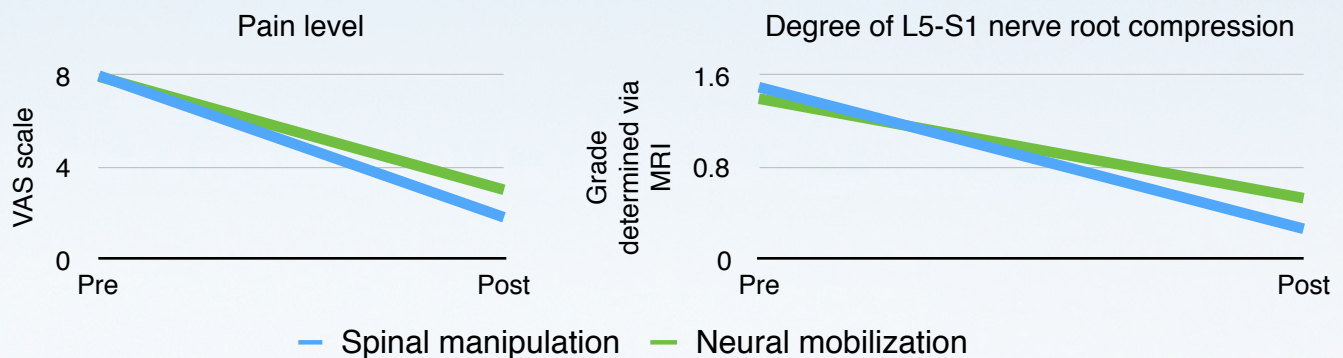


Effect of Neural Mobilization Versus Spinal Manipulation in Patients with Radicular Chronic Low Back Pain

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Neural mobilization techniques, such as the straight leg raise or slump technique, are commonly employed by therapists for the care and treatment of patients suffering from sciatica initiated by lumbar disc herniation.

This randomized clinical trial examined the neural mobilization techniques and put them head-to-head against lumbar spinal manipulation. The results were staggering. Patients who received lumbar manipulation experienced a sharper decrease in pain, a more significant improvement in functional ability, and a reduction in the degree of nerve root compression.

With previous studies indicating patients improved (at 1-2 years post-treatment) with spinal manipulation equal to those who had undergone surgical intervention, it becomes clear why spinal manipulation is considered a top treatment choice for patients suffering from sciatica due to lumbar disc herniation.

“The lumbar manipulation was more effective than neural mobilization; this may be due to direct influence of lumbar manipulation techniques on reduction of nerve root compression than neural mobilization techniques.”

“It is important to evaluate possible nonsurgical interventions for patients with chronic low back pain with sciatica using appropriate patient-based outcome measures.”

“There was more significant decrease of pain level, functional disabilities, and degree of nerve root compression in the group treated by lumbar manipulation techniques than the group treated by neural mobilization techniques.”

We believe in creating a healthier community. We believe patients have better outcomes when physicians work together.
Let's build a healthier tomorrow.

