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## Effect of Craniosacral Therapy in Treatment of Cervical Spondylosis

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### Abstract

#### Study Design

Pre-post experimental study design.

#### Background

Degenerative changes around neck involve ligaments and cartilages. These are the major reasons behind cervical root involvement and dysfunction. These in long run can have adverse effects like-vision disorder, hypertension and much more.

#### Objective

Hence, present study was undertaken to add on to available treatment methods for cervical spondylosis and to find out the effectiveness of Craniosacral therapy (CST) for treating cervical spondylosis.

#### Procedure

In this study, 30 participants were recruited based on inclusion and exclusion criteria. CST was administered to them for a period of 4 weeks, 3 sessions per week. Pre and post assessment were taken using following outcome measures-Neck Disability Index (NDI), Range of Motion (ROM), Numerical Pain Rating Scale (NPRS)

#### Results

There was significant decrease in NDI and NPRS in patients which is suggestive of improving their quality of life. Also, cervical ROM was found to be significantly increased amongst these participants. The outcome of NDI, NPRS and Cervical ROM was statistically analyzed. It was found to be effective with highly significant P value <0.001 using SPSS software v.25.

#### Conclusion

Craniosacral therapy (CST) is an effective treatment and can be used for treating patients with cervical spondylosis.

### Keywords

Cervical spondylosis, Craniosacral therapy, Neck Disability Index (NDI), Numerical Pain Rating Scale (NPRS), Range of Motion (ROM).

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