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Neural stretching and Distalo -proximal release for chronic neck pain

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Baseline Assessment at RUST	Duration: Two sessions per week; 45 min per session; Total 12 1.5 months							
Group	Experimental Group	Week-1	Week-2	Week-3	Week-4			
VAS	Warming	Main Interventions			Ce			
NDI	1.BC+DHD+HC	1. Neural stretching both UL			1.			
PSFS	2. Stretching UL, LL, Spine	2. Distalo-proximal release Technique in both UL regarding the source.			2.			
Digital goniometer								
Group Outcome Measures	Control Group	Main Interventions						
VAS	Conventional Physiotherapy as Electrotherapy modalities and manual exercises							
NDI								
PSFS								
Digital goniometer								

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Protocol status: Working

We use this protocol and it's working

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Keywords: Neck pain, Neural stretching , Distalo- proximal release technique , Manipulation therapy , Functional outcomes , release for chronic neck pain, effectiveness of neural stretching, chronic neck pain, neural stretching, conventional physiotherapy, physiotherapy, session treatment time, pain

Abstract

This is a randomized controlled trial that evaluates the Effectiveness of neural stretching and distalo -proximal release for chronic neck pain with referred symptoms. Participants are assigned to two groups: the experimental group will receive neural stretching and distalo -proximal release, and the control group will receive conventional physiotherapy. Both groups will undergo 6 weeks of intervention, and each session treatment time will be 40 minutes.

Attachments



Protocol Summery

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17KB



Intervention detail....

15KB

Guidelines

re-Start Preparation

1. Participant Screening:

- Confirm diagnosis of chronic neck pain with referred symptoms
- Exclude participants with recent trauma, fractures, systemic illness, or neurological deficits.

1. Informed Consent:

- Provide participants with study details, procedures, benefits, and possible risks in their native language.
- Obtain signed informed consent prior to starting interventions.

1. Baseline Assessment:

- Conduct all pre-intervention outcome measures (VAS, NDI, PSFS, goniometric ROM).
- Record demographic and clinical history.

Safety Guidelines

▪ During Exercise:

- Monitor for signs of discomfort, dizziness, numbness, or unusual pain.
- Discontinue the intervention if symptoms worsen.

▪ Therapist Positioning:

- Maintain correct body mechanics to avoid therapist strain.

▪ Neural Stretching:

- Perform within the pain-free range; avoid over-tensioning nerves.

▪ Electrotherapy (TENS):

- Do not apply over pacemakers, open wounds, or areas with impaired sensation.

Materials

▪ **Assessment Tools**

- Visual Analogue Scale (VAS) – for pain intensity measurement
- Patient-Specific Functional Scale (PSFS) – for functional ability assessment
- Digital Goniometer – for cervical range of motion (ROM) measurement
- Data collection sheets and case report forms

▪ **Intervention Materials**

- Treatment plinth or adjustable physiotherapy bed
- Towels and pillows for patient positioning and comfort
- Stopwatch or timer (for exercise timing and rest intervals)

▪ **Electrotherapy Equipment** (*for control group*)

- Transcutaneous Electrical Nerve Stimulation (TENS) unit or Interferential Therapy (IFT) machine
- Electrodes and electrode gel/pads
- Power supply and extension cords (if needed)

▪ **For Neural Stretching & Distalo-Proximal Release Technique** (*experimental group*)

- Lubricant or massage cream (if required for manual release)
- Gloves (if indicated for hygiene)

▪ **Documentation & Administrative Items**

- Consent forms and participant information sheets
- Randomization envelopes or software (for group allocation)
- Secure file storage (physical cabinet or encrypted digital storage)

▪ **Hygiene & Safety**



Hand sanitizer and disinfectant wipes

Safety warnings

- ❗
 - Avoid intervention in cases of:
 - Acute cervical injury or instability
 - Active infection or inflammation
 - Malignancy in the treatment area
 - Ensure equipment (goniometer, TENS machine) is calibrated and checked before each use.
 - Maintain session records for all participants.

Ethics statement

The study will be conducted in accordance with the **Declaration of Helsinki** and **local institutional ethical guidelines**.

Ethical approval has been obtained from the **Institutional Review Board (IRB) of Jashore University of Science and Technology**.

All data will be kept confidential and used solely for research purposes.

Participants have the right to withdraw from the study at any stage without penalty.



1 Neural stretching and Distalo -proximal release for neck pain

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