exercise, or spinal manipulation alone in patients with neck pain over a two-year follow-up period.

What did they do?

191 patients with chronic neck pain were randomized to 11 weeks of one of 3 groups 1-spinal manipulation combined with low tech rehabilitative exercise. 2-spinal manipulation with MedX rehabilitative exercise. 3- spinal manipulation alone. Patient self-report questionnaires measuring pain (pain numerical scale), disability (Neck Disability Index), general health status (Medical Outcomes Study Short Form 36-item Health Survey), improvement, satisfaction, and OTC medication use were collected after 5 and 11 weeks of treatment and 3, 6, 12, and 24 months after treatment. 93% (178 patients) of randomized patients completed the 11-week intervention phase, and 76% (145) provided data at all evaluation time points over the two-year follow-up period. The results showed the advantage of the 2 exercise groups over spinal manipulation alone group in pain, disability and satisfaction.

Takeaway message:

Rehabilitative exercise appears to have a significant positive effects for chronic neck pain with two years follow up after treatment.