



## **EFFECT OF TWO ENDED SLIDER NEURODYNAMIC TECHNIQUE ON PAIN AND DISABILITY IN PATIENTS WITH CERVICAL RADICULOPATHY – AN EXPERIMENTAL STUDY**

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### **ABSTRACT**

**BACKGROUND:** Cervical radiculopathy (CR) is a dysfunction of a nerve root in the cervical spine. Annual incidence has been reported to be 107.3 and 63.5 per 100.000 for men and for women respectively. Most of the time cervical radiculopathy appears unilaterally. Typically produces neck and radiating arm pain or numbness, sensory deficits, or motor dysfunction in the neck and upper extremities. There was a paucity of literatures about the effectiveness of two ended slider neurodynamic technique in CR. **Objective** of the study was to know the effect of two ended slider neurodynamic technique on pain and disability in patients with CR.

**METHODS:** In the present experimental study, total 58 patients with CR, aged between 30-60 years were included. They were randomly divided into two groups: Control group (Group - A) and Experimental group (Group -B). Participants in control group received only conventional Physiotherapy while those in Experimental group received two ended slider neurodynamic

technique for involved upper extremity in addition to conventional Physiotherapy treatment. Patients were evaluated before (pre treatment), at 2 weeks and at 4 weeks intervention for pain intensity (VAS) and for disability (NDI). Statistical analysis was done using SPSS version 15.00 Software. One way ANOVA was used to analyze the pre intervention (week 0), after 2 week (week 2) and post intervention (week 4) differences within each group and independent t test was used for between groups comparison of pre-post mean difference. Confidence interval was kept 95% and the level of significance for all statistical data was set at 0.05.

**RESULTS:** Results of intra group comparison of mean of both outcome measures showed statistical significant difference between pre and post VAS and NDI in both the groups. Tukey's Post hoc test was done to know individual effect between pre intervention to week 2, week 2 to post-intervention and pre-intervention to post intervention for VAS. Results of inter group comparison of VAS and NDI showed statistical Significant differences between the groups for both outcome measures.

**CONCLUSION:** This study concludes that two ended slider neurodynamic technique is effective for reducing pain and disability in patients with cervical radiculopathy when added to conventional Physiotherapy.

**KEYWORDS:** Two ended slider, cervical radiculopathy, Neurodynamic, NDI, VAS