

**ELECTRONIC GUIDE TO THESES APPROVED BY
PHYSICAL THERAPY DEPARTMENT FOR MUSCULOSKELETAL
DISORDER AND ITS SURGERY**

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**Physical Therapy Department for Musculoskeletal
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Doctoral Degree

2009

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Title	:	Two-way traction versus cervical manipulation in treatment of cervical spine disorders.
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Degree	:	Doctoral.
Year	:	2009.
Abstract	:	<p>Background: Neck disorders are common and disabling; they can affect physical and social function. Two-way cervical traction is considered a treatment of spinal disorders aimed to separate the vertebrae, restoring the normal curve and stretch the posterior neck muscle. Manipulation of the spine has been used in the treatment of patients with head and neck disorders, including neck pain and stiffness, muscle tension headache, and migraine. The purposes: The purpose of the study was to investigate the possible effect of the two-way cervical traction or the cervical manipulation in patient with cervical spine disorders (CSD). Subjects: Thirty patients (15 males and 15 females) with cervical spine disorders participated in this study with age ranged from 20 to 35 years with a mean (28.37± 3.16). The Patients reported of neck pain and restriction of cervical range of motion (CROM) and hadn't any positive neurological finding, surgery or stenosis. The patients were assigned into three groups. Group I: (two-way traction) Group II: (manipulation) and Group III (traditional treatment). Methods: CROM, Pain, neck functional activity and EMG activity of the upper fibers of trapezius were measured pre and post 6 weeks of treatment by CROM device, VAS, NDI and EMG respectively. Results: Two-way traction, cervical manipulation and traditional treatment had significantly increased Electromyographic activity, Cervical Range of Motion and decrease Neck Disability Index and Visual Analogue Scale. Cervical manipulation had a superior effect on increasing CROM in all ranges except extension, decreasing pain, functional disability more than two-way traction but in EMG activity the effect of two-way traction was higher than manipulation and the effect of traditional treatment had the least effect. Conclusion: Cervical manipulation had more effect than two-way traction on increasing CROM, decreasing pain and functional disability while Two-way traction was more effective than manipulation in producing increasing EMG Activity. According to results, it was suggested that Cervical manipulation and two-way traction could be used individually or combined together that would have more beneficial effect for treatment of cervical spine disorders.</p>
Key words	1.	Two-Way Traction.
	2.	Spinal Manipulation.
	3.	CROM.
	4.	VAS.
	5.	NDI.
	6.	SEMG.
	7.	Cervical Spine.
	8.	Trapezius.
Arabic Title Page	:	الشّد ثنائي الاتجاه مقابل المعالجة اليدوية في علاج اضطرابات الفقرات العنقية.
Library register number	:	1909-1910.