博士学位論文内容の要旨

氏　　名	中丸（ナカマル）　宏二（コウジ）
所　　属	人間健康科学研究科 人間健康科学専攻
学位の種類	博士（学術）
学位記番号	健博　第159号
学位授与の日付	平成30年9月30日
課程・論文の別	学位規則第4条第2項該当
学位論文題名	Immediate Effects of Thoracic Spine Self-mobilization in Patients With Mechanical Neck Pain: A Randomized Controlled Trial （頸部痛患者に対する胸椎セルフモビライゼーションの即時効果：ランダム化比較試験）
論文審査委員	主査　教　授　新田　収 委員　教　授　網本　和 委員　教　授　竹井　仁

【論文の内容の要旨】

Study Design: Randomized controlled trial.

Background: Thoracic spine self-mobilization is performed after thoracic spine thrust manipulation to augment and maintain its effects. To the best of our knowledge, no study has investigated the effects of thoracic spine self-mobilization alone in individuals with mechanical neck pain.

Objectives: To investigate the immediate effects of thoracic spine self-mobilization in patients with mechanical neck pain.

Methods: Fifty-two patients (39 females) with mechanical neck pain were randomly allocated to a thoracic spine self-mobilization group or a placebo thoracic spine self-mobilization group. Outcome measures were collected at pre-intervention and immediately after intervention, including the Neck Disability Index, visual analogue scale, and active cervical range of motion (ROM). The immediate effect of the intervention was analyzed using two-way repeated measures analysis of variance (ANOVA).

Results: The group×time interactions for cervical flexion active ROM (P = .005) and cervical extension active ROM (P = .036) were significant. The tests of the simple main effect in cervical flexion active ROM (6° [95% CI: 3.7, 8.3], P<.0001) and cervical extension active ROM (5.8° [95% CI: 3.0, 8.6], P<.0001) showed a significant difference before and after intervention in the thoracic spine self-mobilization group.

Conclusion: Patients with mechanical neck pain who carried out thoracic spine self-mobilization showed increases in active cervical flexion and extension ROM.