

# Validating a Clinical Prediction Rule to Guide Manual Therapy and Exercise for Neck Pain Relief in 140 Participants With Neck Pain

NCT06906107

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Status	RECRUITING
Phase	Not Applicable
Sponsor	Baylor University
Enrollment	140 participants

## Key Eligibility Criteria

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### Inclusion (4)

- Ages 18 to 70
- Primary complaint of neck pain with or without unilateral upper extremity symptoms
- Neck Disability Index (NDI) score of 10 or greater
- Numeric Pain Rating Scale score of 2 or greater

### Exclusion (15)

- History of whiplash injury within the past 6 weeks
  - Diagnosis of cervical spinal stenosis
  - Bilateral upper extremity symptoms
  - Red flags noted in the patient's Neck Medical Screening Questionnaire (i.e. tumor, fracture, rheumatoid arthritis, osteoporosis, severe atherosclerosis, dizziness, diplopia, drop attacks, bilateral numbness, nausea, prolonged history of steroid use)
  - Evidence of central nervous system involvement, to include hyperreflexia, sensory disturbances in the hand, intrinsic muscle wasting of the hands, unsteadiness during walking, nystagmus, loss of visual acuity, impaired sensation of the face, altered taste, the presence of pathological reflexes (i.e. positive Hoffman's and/or Babinski reflexes)
- ... and 10 more (see full listing online)

## Locations (3 total)

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ActivePT, Rochester, Minnesota, United States  
PROActivePT, Syracuse, New York, United States  
ActiveTherapy Alliance, Waco, Texas, United States