

A Comparison Between Cervical Spine Manipulation to Cervical Spine Exercise and Their Effects on Headaches

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PURPOSE: The purpose for this research study was to evaluate the effects of an upper cervical spine manipulation versus cervical spine exercises for tension type headaches in a young adult population.

METHODS: Our study consisted of a four-week program containing three groups: A – cervical manipulation, B – cervical spine exercises, and C – control group. Each participant filled out a Headache Disability Index (HDI) weekly. Group A returned weekly for cervical manipulation, Group B returned three times to ensure exercises were performed correctly, and group C returned once at the end of the study.

RESULTS: The study found no significant differences between each experimental and control group. Although insignificant statistically, intensity and duration of each headache decreased when looked at among the groups, although the frequency of the headaches overall increased.

CONCLUSION: Even though we did not find statistically significant data, all three groups' HDI scores declined. With our current research and findings, we hope this study can be improved and end with more powerful results in the future.