

CHAPTER VI

CONCLUSION

In conclusion, the current study suggests that the single thoracic manipulation results in significantly greater improvements in pain level at rest, cervical range of motion in all directions and pressure pain threshold than those in the control group in patients with chronic mechanical neck pain. And the single thoracic mobilization results in significantly improvements in cervical range of motion in same directions. However, the current study reveals no significant differences in pain level at rest, cervical range of motion in all motion and pressure pain threshold between the single thoracic manipulation and the single thoracic mobilization in patients with chronic mechanical neck pain. Therefore, the current study may suggest that either the single thoracic mobilization or the single thoracic manipulation can be an alternate choice to treat the chronic mechanical neck pain in order to improve the cervical range of motion.