

## Normalizing Cervical Intersegmental Kinematics with Spinal Manipulative Therapy - JIT

**Status:** Recruiting

### Eligibility Criteria

**Sex:** Male or Female

**Age Group:** 18 years and over

This study is NOT accepting healthy volunteers

**Inclusion Criteria:**

- age 18-39 - Ongoing neck pain (lasting more than 12 weeks) that is not caused by a serious condition and is considered mild to moderate - Neck pain rated higher than a 3 on a scale from 0 (no pain) to 10 (worst possible pain)

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**Exclusion Criteria:**

- received Botox injections for neck pain in the past 3 months that helped relieve symptoms - regular use of opioid (narcotic) pain medications - received neck manipulation or mobilization (like chiropractic treatment) in the past 6 months - currently receiving other non-medication treatments for neck pain (such as physical therapy, massage, etc.) - history of neck (cervical spine) surgery - currently pregnant, trying to become pregnant, or breastfeeding

### Conditions & Interventions

**Interventions:**

Other: Light Massage, Other: SMT

**Conditions:**

Brain & Nervous System

**Keywords:**

SMT, spinal health, spinal manipulation therapy

### More Information

**Description:** This study looks at how the neck moves in people with chronic neck pain and whether improving that movement can help guide better treatment. Researchers want to understand if unusual or limited spine movement can be used as a measurable sign of neck problems, and how those patterns change with different treatments.

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**Phase:** NA

**IRB Number:** STUDY00021333

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