



Comparative Effectiveness of Manual Therapy Techniques in Cervical Radiculopathy Rehabilitation: A Narrative Review

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Abstract

Cervical radiculopathy is a common issue affecting the cervical spine, marked by symptoms like radiating neck pain, sensory changes, muscle weakness, and functional limitations due to the compression or irritation of cervical nerve roots. As more people lean towards non-surgical options, conservative physiotherapy has gained importance, especially with the increasing global prevalence of neck pain disorders. Manual therapy techniques, especially cervical mobilization, have shown promising results in alleviating pain and enhancing function for those affected. Among these methods, cervical transverse glide mobilization and spinal mobilization are frequently used in physiotherapy. Cervical transverse glide mobilization mainly aims to improve the mobility of neural tissues and the mechanics of the foramina, while spinal mobilization is centered on restoring movement in the cervical joints and alleviating mechanical dysfunction. This narrative review takes a close look at the current evidence surrounding the pathophysiology, clinical features, diagnostic methods, physiotherapy rehabilitation, and manual therapy approaches for cervical radiculopathy. It also delves into the therapeutic mechanisms and clinical outcomes linked to cervical transverse glide mobilization and spinal mobilization. The existing research indicates that both techniques can significantly reduce pain intensity, enhance cervical range of motion, improve neural mechanosensitivity, and lessen functional disability. However, cervical transverse glide mobilization might offer more advantages for patients experiencing severe radicular symptoms due to its neurodynamic effects. Despite these positive outcomes, challenges remain in the literature, such as methodological differences, inconsistent intervention protocols, and a lack of comparative trials. To address these issues, more high-quality randomized controlled trials are essential to create standardized rehabilitation guidelines and refine evidence-based management strategies for cervical radiculopathy.

Keywords: Cervical radiculopathy, Manual therapy, Cervical mobilization, Cervical transverse glide, Spinal mobilization

Introduction

Cervical radiculopathy is a condition that affects the nerves in your neck, often due to issues like compression, inflammation, or irritation of the cervical nerve roots. People with this disorder typically experience neck pain that radiates into their arms, along with symptoms like numbness, tingling, muscle weakness, and difficulty using their upper limbs. This condition can really disrupt daily activities, work performance, and even mental health, leading to a lower quality of life and a heavier burden on healthcare systems (Bono et al., 2011).

In recent years, the number of cervical spine disorders has risen significantly, mainly due to more sedentary lifestyles, extended hours in front of computers, poor ergonomic practices, and repetitive stress from work. Neck pain has become one of the top causes of disability worldwide (Hurwitz et al., 2018). Cervical radiculopathy is particularly important to recognize because it not only involves musculoskeletal issues but also has neurological effects that impact how well people can use their arms.

The development of cervical radiculopathy is influenced by several factors. In younger adults, cervical disc herniation is the leading cause, while older individuals often experience it due to degenerative spondylosis and foraminal stenosis. When cervical nerve roots are mechanically compressed, it can disrupt both neural conduction and blood flow. Additionally, inflammatory substances released from damaged disc material can cause chemical irritation and make neural tissues more sensitive (Genevay & Finckh, 2010). This ongoing nociceptive input can eventually lead to central sensitization and chronic pain issues.

For most patients dealing with cervical radiculopathy, conservative treatment is usually the first choice. Physiotherapy approaches, such as exercise therapy, traction, neural mobilization, postural correction, ergonomic education, and manual therapy, have shown significant clinical benefits. Manual therapy is especially crucial because it can address both mechanical dysfunction and the neurophysiological aspects of pain modulation (Childs et al., 2008).

Among the various manual therapy techniques, cervical transverse glide mobilization and spinal mobilization are frequently used in physiotherapy. Cervical transverse glide mobilization applies lateral gliding forces to the cervical vertebrae to enhance neural mobility and alleviate nerve root irritation. On

the other hand, spinal mobilization, particularly through Maitland techniques, involves gentle oscillatory movements aimed at improving cervical joint mobility and reducing pain.

While both techniques are commonly utilized, there's still a lack of direct evidence comparing their effectiveness in treating cervical radiculopathy. Most earlier studies have concentrated on multimodal rehabilitation programs instead of focusing solely on manual therapy interventions. As a result, there's still some uncertainty about which specific mobilization techniques are more effective in alleviating pain, neural mechanosensitivity, and disability. This narrative review seeks to thoroughly assess the existing evidence on manual therapy interventions for cervical radiculopathy rehabilitation, particularly highlighting cervical transverse glide mobilization and spinal mobilization. It delves into the underlying pathophysiological mechanisms, diagnostic factors, therapeutic strategies, and clinical outcomes that are important for evidence-based physiotherapy practice.

Epidemiology and Risk Factors of Cervical Radiculopathy

Cervical radiculopathy is a condition that affects a significant number of adults and is one of the most common issues related to the cervical spine that we see in rehabilitation. Research shows that this condition typically strikes people in their 40s to 60s, but it can also impact younger and older individuals (Radhakrishnan et al., 1994).

Each year, the incidence of cervical radiculopathy is estimated to be between 80 and 100 cases for every 100,000 people, with men experiencing it slightly more often. Work-related factors play a big part in the development of this condition. Those who spend long hours at a desk, engage in repetitive arm movements, lift heavy objects, drive frequently, or maintain awkward neck positions are at a higher risk for cervical spine issues and nerve root irritation.

Our modern lifestyles have also significantly contributed to the rise in cervical spine disorders. The extensive use of computers, smartphones, and other digital devices encourages poor posture, like forward head positioning and prolonged neck bending, which puts extra strain on the cervical area. Additionally, bad ergonomics at work and a lack of physical activity can lead to weakened neck muscles and poor posture.

Age-related wear and tear is another major risk factor. As we age, the intervertebral discs can degenerate, bone spurs can form, and the joints in the spine can develop arthritis, all of which can narrow the spaces where nerves exit the spine and increase the chances of nerve root compression. Other factors like

genetics, smoking, exposure to vibrations, obesity, and stress can also play a role in how this condition develops and progresses (Bono et al., 2011).

Psychological and social factors are becoming increasingly acknowledged as key players in chronic cervical pain conditions. Issues like anxiety, depression, job dissatisfaction, fear of movement, and ineffective coping strategies can heighten pain perception and extend disability. This means that cervical radiculopathy should be viewed as a complex condition shaped by biological, psychological, and social influences.

To effectively prevent, diagnose early, and create targeted rehabilitation strategies in physiotherapy, it's crucial to understand the epidemiological patterns and risk factors involved.

Clinical Features and Functional Impairment

The way cervical radiculopathy presents can differ based on which cervical nerve root is affected and how severe the neural involvement is. The main symptom is neck pain that radiates into the shoulder, arm, forearm, or hand, following a specific dermatomal pattern. Patients often describe this pain as sharp, burning, electric, or shooting.

Neurological symptoms typically include tingling, numbness, decreased sensation, muscle weakness, and changes in deep tendon reflexes. For instance, if the C6 nerve root is involved, symptoms may radiate into the thumb and index finger, while C7 involvement usually affects the middle finger and triceps. In more severe cases, individuals may experience reduced grip strength and coordination in the upper limb.

Symptoms often get worse with movements like cervical extension, rotation, coughing, sneezing, or even just sitting for a long time in one position. Many patients find it hard to sleep and struggle to get comfortable. Everyday activities like driving, working on a computer, lifting things, doing chores, reading, and taking care of themselves can become challenging.

Another common issue is a limited range of motion in the neck. Muscle spasms, joint stiffness, and avoiding movements that cause pain can all lead to decreased neck mobility. To dodge triggering their symptoms, patients might start using different movement patterns, which can create muscle imbalances and postural problems.

Neural mechanosensitivity is a key factor in cervical radiculopathy. Positive upper limb tension tests show that there's heightened sensitivity and limited mobility in the neural tissues. Ongoing irritation of the nerves can lead to chronic pain, less tolerance for movement, and functional difficulties.

The impact of cervical radiculopathy on daily life can be significant. Many patients find their work productivity drops, they miss work more often, and they participate less in leisure activities, which can lead to feelings of distress. Chronic pain and ongoing neurological symptoms can take a toll on emotional health and overall quality of life (Vernon & Mior, 1991).

That's why a thorough clinical evaluation is so important. It helps assess pain levels, neurological issues, neck mobility, functional limitations, and psychosocial factors. With accurate assessments, physiotherapists can create personalized rehabilitation programs that focus on both physical issues and getting patients back to their daily activities.

Diagnostic Evaluation and Clinical Assessment

Getting an accurate diagnosis of cervical radiculopathy is crucial for effective physiotherapy management and for preventing long-term disability. The diagnosis mainly relies on a mix of the patient's history, a physical exam, neurological assessments, and imaging tests. The goal of the clinical evaluation is to pinpoint which cervical nerve root is affected, gauge the severity of symptoms, check for neural mechanosensitivity, and rule out other neurological or musculoskeletal issues.

When looking at the patient's history, you'll often find neck pain that radiates into the upper limb, along with symptoms like numbness, tingling, weakness, or changes in sensation. These symptoms can get worse with cervical extension, rotation, holding certain positions, or even with actions like coughing or sneezing. The duration of symptoms, work-related factors, any history of trauma, and activities that worsen the pain all provide valuable diagnostic clues.

During the physical exam, the clinician will observe the patient's posture, cervical alignment, muscle guarding, and movement patterns. It's common to see forward head posture and rounded shoulders in individuals with cervical spine issues. Assessing the cervical range of motion usually reveals painful and limited movement, especially during extension and turning towards the same side.

The neurological exam looks at dermatomal sensation, myotomal strength, and deep tendon reflexes. Weakness in specific muscle groups and sensory deficits can help identify which nerve root is involved. Changes in reflexes, particularly in the biceps, brachioradialis, or triceps, may also suggest cervical nerve root compression.

When it comes to assessing cervical radiculopathy, several key clinical tests are commonly employed. The Spurling test, for instance, involves a combination of cervical extension, lateral flexion, and axial compression to trigger radicular symptoms. On the other hand, cervical distraction testing can actually alleviate symptoms by easing the pressure on the cervical nerve roots. Another important test is the upper limb tension test, which assesses neural mechanosensitivity and is known for its high sensitivity in detecting cervical radiculopathy (Wainner et al., 2003).

To enhance diagnostic accuracy, clinical prediction rules that integrate various examination findings are quite effective. For example, a positive upper limb tension test, limited cervical rotation, a positive Spurling test, and symptom relief during cervical distraction all contribute to a higher likelihood of diagnosing cervical radiculopathy.

Imaging techniques, like magnetic resonance imaging, are often utilized to pinpoint issues such as cervical disc herniation, foraminal stenosis, osteophyte formation, and nerve root compression. It's worth noting, however, that degenerative changes in the cervical spine can be found even in individuals who show no symptoms, which underscores the need to align imaging results with clinical symptoms (Boden et al., 1990).

Lastly, electrodiagnostic studies, including electromyography and nerve conduction studies, can help distinguish cervical radiculopathy from peripheral neuropathies or injuries to the brachial plexus. Thus, a thorough clinical assessment is crucial for determining the right rehabilitation strategies and tracking treatment progress.

Therapeutic Exercise and Rehabilitation Approaches

Therapeutic exercise is a key part of conservative physiotherapy for managing cervical radiculopathy. The goal of exercise-based rehabilitation is to alleviate pain, boost cervical stability, restore mobility, enhance muscular endurance, and support functional recovery. Research indicates that active rehabilitation programs tend to yield better long-term results than relying solely on passive treatment methods (Childs et al., 2008).

Deep cervical flexor strengthening exercises are often recommended because individuals with chronic neck pain typically show weakness and poor activation of the muscles that stabilize the cervical region. By strengthening these muscles, we can improve cervical alignment, lessen mechanical stress on the cervical joints, and enhance postural control.

Scapular stabilization exercises are also crucial, as improper scapular mechanics can lead to cervical strain and upper limb dysfunction. By strengthening the middle trapezius, lower trapezius, and serratus anterior muscles, we can enhance shoulder girdle stability and reduce the load on the cervical area during daily activities.

Range of motion exercises play a vital role in alleviating stiffness and restoring cervical mobility. Gentle active movements in flexion, extension, rotation, and lateral flexion help improve joint nutrition and lessen pain-related movement restrictions. Additionally, stretching exercises that target the upper trapezius, levator scapulae, pectoral muscles, and scalene muscles can further enhance flexibility and improve posture.

Neural mobilization exercises are often a key part of rehabilitation programs aimed at easing neural mechanosensitivity and enhancing neurodynamic mobility. These exercises focus on the controlled movement of neural tissues in relation to nearby structures, which can help alleviate neural tension, boost axoplasmic flow, and lessen symptom flare-ups (Ellis & Hing, 2008).

Postural correction and ergonomic training play a vital role in rehabilitation as well. Patients receive guidance on how to set up their workstations properly, maintain good sitting posture, lift correctly, and modify activities to minimize repetitive strain on the cervical area. Teaching self-management techniques and home exercise routines is crucial for improving long-term adherence and managing symptoms effectively.

Cervical traction is another popular physiotherapy technique. Whether mechanical or manual, traction can temporarily widen the spaces between vertebrae, relieve nerve root compression, and ease pain. While the evidence on traction is somewhat mixed, some studies have shown positive outcomes, especially when it's used alongside manual therapy and exercise.

Progressive functional rehabilitation is essential for helping individuals regain their ability to perform daily activities and work tasks. Rehabilitation programs should be tailored to each person's symptom severity, functional challenges, and personal goals. Therefore, a comprehensive, exercise-based approach remains a cornerstone of effective management for cervical radiculopathy.

Manual Therapy Techniques in Cervical Rehabilitation

Manual therapy has become a go-to method in cervical rehabilitation, thanks to its proven ability to ease pain, restore movement, and enhance overall function. This type of therapy includes various techniques such as mobilization, manipulation, neural mobilization, soft tissue methods, and traction. Each of these approaches plays a role in addressing both biomechanical issues and the neurophysiological aspects of pain modulation.

When it comes to spinal mobilization, we're looking at gentle, passive movements applied to the cervical vertebrae. One of the most popular techniques is Maitland mobilization, which features a range of oscillatory movements. These can vary from low-amplitude, pain-relieving motions to more vigorous, high-amplitude techniques aimed at restoring mobility (Maitland et al., 2005). The result? Improved cervical mobility, reduced stiffness, and less muscle guarding.

Cervical transverse glide mobilization is another targeted technique that focuses on the lateral gliding of cervical vertebrae. This method is thought to enhance the mechanics of the intervertebral foramina and promote the mobility of neural tissues. It's often paired with upper limb neurodynamic positioning to boost treatment effectiveness, especially for patients experiencing radicular symptoms.

Additionally, thoracic spine mobilization is gaining traction in cervical rehabilitation. This is because issues in the thoracic spine can impact cervical biomechanics and posture. By mobilizing the upper thoracic spine, we can improve cervical range of motion and alleviate neck pain through the interconnectedness of these regions.

Soft tissue mobilization techniques focus on easing muscular tightness, addressing trigger points, relieving fascial restrictions, and improving tissue flexibility. Commonly treated muscles include the upper trapezius, levator scapulae, scalenes, sternocleidomastoid, and pectoral muscles. By reducing soft tissue tension, we can enhance movement quality and lessen pain sensitivity.

On the other hand, neural mobilization techniques are designed to restore the mobility and function of neural tissues. When neural movement is restricted, it can heighten mechanosensitivity and lead to ongoing pain. Engaging in controlled neurodynamic movements can help improve the gliding of nerves and alleviate tension during upper limb movements.

The neurophysiological benefits of manual therapy include stimulating mechanoreceptors, activating descending inhibitory pathways, modulating the sympathetic nervous system, and reducing central sensitization (Bialosky et al., 2009). Additionally, psychological benefits like increased movement confidence and decreased fear of movement can also play a role in enhancing treatment outcomes.

Current research backs the use of manual therapy as a key component of a comprehensive physiotherapy rehabilitation plan for cervical radiculopathy. When manual therapy is combined with exercise and patient education, it tends to yield the best clinical results.

Comparative Effectiveness of Cervical Transverse Glide and Spinal Mobilization

The comparative evaluation of cervical transverse glide mobilization versus spinal mobilization has gained significant traction in evidence-based physiotherapy. While both methods show promising clinical outcomes for cervical radiculopathy rehabilitation, the differences in how they work and what they target can affect how patients respond.

Cervical transverse glide mobilization focuses mainly on mobilizing neural tissue and alleviating nerve root irritation. By applying controlled lateral gliding forces to the cervical vertebrae, this technique can enhance neural mobility, lower intraneural pressure, and increase the space in the intervertebral foramina. As a result, patients who experience heightened neural sensitivity and radiating symptoms might find this approach particularly beneficial.

Research has shown that cervical lateral glide mobilization can lead to immediate reductions in pain. Improvements in pain-free grip strength, upper limb function, and responses to neural tension have also been documented (Vicenzino et al., 1998). These results indicate that cervical transverse glide mobilization may have a direct impact on neurodynamic dysfunction linked to cervical radiculopathy.

On the other hand, spinal mobilization, especially the Maitland technique, mainly addresses cervical joint dysfunction and movement limitations. Oscillatory mobilization techniques enhance arthrokinematic movement, alleviate segmental stiffness, and reduce pain through both biomechanical and

neurophysiological pathways. This method is particularly effective for patients dealing with mechanical neck pain and cervical hypomobility.

Research on these interventions is still quite limited. Most of the studies out there focus on manual therapy as part of multimodal rehabilitation programs instead of looking at it in isolation. However, the evidence we do have indicates that both techniques can significantly reduce pain intensity, improve cervical range of motion, and enhance overall function and disability outcomes.

Cervical transverse glide mobilization might actually be more effective at reducing neural mechanosensitivity and radiating symptoms due to its specific neurodynamic effects. On the other hand, spinal mobilization tends to offer broader improvements in cervical movement and mechanical issues. So, combining both methods in personalized rehabilitation plans could lead to the best clinical results.

When choosing manual therapy techniques, it's important to take into account the patient's specific situation, including their symptoms, neural involvement, cervical mobility limitations, and functional challenges. Evidence-based physiotherapy should focus on tailored treatment plans rather than sticking to just one approach.

To really understand how cervical transverse glide mobilization stacks up against spinal mobilization, we need more high-quality randomized controlled trials. This will help us figure out their relative effectiveness and create standardized clinical guidelines.

Neurophysiological Basis of Pain Reduction Following Manual Therapy

Manual therapy techniques used in the rehabilitation of cervical radiculopathy can effectively reduce pain through a variety of complex neurophysiological processes that involve peripheral, spinal, and supraspinal pathways. According to modern pain science, the benefits of mobilization go beyond just fixing biomechanical issues; they also play a role in modulating how the nervous system functions and how pain is processed (Bialosky et al., 2009).

When mechanoreceptors in the joints, muscles, ligaments, and fascia are stimulated during mobilization, they activate large-diameter afferent fibers that help inhibit pain signals at the spinal cord level. This aligns with the gate control theory of pain and may explain the quick pain relief often seen after cervical mobilization techniques.

Moreover, manual therapy can trigger descending inhibitory pathways that start in the brainstem and higher brain areas. The release of natural pain-relieving substances like opioids, serotonin, and noradrenaline can lead to lower pain sensitivity and better movement tolerance. Research has shown that cervical mobilization interventions can increase pain pressure thresholds and decrease activity in the sympathetic nervous system (Vicenzino et al., 1998).

Cervical transverse glide mobilization might also positively affect the physiology of neural tissue by enhancing neural gliding and reducing swelling around the nerves. This restoration of axoplasmic flow and decrease in nerve root sensitivity could help alleviate radiating symptoms and improve function in the upper limbs.

Additionally, psychological factors play a significant role in treatment outcomes. Elements like therapeutic touch, patient expectations, reassurance, and a reduction in fear of movement can all change how pain is perceived and boost confidence during daily activities. Therefore, the success of manual therapy likely stems from a combination of biomechanical, neurophysiological, and psychosocial influences.

Understanding the neurophysiological foundation of manual therapy is crucial for evidence-based physiotherapy practice. It helps weave together active rehabilitation, patient education, and tailored treatment plans for managing cervical radiculopathy.

When it comes to functional recovery and quality of life, the goal in cervical radiculopathy rehabilitation is clear: we want to help patients regain their ability to perform daily activities and engage socially, as pain and neurological symptoms can really take a toll. Many patients struggle with everyday tasks like working, driving, reading, lifting, sleeping, and even spending long hours on the computer, which can lead to decreased productivity and a lower quality of life.

It's important to note that functional disability in cervical radiculopathy isn't just about how much pain someone feels. Factors like limited neck movement, muscle weakness, heightened sensitivity in the nerves, and emotional distress all play a role. Chronic symptoms can lead to fear of movement, less physical activity, anxiety, and depression, which can extend the period of disability and hinder rehabilitation progress.

Physiotherapy aims to help patients regain their independence by focusing on pain relief, improving neck movement, boosting muscle endurance, and fixing postural issues. Combining manual therapy with exercise rehabilitation has shown significant improvements in Neck Disability Index scores and specific functional outcomes for patients (Vernon & Mior, 1991).

Restoring neck mobility enables patients to perform tasks that require head rotation, extension, and maintaining certain postures more effectively. Better neural mobility also helps ease discomfort in the upper limbs during activities like reaching, lifting, and repetitive hand movements. Additionally, focusing on scapular stabilization and correcting posture can enhance movement efficiency, it's all about reducing mechanical stress on the cervical structures. Quality of life outcomes are becoming increasingly important as indicators of how successful rehabilitation can be. With effective physiotherapy management, we can see improvements in sleep quality, emotional wellbeing, occupational participation, and social interactions. That's why comprehensive rehabilitation programs that tackle both physical and psychosocial factors tend to lead to more meaningful long-term recovery.

Patient education is also key in functional rehabilitation. When patients understand pain mechanisms, ergonomic principles, how to modify activities, and self-management strategies, they're more likely to stick to their treatment plans and feel empowered to manage their symptoms on their own.

So, it's essential that evaluating functional outcomes remains a core part of assessing and planning rehabilitation for cervical radiculopathy.

Limitations of Existing Literature

Even though there's a growing body of evidence backing physiotherapy and manual therapy for managing cervical radiculopathy, the current literature still has quite a few methodological shortcomings. These gaps limit the strength of clinical recommendations and underscore the urgent need for more thorough research in the future.

One significant issue is the diversity among studies. Differences in diagnostic criteria, participant demographics, symptom duration, treatment protocols, frequency, and outcome measures make it tough to compare results across trials. Many studies mix participants with general neck pain and cervical radiculopathy, complicating the interpretation of their findings (Thoomes et al., 2013).

Additionally, many randomized controlled trials have relatively small sample sizes, which diminishes statistical power and affects how applicable the results are to the wider population. Plus, short follow-up

periods are common, which hinders a proper assessment of long-term effectiveness and the prevention of recurrences. Since cervical radiculopathy often has recurring patterns, it's crucial to evaluate it over the long haul.

Another challenge is the frequent use of multimodal treatment approaches. Many studies blend manual therapy with exercise, traction, electrotherapy, and patient education, making it hard to pinpoint the specific effects of cervical transverse glide mobilization or spinal mobilization on their own.

Blinding also poses methodological hurdles, as achieving complete blinding for both therapists and participants is tricky in manual therapy research. The variability in therapist experience and manual skills can further impact treatment outcomes and introduce performance bias.

Lastly, the inconsistency in outcome measures limits the ability to synthesize evidence effectively. Different studies use various pain scales, disability questionnaires, and functional assessments, which diminishes the quality of systematic reviews and meta-analyses. Standardizing outcome measures and treatment protocols would significantly enhance future evidence.

Addressing these limitations through large-scale multicenter randomized controlled trials with standardized methodologies will improve evidence-based physiotherapy recommendations for cervical radiculopathy management.

Conclusion

Cervical radiculopathy is a complicated condition that affects the nerves and muscles, leading to significant pain, impaired function, and a dip in quality of life. Thankfully, conservative physiotherapy has emerged as a solid non-surgical option that can help alleviate symptoms and restore independence for those affected.

This review highlights the importance of manual therapy techniques, especially cervical transverse glide mobilization and spinal mobilization, in the rehabilitation process for cervical radiculopathy. Both methods have proven effective in easing pain, enhancing cervical mobility, reducing sensitivity in the nerves, and improving overall functional outcomes.

Cervical transverse glide mobilization is particularly helpful for patients experiencing severe nerve symptoms, thanks to its focused effects on the cervical nerve roots and the surrounding tissues. On the other hand, spinal mobilization is excellent for boosting joint mobility and alleviating mechanical issues through both biomechanical and neurophysiological pathways.

Combining manual therapy with therapeutic exercises, neural mobilization, postural adjustments, ergonomic education, and patient-centered rehabilitation strategies creates a well-rounded approach to conservative management. Research also indicates that tackling psychosocial factors and encouraging self-management can lead to better long-term results.

While current studies back the effectiveness of physiotherapy interventions, there's still a need for more high-quality research to establish standardized treatment protocols and figure out the best comparative effectiveness of various manual therapy techniques.

In summary, evidence-based physiotherapy rehabilitation offers significant clinical advantages in managing cervical radiculopathy and can greatly enhance patient function, engagement, and overall quality of life.

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