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 2 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.