

## EFIC17

**P75-PAIN TREATMENT (CONSERVATIVE): PHYSIOTHERAPY****Abstract: 715****INDIVIDUAL RESPONDER ANALYSIS OF EFFECTIVENESS OF MANUAL THERAPY AND EXERCISE VERSUS USUAL CARE IN NECK PAIN PATIENTS: PRELIMINARY RESULTS OF A RANDOMIZED CONTROLLED TRIAL**

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**Background and aims:** Chronic neck pain (CNP) is a common health problem to which a large variety of physiotherapy modalities are frequently used. Individual responder analyses provide researchers with preliminary information about the chance of achieving clinically important treatment responses. This study aimed to pilot the effectiveness of a combined intervention of manual therapy and exercise (MET) versus usual care (UC), on neck disability.

**Methods:** 16 participants with CNP lasting >3 months were randomly assigned to MET and UC groups. Participants in the MET group (n=8) received 12 sessions of passive articular mobilization and exercise (coordination, strength, endurance), whereas the UC group received 18 sessions of usual physiotherapy care, combining electrotherapy, massage, passive mobilization and stretching exercises. Patients were assessed at baseline, and then at 3 and 6 weeks. A clinically important treatment response was defined as a decrease of >30% in the Neck Disability Index compared to the baseline score.

**Results:** At patient-level response, there were differences in the response rates and patterns. In the MET group, 87.5% of the participants experienced a clinically important response in the first 3 weeks of treatment and this proportion was maintained at 6 weeks. In the UC group the proportion of patients that experienced a clinically important response rose from 25% to 37.5%, at 3 and 6 weeks, respectively.

**Conclusions:** These preliminary findings suggests that participants receiving

MET intervention achieved an early response to treatment and were also more likely to achieve a sustained response over time compared to those receiving UC.