



Do You Have Neck Pain?

NECK STRENGTHENING AN EFFECTIVE AND WELL TOLERATED THERAPY FOR CHRONIC NECK PAIN



The **MCU – Multi-Cervical Unit** objectively measures neck range of movement (ROM) and isometric strength. Treatment is then prescribed based on the results of these findings, as well as subjective questionnaires.

At Capital Rehabilitation we have conducted a clinical trial of 131 consecutive chronic neck pain patients treated on the MCU from 2001-2008 with the following results:-

- Disability significantly reduced by 32% (Neck Pain Disability Questionnaire reduced from 46.7% to 31.7%),
- Neck pain significantly reduced by 39% (Symptom Intensity Rating reduced from 41.4% to 25.1%),
- Neck ROM significantly improved by 30%,
- Isometric neck strength significantly improved by 80%.
- No adverse events were reported. (High intensity neck strengthening is also safe post-cervical spine fusion, Maher et al SPINE 2002).
- Patient Satisfaction –90% of patients reported improvement, 7% were the same, and 3% felt worse.

We have found that an intensive progressive neck strengthening program is a successful, safe and well tolerated therapy for chronic neck pain patients, including those who have not responded to other treatments. This is an evidence based therapy for the treatment of chronic neck pain. It can be used as an effective adjunct to conventional therapy (which is also provided). The MCU also provides functional rehabilitation and reconditioning of the cervical spine.



What is the MCU program?

Typically, the MCU involves:

- 10 week program (2 x weekly) =20 sessions
- 30 min sessions
- Movements include: flexion, extension, lateral flexion, and rotation (very functional movements)
- Treatment is flexible depending on patient's time commitments and financial situation.

What happens after the MCU Program?

The development of a self-managed program for ongoing recovery beyond clinic-based treatment is also discussed with the patient. The specific nature of these self-management strategies is dependent on patient interest. Some options may include;

- individualised cervical and upper limb strengthening and stabilisation program
- postural training and education
- hydrotherapy
- community exercise classes
- gymnasium-based exercise program.

Please contact us if you have any queries or would like a demonstration of the MCU.