Worcestershire NHS
Acute Hospitals NHS Trust

Department of Physiotherapy

Patient Information leaflet

Name of treatment: Cervical Spine Manipulation

Your Physiotherapist feels that a manipulation to your cervical spine would be beneficial to your condition by helping to reduce pain and increase movement. This leaflet is designed to help you decide if you want a manipulation.

Procedure

A Specialist Physiotherapist, trained in manipulation will carry out the procedure.
The technique carried out will be specific to the joint needing treatment. You should feel a stretch, but minimal pain.

Benefits

1. Gapping or separation of the joint surfaces allows tissues within joints to return to their normal position.
2. Reduced pain and muscle spasm.
3. Increased range of movement of a stiff joint.
4. Stretching of adhesions/scar tissue.

Complications

There are risks, although rare with manipulation. You will be given a thorough assessment both by questioning and testing which are specifically designed to ensure that a manipulation is appropriate for you. It will also ensure you have no history of a condition which is known to increase that risk.

Possible Risks

1. High velocity thrusts are associated with a very low risk of damage to blood vessels and nerves therefore the joint will be put into a 'test' position before the manipulation is added on.
2. Like all treatments, there is always a possibility that your problem may be made worse. You may also experience some 'treatment soreness'.
3. You may experience some dizziness.

Consent

You will be asked to sign a consent form to consent to the manipulation. It is Trust policy that before you give consent to the treatment, you have the opportunity to read this leaflet. If you do not understand any of the information, please ask any questions before making your decision.

How often will I need a manipulation?

1-2 manipulations should be sufficient when followed up with exercises to maintain the improvement.

What should I do after my treatment?

Follow the advice given by your Physiotherapist.

- Keep the joints mobile by regular exercise and maintain the improvement. If it is sore, this will improve with gentle stretches.
- Maintain good posture to keep the joints in good alignment.

Contacts
For further information please contact the relevant department you attended:

Physiotherapist Department
Worcestershire Royal Hospital
Aconbury West
Tel: 01905 760187

Physiotherapy Department
Alexandra Hospital
Redditch
Tel: 01527 512114

Physiotherapist Department
Kidderminster Hospital
Kidderminster
Tel: 01562 513066

Patient Services Department
It is important that you speak to the department you have been referred to (see the contacts section) if you have any questions (for example, about medication) before your investigation or procedure.

If you have any concerns about your treatment, you can contact the Patient Services Department on 0300 123 1733. The Patient Services staff will be happy to discuss your concerns and give any help or advice.

If you have a complaint and you want it to be investigated, you should write direct to the Chief Executive at Worcestershire Acute Hospitals NHS Trust, Charles Hastings Way, Worcester WR5 1DD or contact the Patient Services Department for advice.

Please contact Patient Services on 0300 123 1733 if you would like this leaflet in another language or format (such as Braille or easy read).

Bengali
"আপনি যদি এই লিফলেটটি বিকল্প কোনো ভাষায় বা ফরমেটে (যেমন ব্রেইল বা সহজ পাঠ) চান, তাহলে এই নম্বরে 0300 123 1733 প্যাশেন্ট সার্ভিসের সাথে যোগাযোগ করুন।"

Urdu
"اگرآپ کویہ دستی اشتہار کسی مُتبادل زُبان یا ساخت میں چاہیے (جیسے کہ بریل / ایزی ریڈ) تو پیشنٹ سروسز سے 0300 123 1733 پر رابطہ کریں۔"

Portuguese
"Por favor, contacte os Serviços de Apoio ao Paciente através do número 0300 123 1733, caso precise deste folheto numa língua alternativa ou formato (como Braille / fácil de ler)."

Polish
"Jeżeli pragniecie Państwo otrzymać tę broszurę w innym jeżyku lub formacie (Braille / duży druk) proszę skontaktować się z Obsługą Pacjentów pod numerem 0300 123 1733."

Chinese
"如果您需要此份傳單的其他語言選擇或其他版本
(如盲人點字版/易讀版容易的閱讀),請致電 0300 123 1733 與病患服務處聯繫。"