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Study Findings from University of Granada Broaden Understanding of Physical Therapy and Rehabilitation Medicine

Physical Therapy and Rehabilitation Medicine NewsRx.com

By a News Reporter-Staff News Editor at Health & Medicine Week -- New research on Physical Therapy and Rehabilitation Medicine is the subject of a report. According to news reporting originating from Granada, Spain, by NewsRx correspondents, research stated, "The influence of physical and psychosocial variables on self-rated disability in patients with chronic mechanical neck pain has not been fully determined. This study examined the relationship of pain, physical impairment, and pain-related fear to disability in individuals with chronic mechanical neck pain."

Our news editors obtained a quote from the research from the University of Granada, "A cross-sectional study was conducted. Ninety-seven (n = 97) subjects (28 men, 69 women; mean age, 39.3 yrs) with chronic mechanical neck pain were prospectively recruited. Demographic information, duration of pain symptoms, pain intensity, pain-related fear, and cervical range of motion were collected on all subjects. Self-reported disability was measured with the Neck Disability Index. Correlation and regression analyses were performed to determine the association among the variables and to determine the proportions of explained variance in disability. Significant positive correlations existed between disability and previous history of neck pain (r = 0.45; P < 0.001), disability and pain intensity (r = 0.32, P = 0.01), and disability and kinesiophobia (r = 0.23, P = 0.02). In addition, a significant negative correlation existed between disability and cervical extension range of motion (r = -0.18, P = 0.04). Stepwise regression analyses revealed that previous neck pain episodes, intensity of neck pain, kinesiophobia, and cervical extension range of motion were significant predictors of disability (r(2) = 0.400; r(2) adjusted = 0.372; F = 14.64; P < 0.001). This study found that previous episodes of neck pain, pain intensity, pain-related fear, and cervical extension range of motion explained 37.2% of the variability of self-report disability."

According to the news editors, the research concluded: "Future longitudinal studies will help to determine the clinical implications of these findings."

For more information on this research see: The Contribution of Previous Episodes of Pain, Pain Intensity, Physical Impairment, and Pain-Related Fear to Disability in Patients with Chronic Mechanical Neck Pain. American Journal of Physical Medicine & Rehabilitation, 2012;91(12):1070-1076. American Journal of Physical Medicine & Rehabilitation can be contacted at: Lippincott Williams & Wilkins, 530 Walnut St, Philadelphia, PA 19106-3621, USA. (Lippincott Williams and Wilkins - www.lww.com; American Journal of Physical Medicine & Rehabilitation - journals.lww.com/ajpmr/pages/default.aspx)

The news editors report that additional information may be obtained by contacting M. Saavedra-Hernandez, University of Granada, Dept. of Phys Therapy, Sch Hlth Sci, E-18014 Granada, Spain (see also Physical Therapy and Rehabilitation Medicine).

Keywords for this news article include: Spain, Europe, Granada, Physical Therapy and Rehabilitation Medicine

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