

Effect of MENT Protocol on Pain and Functional Outcomes in Cervical Radiculopathy: A Randomised Controlled Trial

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ABSTRACT

Introduction: Neck discomfort with radiating upper limb symptoms is the hallmark of Cervical Radiculopathy (CR), a common neuromusculoskeletal disorder that frequently results in severe functional limits. Despite the widespread use of conventional physiotherapy interventions, results are still variable because multimodal techniques that target both neurological and musculoskeletal deficits are not fully integrated.

Aim: To assess how patients with CR respond to the MENT treatment in terms of pain reduction and improved functional abilities.

Materials and Methods: Thirty-six patients with CR were divided into two groups in this randomised controlled trial: the experimental group received the MENT regimen, while the control group received conventional physiotherapy. The intervention was conducted over two weeks using controlled sessions that focused on improving neuronal mobility, neuromuscular control, and pain regulation. The Numerical Pain Rating Scale (NPRS) and the Patient-Specific

Functional Scale (PSFS) were used to measure outcomes both before and after the intervention.

Results: After the intervention, both groups showed statistically significant increases in both functional capacity and pain severity. However, compared to the control group, the experimental group showed a more noticeable improvement in functional outcomes and a higher reduction in pain, suggesting that the MENT procedure was more successful.

Conclusion: The study reveals that the MENT protocol is more effective than traditional physiotherapy in alleviating pain and enhancing functional capacity in cervical radiculopathy patients. A multimodal strategy, focusing on pain modulation and neuromuscular control, showed superior results in the experimental group.

Keywords: Cervical radiculopathy, Functional status, Neural mobilisation, Pain management, Physical therapy modalities, Rehabilitation.

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