

Effectiveness of Mulligan Mobilization versus Neural Mobilization in Patients with Cervical Radiculopathy: A Comparative Study

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Abstract: *The goal of individualized program requires analysis of benefits of mulligan mobilization versus neural mobilization in the patients with Cervical Radiculopathy. Neural mobilizations include facilitation of nerve gliding, dispersion of noxious fluids, increase in neurovascularity and axoplasmic flow. Mulligan's mobilization-with-movement (MWM) involving application of accessory passive glide to the cervical vertebrae while patient simultaneously performs active movement. To achieve this purpose 50 patients, diagnosed with cervical radiculopathy recruited from Physiotherapy Department, Sainath Hospital, Ahmedabad were divided into two groups mulligan mobilization and neural mobilization. Outcomes were visual analogue scale (VAS) & Neck Disability Index (NDI). Neural mobilization produces greater comfort and better functional outcome as compared to mulligan mobilization analysed by application of Mann Whitney Test. (P<0. 0001).*

Keywords: Neural mobilization, Mulligan mobilization

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