

## ABSTRACT

Rivi Belach Har-El, Doctor of Philosophy, 2000

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Title of Dissertation: INFLUENCE OF NECK EXERCISES, COMBINED WITH EITHER THE CHACE TECHNIQUE OF DANCE THERAPY OR AEROBIC TRAINING, ON PAIN PERCEPTIONS MOOD STATE, AND CERVICAL RANGE OF MOTION OF ADULTS WITH CHRONIC MECHANICAL NECK PAIN

Directed by: Dr. Arthur J. Nelson

## ABSTRACT

Chronic neck pain phenomena have reached epidemic proportions in the United States. Although physical therapy is commonly used to treat such chronic pain, its effectiveness has been inadequately investigated. In most cases, no underlying pathology has been found, and thus the cause of the pain is unknown. Frequently, psychological factors contribute to recurrent neck pain. In this study, the author examines new treatment interventions neck exercises combined with either the Chace technique of dance therapy (CTDT- form of intervention that uses dance as a process which furthers the emotional and physical integration of the individual) or with aerobic training (AT). Treatment outcome in each group was measured by the effect on mood state, pain perception, and cervical range of motion (CROM), using repeated-measure univariate analyses of variance. The effects were then compared between the two groups. Three instruments were used: the Cervical Range of Motion (CROM) device measuring either the for mood state, pain perception, and CROM were compared, there were no significant differences between the two study groups. These findings indicate that both treatments resulted in an improved mood state, decreased pain perception, and increased CROM. This study suggests that a therapist can use either treatment approach when treating patients with neck pain and decreased CROM who are not in a distressed mood state. However, improvement of mood state during short term therapy was found to be superior in AT versus CTDT.