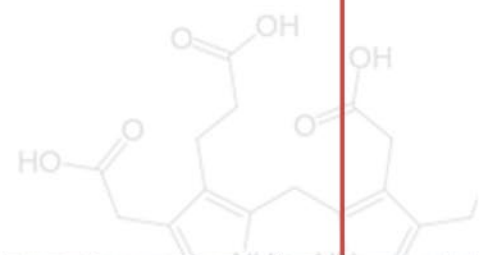




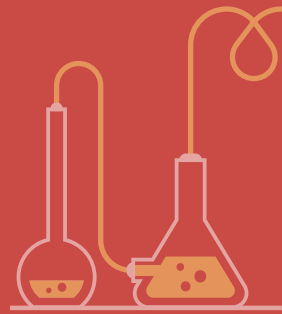
THE EFFECTIVENESS OF OSTEOPATHIC TREATMENT ON CHRONIC NECK PAIN

Student's Name

Institutional Affiliations



The Effectiveness of Osteopathic Treatment on Chronic Neck Pain



ABSTRACT

A significant number of people are suffering from chronic neck disease. Despite the several kinds of research on the effectiveness of physical therapies in treating neck pain, there is limited research on the effectiveness of osteopathic treatment on chronic neck pain. Thus, this study was set to examine the efficacy of osteopathic treatment on chronic neck pain. Firstly, it describes certain processes involved in osteopathic such as systematic stretching of the muscles. It also describes chronic neck pain and what causes these problems and also differentiates between acute and chronic neck pain. It explains the importance of the study whereby osteopathic is beneficial compared to other methods as it is natural. Therefore, the patients are unlikely to suffer from side effects caused by drugs. Nevertheless, a combination of the drugs and osteopathic could be efficient with an emphasis on the latter. It also focuses on the epidemiology distribution of people suffering from chronic neck pain whereby women are more vulnerable to this problem than men. The research also discusses the significance of incorporating osteopathic as it has fewer side effects compared to drugs. Another significance is to encourage the health practitioners to popularize osteopathic therapy so that patients can embrace it. The study has also reviewed three scholarly literature materials which discuss osteopathic in detail. The research has established that osteopathic treatment is the most efficient therapeutic

response for chronic neck pain. The study also addresses some of the limitations encountered. For instance, there were limited cohort groups in the literature review that were detrimental to meta-analysis. Another limitation is that the results obtained were a combination of osteopathic and other forms of treatment. Therefore, it would be difficult to know to what extent the osteopathic was effective. The research also gives recommendations for future studies such as the effectiveness of osteopathic to a larger group rather than a smaller one. These are likely to give more accurate results. It also suggests a follow-up strategy that monitors how the patients perform two or three years after receiving osteopathic treatment.

Keywords: Osteopathic, osteopathic manipulative treatment, chronic neck pain, treatment, therapist

INTRODUCTION

Osteopathic is a procedure that involves massaging and stretching of a person's muscles so as to treat or diagnose a disease. In this type of treatment, the physician uses his or her hands to operate. It is based on the fact that a person's health is determined by his or her muscles and bones including the spine. Chronic neck pain, on the other hand, refers to extreme and continuous pain in one's neck due to several reasons such as the tear and wear of the muscles or difficult exercise. Wrong sleeping and sitting positions can also cause neck pains. Besides, chronic neck pain can be caused by accidents or neck surgeries. There is also the acute neck pain which is mild pain that lasts for some time. If the pain persists for 52 weeks, then this is considered to be chronic. A considerable number of people particularly the old suffer from neck pains. Therefore, osteopathic treatment is an effective method of treating chronic neck pain. Professionals in this field correctly use the osteopathic articular technique for the neck. It involves putting the patient at an angle that minimizes uses of energy so that the physician can massage the tissues adequately. It aims at enhancing the mobility of particular joints. Additionally, this treatment reduces pain in the joints and improves comfort. This research critically analyzes the effectiveness of osteopathic treatment on patients suffering from chronic neck pain.

IMPORTANCE OF THE STUDY

The importance of this study is to discuss the effectiveness of osteopathic treatment on chronic neck pain. The neck is a delicate organ, and its treatment can be quite tricky. In extreme cases, surgery is recommended

particularly when the problem is internal. However, this research advocates for osteopathic therapy before considering other methods of treatment as it is just natural.

PROBLEM STATEMENT

Neck pain is a common complaint received by healthcare personnel worldwide. It is characterized by pain which is persistent and may eventually lead to disability. Most people rush into taking drugs which may have immediate or long-term side effects. Most of the drugs consumed by patients can cause allergy especially if one has never used them before. Others may cause complications in the digestive system. Besides, some may surprise the problem for a short while, and the problem may reoccur. Therefore, there is a need to do away with the drugs and embrace osteopathic to treat chronic neck pain.

EPIDEMIOLOGY DISTRIBUTION

According to Goodie et al., neck pain affects approximately 30-50% of adults in the North Carolina every year. Women are more affected by this problem than men because of the cervical degenerative disc disease. It is a condition that causes stiffness and pain in the neck. The same study indicates that chronic neck pain mainly affects people aged between 45 to 50 years. These statistics are a clear indication that people are suffering from this problem. Many seek help from health providers who prescribe drugs which may not be effective. On the other hand, some prefer the over the counter drugs which may be quite dangerous. Therefore, the most

efficient method would be osteopathic whereby the patient needs not to take any medicine. One can have a private osteopathic therapist who attends to him or her on a daily basis. The pain is most likely to reduce after several episodes of treatment.

SIGNIFICANCE OF THE STUDY

The significance of this study is to encourage medical practitioners to major in osteopathic as a method of treating chronic neck pain instead of prescribing drugs. Furthermore, this research helps more people to study osteopathic as it is useful in managing chronic neck pain. Besides, it inspires patients to embrace osteopathic therapy instead of the over the counter drugs which may not be cost effective and may affect them later. Most patients may not be aware of the existence of this therapy because it is not popular. Therefore, this study will help them understand what osteopathic is all about and its effectiveness in treating this problem.

LITERATURE REVIEW

Pain can be categorized as either chronic or acute depending on the magnitude or the duration and damage to the anterior ligament tissues. According to the research conducted by Schwerla, Kaiser, Gietz and Kastner, it was established that osteopathic approach in the chronic neck pain management was most effective. Their study defined chronic neck pain as the continuous pain lasting more than 12 months. Osteopaths are usually trained to incorporate various treatment techniques in the osteopathic practice. These methods include the High Velocity (HVLA)

manipulation of the area of pain. There is significant evidence that confirms that the HVLA can also be applied in the management of acute and chronic neck pain. The study also revealed that HVLA is more efficient when used on the opposite side of the damaged tissues. The strengthening practices are usually encouraged when dealing with patients suffering from acute neck pains. The study also established that osteopathic manipulative treatment had no side effects compared to other medical treatments.

Schwerla et. al research also examined the cost-effectiveness of osteopathic treatment to the patients suffering from chronic neck pain. The study suggests that manual therapy is an effective treatment compared to medical care but more costly. The study also examined the physiotherapy exercises which included active, postural and relaxation exercises. These interventions were compared against the manual therapy which includes passive joint mobilization and stabilization exercises. The research established that the patients booked for manual therapy sessions exhibited faster improvement than the physiotherapy groups.

According to Gasson, etiology of chronic neck pain has been identified as a disorder that affects the operation of the cervical spine and refers to the anatomical structures that are receptive and can produce pain. The pain is usually experienced when the fascia, tendons, and joint capsules are injured. Therefore, osteopathic treatment of the cervical spine can be used in the healing process of this injury. According to Gasson, there is limited evidence that confirms the medicinal treatment as the ultimate intervention for chronic neck pain management. However, the research also confirmed that neck pain was more precisely controlled by the manual therapy than the sub-acute which can also be managed using physical

therapy.

Another study has recommended osteopathic treatment as a supplementary intervention to chronic neck pain. Chila discusses that osteopathic treatment can be a significant multitherapeutic approach if the patient's pain is non-radicular and mechanical in nature. The study has further indicated that chronic neck pain is frequently reported as a primary symptom of whiplash injury. Using the skills of an osteopathic physician, the therapist can also use the cervical spine manipulation than the muscle relaxants. Additionally, the osteopathic approach to treating the patient does not only reduce the symptoms but will help the patient maximize the therapeutic health potential.

Application of the osteopathic approach also assist the patient in improving the sleeping habits, dietary choices and encourage a significant lifestyle. For active patients, osteopathic treatment can help modifying the activities as long as they stick to the osteopathic management plan that is conducted for a short duration. Furthermore, there is evidence that confirms exercise therapy as a significant when combined with osteopathic treatment.

METHODOLOGY

This research was based on qualitative analysis of the available literature regarding the osteopathic management of chronic neck pain. The researcher conducted a cohort study of the evidence based literature that has focused on the comparative literature review on osteopathic treatment. The criteria for evaluating the evidence-based research was considered basing on the hypothesis related to the effectiveness of

osteopathic treatment as the primary intervention for chronic and acute neck pain. Secondly, the researcher emphasized on the outcomes indicated on the prospective literature. Burns and Grove have pointed out that in an appraisal of an evaluative research that involves public health intervention, it is vital to consider the fidelity of the evaluation process and the overall outcomes depicted in the literature. The interpretation of the evidence depends on the availability of descriptive information that relates to the available evidence.

The pieces of literature were further subdivided into groups for further analysis of the effectiveness basing on the durations. The researcher also reviewed the information from the scholarly publications that compared the medical application to osteopathic treatment. The results were based on the findings that were obtained from these sources.

DISCUSSION

The aim of this research was to build on the hypothesis used by Schwerla et. al. regarding the results of osteopathic treatment for individuals suffering from chronic neck pain. The reviewed literature established that osteopathic treatments are an important strategy for chronic pain reduction. Whiplash type of injury has been identified as the most common causative of chronic pain. Most of the reviewed literature incorporated a cohort study to enhance the reliability of the data collected from the physicians. According to Gasson, the randomized controlled trial is the most efficient way of evaluating the effectiveness of different treatments hence enabling a validity of the inferences on causes and effect. To enhance the reliability of the collected data, the researcher focused on the

data from the cohort groups of patients that were diagnosed with chronic neck pain and had tried different approaches in the treatment plan.

The primary limitation of the study was that some of the literature such as Gasson and Chila did not include cohort groups. Therefore, there was limited information from these resources that would provide a significant platform for conducting a meta-analysis. There is also the possibility that the improvement in the findings was as a result of other effects other than those stated for the osteopathic treatment. The researcher managed to use another study that incorporated the cohort groups to avoid the instances of bias.

There was also limited studies that compared the osteopathic manipulative therapy to other medical interventions in chronic neck pain management. This aspect compelled the researcher to stick to the semi-standardized intervention that was used in the selected literature to promote the degree of consistency between the medical nursing practitioners and osteopathic doctors. Schwerla et. al have demonstrated this approach together with the clinical trials of acupuncture in examining the osteopathic interventions.

The study also revealed that osteopaths use more than one intervention in managing chronic neck pain. There are other techniques such as the high-velocity low-amplitude thrust and joint articulation that suggests more non-invasive strategies to manage chronic pain.

Additionally, Chila proved that combination of the osteopathic and medicinal approach was more efficient than using each independently.

Alternatively, the medicinal usage has significant side effects such as allergic reactions that may sabotage the treatment plan of chronic pain. Patients do not get full relief when they depend on medicinal treatment. Furthermore, the therapeutic approach takes a series of therapy that takes long and has short-term relief. On the contrary, the osteopathic approach ensures all the anterior structures of the neck are stretched, and muscles are strained. This practice has the potential to eradicate the pain completely when done continuously.

CONCLUSION

In conclusion, osteopathic treatment can be effective in assisting those with chronic neck pain. However, proper advice should be given to the patients using this method. Additionally, appropriate exercise should also be given by the osteopathic therapist. The research has also established that this type of treatment help in reducing pain. It does this by enhancing blood circulation as well as improving other body processes. Consequently, the body heals naturally when these processes are developed. Therefore, osteopathic not only helps in the treatment of chronic neck pain but also the whole body because body muscles and tissues are interconnected. Also, osteopathic therapy is beneficial compared to other treatments that involve drug or surgery. These methods are costly and have side effects as well. For instance, drugs can cause allergies and other complications. Furthermore, if one undergoes a neck surgery, it may take a longer time to heal compared to the osteopathic. Besides, operations are delicate because one can die in the process or even make the situation worse than before. However, osteopathic is effective if applied for a period and it is purely natural. Alternatively, medical practitioners can consider using a

combination of osteopathic treatment and therapeutic methods. However, the drugs should be administered in moderation while focusing on osteopathic. This combination would be useful in cases of accidents where one one's neck has been injured. In such a scenario, painkillers could be administered first before the osteopathic therapy. Future studies should focus on examining the effectiveness of osteopathic treatment in a larger group. Additionally, further studies should concentrate on coming up with follow-up strategies that assess the patients who have used osteopathic treatment. It could be assessing them after a period of two or three years to determine how effective the method is. Furthermore, the outcomes of the long-term follow-up should also be compared with those who have used other medical treatment such as drugs or surgeries.