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EFFECTS OF MULLIGAN MOBILIZATION VERSUS SHACKLOCK NEURAL MOBILIZATION ON PAIN AND DISABILITY AMONG INDIVIDUALS WITH SCIATICA.

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Background: Pain and disability are the most common issues reported among individuals with sciatica. Mulligan and shacklock neural mobilization are effective in reducing pain and disability among individuals with sciatica.

Objective: The objective of the study was to find out the effects of mulligan mobilization versus Shacklock neural mobilization on pain and disability among individuals with sciatica.

Methods: This was an Experimental study, 20 individuals with sciatica were recruited based on the inclusion criteria. Group A (n=10) received mulligan mobilization, pain neuroscience education and conventional exercises whereas Group B (n=10) received Shacklock mobilization, pain neuroscience and conventional exercises for 30-40 mins /1 session a day/4 day a week/4 week.

Results: When comparing both the groups, NPRS scores were not statistically significant, but Group A showed significant results on ODI scores at the end of 4 weeks.

Conclusion: Patients treated with mulligan mobilization show more significant improvement than those treated with Shacklock neural mobilization.

Implications: The study shows the use of mulligan mobilization along with pain neuroscience and conventional therapy has significant results.

Keywords: Mulligan mobilization, Shacklock neural mobilization, sciatica, pain neuroscience, conventional therapy.