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| 1. **Cervical spine lateral glide applied to the C5/6 segment**  Subject is in supine lying with the head in a neutral position. The Physiotherapist holds the patient’s head with the mobilizer hand at the C5-C6 level, while the other hand is placed on the contralateral side of the patient’s neck. in this position, the therapist applies lateral cervical glides at C5/C6 toward the contra-lateral side of symptoms (Maitland grade III)for 5 minutes in 2 sets of 2 minutes each, with 1 minute of rest between sets. |  |
| 2. **posteroanterior nonthrust mobilization of the mid cervical spine**  The subject lies face downwards, The therapist stands at the head of the patient, the pads of the physiotherapist’s thumbs over the  zygapophyses of targeted segment with medially-directed (30°), Central PA mobilization will be apply to C4-C6, 30 secend in each segment(Maitland grade III or IV) for an overall time of approximately 3 minutes. |  |
| 3. **Manual Cervical Distraction:**  Subject is in supine position so that his/her head and neck beyond the end of table.The physiotherapis stands at the head of the table and will place the patient's neck at 25-30 degrees. Manual traction will be apply to C4-C6 segments with 10 second pull and 5 second rest for 10 times. |  |

**Appendix1: Cervical Manual therapy**

**CERVICAL SPINE EXERCISES**

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| 1. **self-stretching of the trapezius muscle:**  the patient is sitting upright on a table grasping the edge with epsilateral hand to avoid shoulder elevation and with the contralateral hand grasps her/his head then asked the patient to perform cervical flexion, contralat­eral lateral flexion, and epsilateral rotation.This stretching position will be held for 45 seconds 2 times |  |
| 2. **self-stretching of the levator scapulae muscle**  the position is the same as for upper trapezius muscle stretching, then asked the patient to perform cervi­cal flexion, contralateral lateral flexion, and contralateral rotation. This stretching position will be held for 45 seconds 2 times |  |
| 3. **self-stretching of the upper fibers of the scalene muscles**  the position is the same as for the other stretch­ing exercises, then asked the patient to perform  slight cervical extension, contralateral lateral flexion, and contralateral rotation. This stretching position will be held for 45 seconds 2 times |  |