

# The World of Manual Medicine

## Science & Research in the News: MAY 2016

Research should be judged on the merit of its scientific findings rather than on the basis of professional degrees held by investigators. In this spirit, *Science in the World of Manual Medicine* offers citations & links likely to be of interest to physicians in our member's societies as well as to the Manual Medicine community generally. FIMM offers these items from peer-reviewed journals without comment and does not specifically endorse the research. Subscription may be required to access full article. Contact [FIMM Science Director](#), Sergey Nikanov or [FIMM Secretary-General](#), Michael Kuchera with science of interest to share with the Community.

### Clinical Applications of Manual Medicine

**Mobilization and Manipulation of the Cervical Spine in Patients with Cervicogenic Headache: Any Scientific Evidence?** [Frontiers in Neurol.](#) 2016; 7:40. Published online 2016 Mar 21.



A review of RCTs was conducted to investigate the effects of cervical mobilization and manipulation on pain intensity and headache frequency, compared to traditional physical therapy interventions in patients diagnosed with **cervicogenic headache** (CEH). The study included 10 of 66 identified articles in English. The authors suggest, "taken independently, the findings of the studies suggest that manual therapy on the cervical spine is more effective than traditional physical therapy interventions or sham intervention in reducing pain intensity and frequency of headaches in this population." Together results suggested that mobilization or manipulation of the cervical spine may be beneficial for individuals who suffer from CEH.

### Biomedical Sciences Underlying Manual Medicine

**Does muscle morphology change in chronic neck pain patients? – A systematic review;** [Manual Therapy](#) 22:42–49; April 2016. This article reports a systematic review of 14 accepted articles looking at cross-sectional area of the cervical region. Highlight summary: (1) Moderate evidence found for changes of the neck musculature in neck pain; (2) Fatty infiltration is a feature of patients with whiplash associated disorder; and (3) Patients with chronic idiopathic neck pain show signs of general disuse.



### Documenting Manual Medicine (Diagnostics or Treatment)



**German version of the Cornell Musculoskeletal Discomfort Questionnaire (CMDQ): translation and validation;** [Journal of Occupational Medicine and Toxicology](#) 11:13; 2016 DOI: 10.1186/s12995-016-0100-2. The linguistic and cultural adaption of the CMDQ into German (D-CMDQ) followed international guidelines. D-CMDQ meets requirements for comprehensibility & showed good validity. (Kappa & Spearman's rank correlation coefficient=substantial/excellent agreement, all except 1.)

### FIMM Member Research & Opportunities in MM

**Call for papers** for the **16<sup>th</sup> International Scientific Congress of FIMM** in conjunction with the Bulgarian Society of Manual Medicine. Papers, posters and short presentations to be delivered in Varna BULGARIA on September 17-18, 2016. Final submission date is June 30, 2016.

