Kenza Berkaine
kenza.berkaine@ulb.be
26 rue des pêcheurs, 1180 Uccle, Bruxelles, Belgique
+32484036784

Tanguy Pierre-Yves (Pierre-Yves.Tanguy@ulb.be),
Lahaeye Ludivine (ludivine.lahaeye@ulb.be),
Denaeyer Christian (christian.denaeyer@ulb.be),
Zarka David (david.zarka@ulb.be),
Salem Walid (walid.salem@ulb.be) and Bengoetxea Ana
(ana.bengoetxea@ulb.be)

Unité de Recherche en Sciences de l'Ostéopathie (URSO) - Université Libre de Bruxelles (ULB)

———————————————————————————————————

Characterization of Chronic Non-Specific Neck Pain Osteopathic Management

Background

Chronic neck pain is defined as any continuous pain in the cervical spine region lasting 3 months or more. Chronic pain is sustained by a sensitization process specific for each type of pain. In this study ,we aim to define the algo-mechanical approach with which osteopathy addresses nociceptive pain.

Method

30 patients participated in this study. They fulfilled the "Neck Pain and Disability Scale" in order to score their pain and functional disability before and after an osteopathic treatment. During the session, 4 osteopaths, who treated the group of patients, completed two documents created for the study. The first one recording clinical evaluation of cervical range of motion (RoM) and vertebrae intersegmental mobility perception, the second one recording treatment localization and manual techniques applied.

Results

In frontal and transversal planes, 90.9% and 87.5% of patients had decreased range of motion (RoM) associated with pain, respectively. 26,67% to 43,34% of the patients had a loss of RoM in the upper thoracic spine.
Concerning restricted vertebrae identified by therapists and combinations of restricted movements each patient showed their own pattern.
During treatment, we observed a personalization and adaptation of techniques used according to vertebral levels and muscles chosen to be treated.ci i

Conclusion

Our results suggest that patients suffering from non-specific chronic neck pain present each one their algo-mechanical pattern related to their nociceptive pain. Osteopathic treatment is a therapeutic approach adapted for each algo-mechanical pattern identified during the screening phase.