
Comparison of Mulligan Sustained Natural Apophyseal Glides and Maitland Mobilizations for Treatment of Cervicogenic Dizziness: A Randomized Controlled Trial.

Reid, S.A., Rivett, D.A., Katekar, M.G. and Callister, R., 2014. Comparison of mulligan sustained natural apophyseal glides and maitland mobilizations for treatment of cervicogenic dizziness: a randomized controlled trial. *Physical therapy*, 94(4), p.466.

Setting the scene:

There is short term evidence supports **Mulligan sustained natural apophyseal glides (SNAGs)** for treatment of **cervicogenic dizziness** but no evidence for treatment with Maitland mobilizations. So in this RCT they compare the effectiveness of SNAGs and Maitland mobilizations for cervicogenic dizziness.

What did they do?

They get **86 people** with cervicogenic dizziness were randomly allocated to receive 1 of interventions: Mulligan SNAGs (including self-administered SNAGs), Maitland mobilizations plus range-of-motion exercises, or placebo and they set intensity of dizziness frequency of dizziness, the Dizziness Handicap Inventory (DHI), intensity of pain, and global perceived effect (GPE) as an outcome measures.

Then the results showed that both manual therapy groups had reduced dizziness intensity and frequency post treatment and at 12 weeks compared with baseline. There was no change in the placebo group. There were no differences between the 2 manual therapy interventions for these dizziness measures. For DHI and pain, all 3 groups improved post treatment and at 12 weeks. Both manual therapy groups reported a higher GPE compared with the placebo group. There were no treatment-related adverse effects lasting longer than 24 hours.

Takeaway message:

Both SNAGs and Maitland mobilizations provide comparable immediate and sustained (12 weeks) reductions in intensity and frequency of chronic cervicogenic dizziness.

Food for thoughts:

The results provide the first documented evidence for the benefits of Maitland mobilization for cervicogenic dizziness.