

Figure 8.1 Pain intensity comparing SNAG + Conventional Therapy + Exercise vs. Conventional Therapy + Exercise at 2-4 weeks (end of the treatment) in patients with chronic neck pain.

The effect sizes for comparisons were calculated using post treatment means.

Lower absolute values mean reduction in pain intensity after treatment.

	SNAG	+ exerc	ises	Exercises				Std. Mean Difference	Std. Mean Difference					
Study or Subgroup	Mean	SD	Total	Mean	an SD Tot		Weight	IV, Random, 95% CI	IV, Random, 95% CI					
Duymaz, 2018	14.65	12.69	20	57.95	17.44	20	42.9%	-2.78 [-3.68, -1.89]						
Rezkallah, 2018	2.69	0.97	25	5.14	1.35	22	57.1%	-2.07 [-2.79, -1.35]	-					
Total (95% CI)			45			42	100.0%	-2.38 [-3.07, -1.69]						
Heterogeneity: Tau ² = Test for overall effect:				(P = 0.2)	2); l ² = 3	32%		_	-4 -2 0 2 4 SNAG + exercises Exercises					

Figure 8.2 Pain intensity comparing SNAG + Exercises vs. Exercises at 2-4 weeks (end of the treatment) in patients with chronic neck pain.

All analyses are described as standardized mean differences (SMD) with random effects.

The effect sizes for comparisons were calculated using post treatment means.

Lower absolute values mean reduction in pain intensity after treatment.

SNAGs: Sustained Natural Apophyseal Glides;

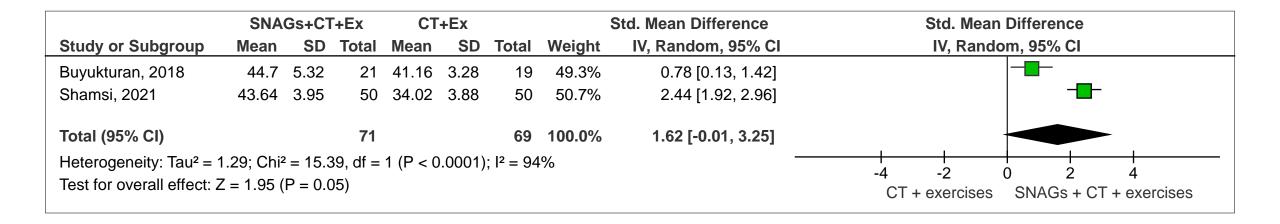


Figure 8.3 Neck flexion comparing SNAG + Conventional Therapy + Exercise vs. Conventional Therapy + Exercise at 2-4 weeks (end of the treatment) in patients with chronic neck pain.

All analyses are described as standardized mean differences with random effects.

The effect sizes for comparisons were calculated using post treatment means.

Higher absolute values mean cervical range of motion improvement after treatment.

	SNAG	+ exerc	ises	Exe	Exercises			Std. Mean Difference	Std. Mean Difference					
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI					
Duymaz, 2018	49.6	1.98	20	43.2	7.4	20	51.1%	1.16 [0.48, 1.83]						
Rezkallah, 2018	50.56	2.8	25	44.71	2.05	22	48.9%	2.32 [1.57, 3.07]						
Total (95% CI)			45			42	100.0%	1.73 [0.59, 2.87]						
Heterogeneity: Tau ² = Test for overall effect:		-4 -2 0 2 4 Exercises SNAGs + Exercises												

Figure 8.4 Neck flexion comparing SNAG + Exercise vs. Exercise at 2-4 weeks (end of the treatment) in patients with chronic neck pain.

All analyses are described as standardized mean differences (SMD) with random effects.

The effect sizes for comparisons were calculated using post treatment means.

Higher absolute values mean cervical range of motion improvement after treatment.

SNAGs: Sustained Natural Apophyseal Glides; Ex: exercise

	SNA	Gs+C	T+Ex	CT+Ex			,	Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	lean SD		Weight	IV, Random, 95% CI	IV, Random, 95% CI
Buyukturan, 2018	41.2	6.2	21	39.2	5.52	19	49.7%	0.33 [-0.29, 0.96]	-
Shamsi, 2021	42.9	4.42	50	33.32	3.02	50	50.3%	2.51 [1.98, 3.04]	-
Total (95% CI)			71			69	100.0%	1.43 [-0.71, 3.56]	
Heterogeneity: Tau ² =	2.29; CI	$ni^2 = 2$	7.18, d	f = 1 (P	< 0.00	0001); I	$^{2} = 96\%$		-4 -2 0 2 4
Test for overall effect:	Z = 1.31	(P =	0.19)						-4 -2 0 2 4 CT + exercises SNAGs + CT + exercises

Figure 8.5 Neck extension comparing SNAG + Conventional Therapy + Exercise vs. Conventional Therapy + Exercise at 2-4 weeks (end of the treatment) in patients with chronic neck pain.

The effect sizes for comparisons were calculated using post treatment means.

Higher absolute values mean cervical range of motion improvement after treatment.

	SNAG +	exercis	es	Exercises				Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI
Duymaz, 2018	38.8	2.69	20	34.87	4.37	20	50.9%	1.06 [0.40, 1.73]	■
Rezkallah, 2018	69.17	2.28	25	55.42	3.57	22	49.1%	4.58 [3.45, 5.70]	-
Total (95% CI)			45			42	100.0%	2.79 [-0.66, 6.24]	
Heterogeneity: Tau ² = 5.1 Test for overall effect: Z		-10 -5 0 5 10 Exercises SNAG + Exercises							

Figure 8.6 Neck extension comparing SNAG + Exercise vs. Exercise at 2-4 weeks (end of the treatment) in patients with chronic neck pain.

All analyses are described as standardized mean differences (SMD) with random effects.

The effect sizes for comparisons were calculated using post treatment means.

Higher absolute values mean cervical range of motion improvement after treatment.

SNAGs: Sustained Natural Apophyseal Glides; Ex: exercise

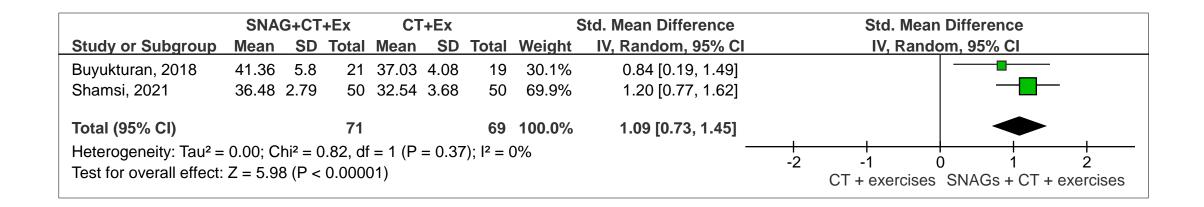


Figure 8.7 Left lateral flexion comparing SNAG + Conventional Therapy + Exercise vs. Conventional Therapy + Exercise at 2-4 weeks (end of the treatment) in patients with chronic neck pain.

All analyses are described as standardized mean differences with random effects.

The effect sizes for comparisons were calculated using post treatment means.

Higher absolute values mean cervical range of motion improvement after treatment.

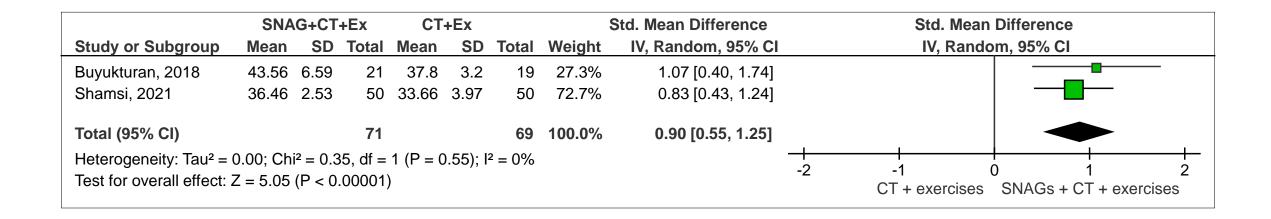


Figure 8.8 Right lateral flexion comparing SNAG + Conventional Therapy + Exercise vs. Conventional Therapy + Exercise at 2-4 weeks (end of the treatment) in patients with chronic neck pain.

The effect sizes for comparisons were calculated using post treatment means.

Higher absolute values mean cervical range of motion improvement after treatment.

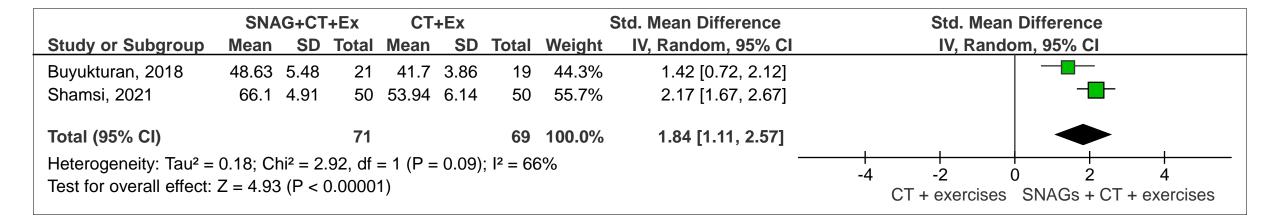


Figure 8.9 Left rotation comparing SNAG + Conventional Therapy + Exercise vs. Conventional Therapy + Exercise at 2-4 weeks (end of the treatment) in patients with chronic neck pain.

The effect sizes for comparisons were calculated using post treatment means.

Higher absolute values mean cervical range of motion improvement after treatment.

	SNA	G+CT	+Ex	C.	T+Ex			Std. Mean Difference		ice				
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI		I\	/, Rando	m, 95%	CI	
Buyukturan, 2018	50.4	6.2	21	43.27	3.83	19	29.7%	1.34 [0.65, 2.03]					<u> </u>	
Shamsi, 2021	64.92	5.21	50	55.03	7.07	50	70.3%	1.58 [1.13, 2.03]				┥	_	
Total (95% CI)			71			69	100.0%	1.51 [1.13, 1.89]				•		
Heterogeneity: $Tau^2 = 0.00$; $Chi^2 = 0.32$, $df = 1$ ($P = 0.57$); $I^2 = 0\%$ Test for overall effect: $Z = 7.82$ ($P < 0.00001$)										-2))	2	4

Figure 8.10 Right rotation comparing SNAG + Conventional Therapy + Exercise vs. Conventional Therapy + Exercise at 2-4 weeks (end of the treatment) in patients with chronic neck pain.

All analyses are described as standardized mean differences with random effects.

The effect sizes for comparisons were calculated using post treatment means.

Higher absolute values mean cervical range of motion improvement after treatment.

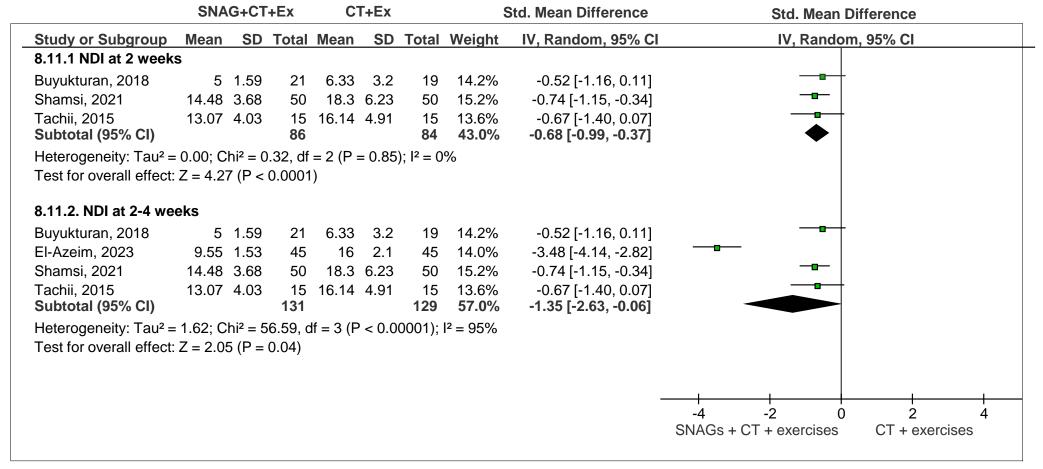


Figure 8.11 Neck disability comparing SNAG + Conventional Therapy + Exercise vs. Conventional Therapy + Exercise at 2/4 weeks (end of the treatment) in patients with chronic neck pain.

The effect sizes for comparisons were calculated using post treatment means.

Lower absolute values mean improvement on disability after treatment.

	SNAG	+ Exerc	ises	Exercises				Mean Difference	Mean Difference					
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI		IV, Ra	ndom, 95	5% CI		
Duymaz, 2018	2.9	3.12	20	11.5	5.18	20	12.1%	-8.60 [-11.25, -5.95]						
Rezkallah, 2018	5.86	1.25	25	14.52	2.04	22	87.9%	-8.66 [-9.64, -7.68]	-					
Total (95% CI)			45			42	100.0%	-8.65 [-9.57, -7.73]	•					
Heterogeneity: $Tau^2 = 0.00$; $Chi^2 = 0.00$, $df = 1$ (P = 0.97); $I^2 = 0\%$											0	 5	10	
Test for overall effect: 2	Z = 18.40 (P < 0.00	0001)						SNAG	s + Exercis	ses Exer	cises		

Figure 8.12 Neck disability comparing SNAG + Exercise vs. Exercises at 2/4 weeks (end of the treatment) in patients with chronic neck pain.

All analyses are described as standardized mean differences with random effects.

The effect sizes for comparisons were calculated using post treatment means.

Lower absolute values mean improvement on disability after treatment.

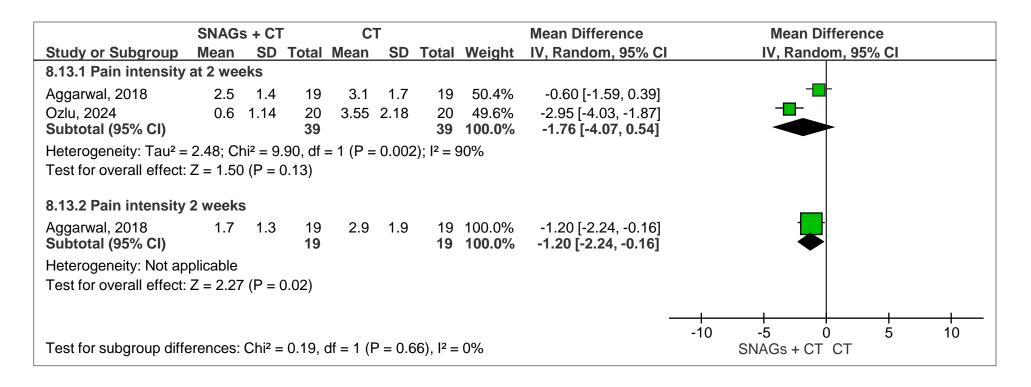


Figure 8.13 Pain intensity comparing SNAG + CT vs. CT at 2 weeks (end of the treatment), non-specified chronicity.

All analyses are described as standardized mean differences with random effects.

The effect sizes for comparisons were calculated using post treatment means.

Lower absolute values mean improvement on pain after treatment.

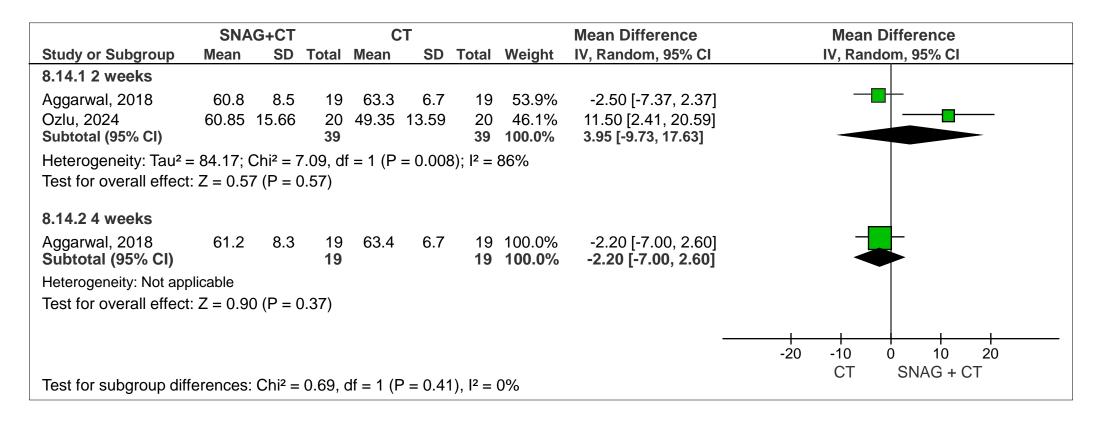


Figure 8.14 Extension comparing SNAG + Conventional Therapy vs. Conventional Therapy at 2/4 weeks (end of the treatment), non-specified chronicity.

The effect sizes for comparisons were calculated using post treatment means.

Higher absolute values mean cervical range of motion improvement after treatment.

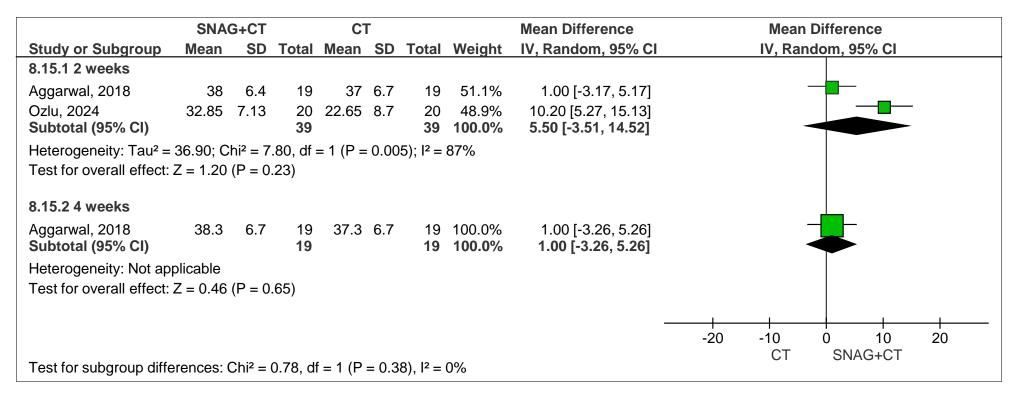


Figure 8.15 Left lateral flexion comparing SNAG + Conventional Therapy vs. Conventional Therapy at 2/4 weeks (end of the treatment), non-specified chronicity.

The effect sizes for comparisons were calculated using post treatment means.

Higher absolute values mean cervical range of motion improvement after treatment.

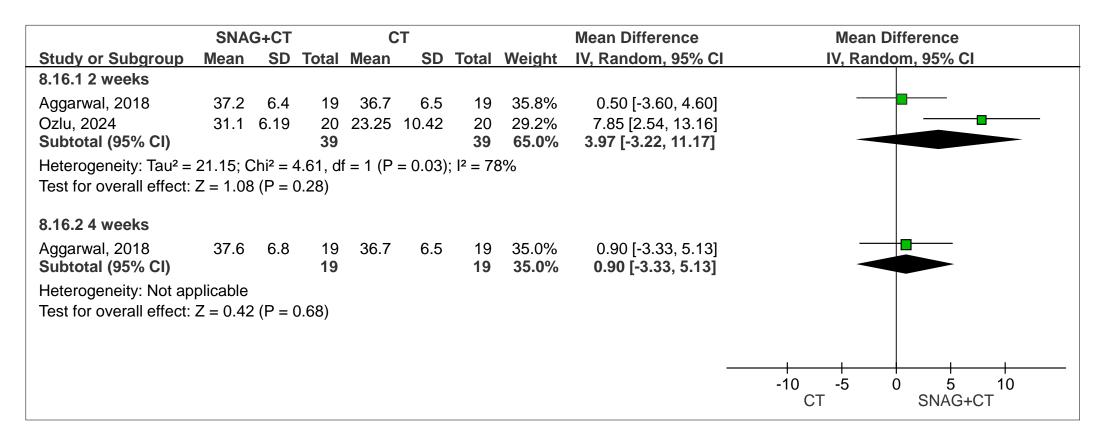


Figure 8.16 Right lateral flexion comparing SNAG + Conventional Therapy vs. Conventional Therapy at 2/4 weeks (end of the treatment), non-specified chronicity.

The effect sizes for comparisons were calculated using post treatment means.

Higher absolute values mean cervical range of motion improvement after treatment.

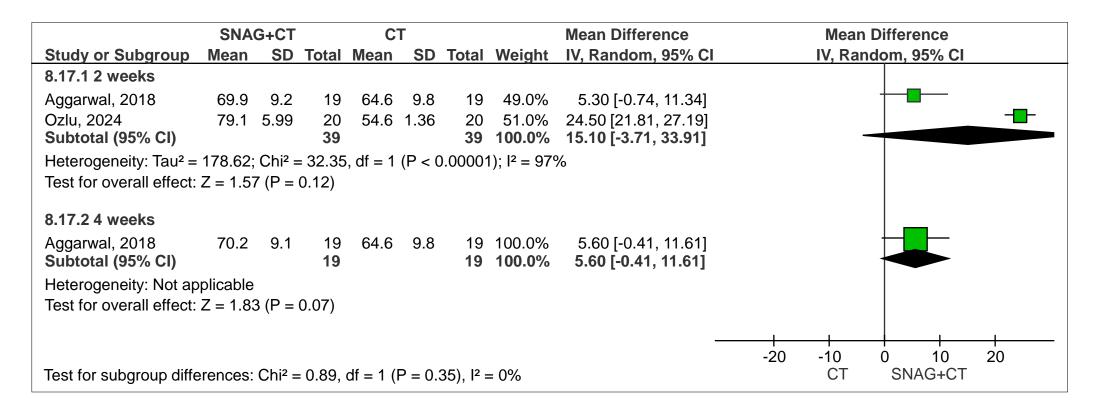


Figure 8.17 Left rotation comparing SNAG + Conventional Therapy vs. Conventional Therapy at 2/4 weeks (end of the treatment).

The effect sizes for comparisons were calculated using post treatment means.

Higher absolute values mean cervical range of motion improvement after treatment.

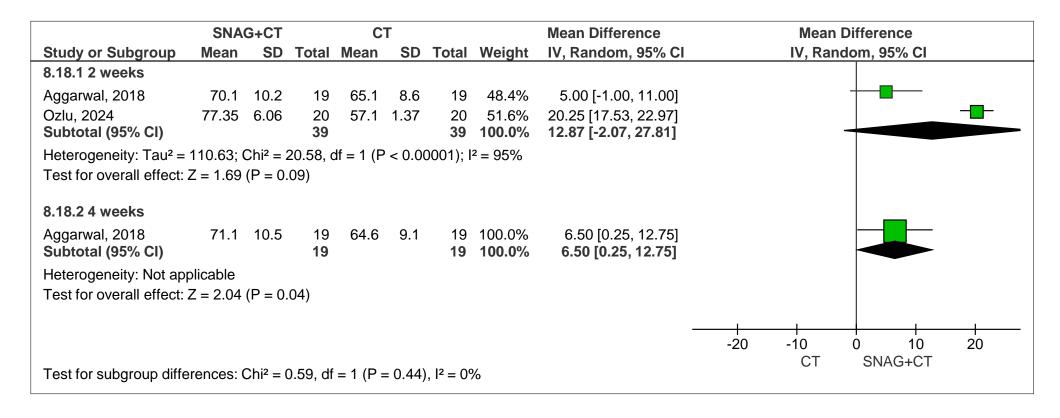


Figure 8.18 Right rotation comparing SNAG + Conventional Therapy vs. Conventional Therapy at 2/4 weeks (end of the treatment).

All analyses are described as mean differences in degrees with random effects.

The effect sizes for comparisons were calculated using post treatment means.

Higher absolute values mean cervical range of motion improvement after treatment.

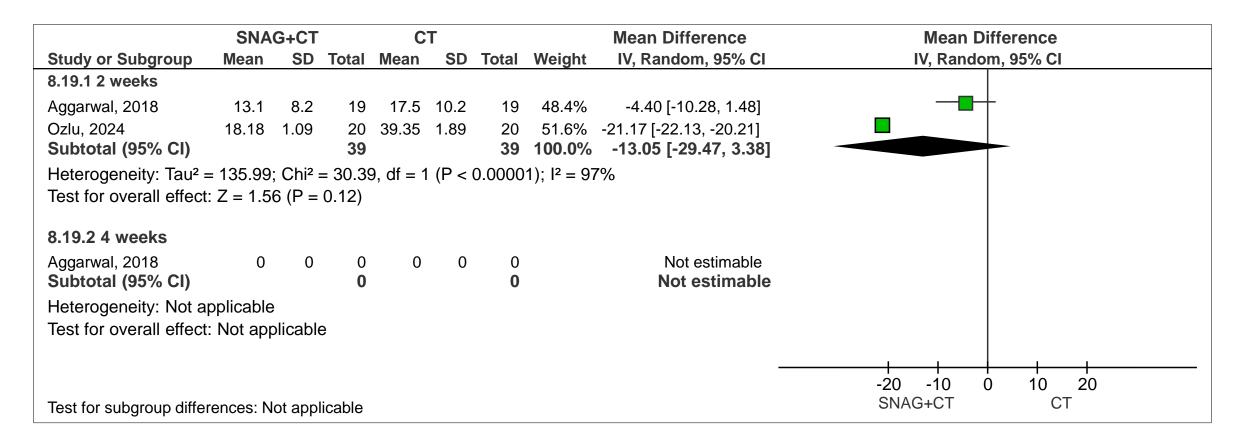


Figure 8.19 Disability comparing SNAG + Conventional Therapy vs. Conventional Therapy at 2 weeks (end of the treatment).

The effect sizes for comparisons were calculated using post treatment means.

Lower absolute values mean improvement on disability after treatment.