

# Effects of cranio-cervical flexion and manual spinal mobilisation in patients with chronic neck pain: Case series [Efectos del ejercicio de flexión cráneo-cervical y movilización manual vertebral en pacientes con cervicalgia crónica: serie de casos]

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**Background:** Chronic neck pain is a frequent condition, considered one of the main causes of disability. Among the most used physiotherapeutic treatments are exercise and vertebral manual mobilisation (VMM). However, the application of VMM is based on arthrokinematic fundamentals and not on directly favouring the execution of a specific exercise. **Objective:** to describe the effect of a short- and medium-term physiotherapy programme based on VMM aimed at promoting the exercise of cranio-cervical flexion (CCFE). **Cases description:** Pain intensity, pressure pain threshold, range of motion, neuromuscular control and cervical disability were evaluated in 12 women with chronic neck pain at the beginning, end and 3 months after the intervention.

**Intervention:** A programme of 10 treatment sessions based on CCFE and VMM was executed.

**Results:** all participants experienced a clinically relevant improvement of their condition in the short term, which remained 3 months post-intervention. **Conclusion:** The CCFE added to a VMM, which seeks to enhance the execution of the exercise, presented positive results in women with chronic neck pain in the short and medium term. © 2020 Asociación Española de Fisioterapeutas

Chronic pain

Manual therapy

Neck pain

Physiotherapy

Therapeutic exercise