

# Effectiveness of Mckenzie Exercise on Range of Motion and Quality of Life Among Patients with Cervicogenic Headache

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## Abstract

**Introduction:** The International Classification of Headache Disorders defines Cervicogenic Headache as, Headache caused by disorders of the cervical spine and its component of bony, disc and or soft tissue elements, usually but not invariably accompanied by Neck pain. Cervicogenic headache is a secondary headache which leads to decreased functional activity, quality of life and functional disability.

**Aim of the Study:** The Aim of the study is to compare the effectiveness of Mckenzie and Isometric neck exercise on patient with Cervicogenic headache.

**Objective of the Study:** To understand the pathophysiology of cervicogenic headache to assess the effectiveness of Mckenzie and isometric neck exercise on patients with Cervicogenic headache.

**Methodology:** This is an Experimental study which has been conducted on 30 Cervicogenic participants the age group between (20

to 40 years). The participants were divided into 2 Groups – Control group and Experimental group in each group contains 15 samples. The Experimental group were made to do Mckenzie exercise while Control group were made to do Isometric neck exercise. The outcome measures were used in the study are VAS, ROM and Headache disability index scale to reduce pain, improve ROM and quality of life respectively.

**Results:** The result of the study showed that the effect of Mckenzie exercise is more effective than Isometric neck exercise in improving Range of motion and reducing pain in Cervicogenic headache.

**Group A:** Headache disability index scale T value-7.7953, P value-0.0001 and Range of motion T value-0.0001, P value-0.0001 and the Visual analogue scale T value-10.5473, P value-0.0001 pre- and post-test values respectively.

**Group B:** Headache disability index scale T value-2.5747, P value-0.0156 and Range of motion T value-0.0001, P value-0.0001 and the Visual analogue scale T value-4.9858, P value-0.0001.

**Conclusion:** This study concluded that both groups showed statistical improvement but there is significantly greater improvement in Experimental group in which the subjects were given Mckenzie exercise when compared to control group where isometric neck exercise is given.

**Keywords:** Cervicogenic Headache; Mckenzie Technique; Isometric Neck Exercise; Headache Disability Index Scale