

## عنوان مقاله:

Effect of Manual Therapies on Parameters of Postconcussion Symptoms Recovery: A Systematic Review

## محل انتشار:

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## خلاصه مقاله:

**Objectives:** Postconcussion syndrome (PCS) results from an injury to the head, leading to loss of consciousness. It includes symptoms like fatigue, headache, dizziness, and difficult concentration. PCS is frequently seen among athletes, and its treatment is still controversial. This systematic review aims to study the impact of manual therapies on recovery from postconcussion syndrome. **Methods:** A systematic search was performed using three databases (PubMed, Google Scholar, and Research Gate) from ۲۰۱۱ to ۲۰۲۱. GRADE approach (grading of recommendations assessment, development, and evaluation) was utilized to evaluate and appraise the quality of studies deemed eligible for this study. **Results:** A total of ۵۴۸۹ articles were identified. After undergoing the process of screening and review, only ۷ articles were used in the systematic review. Data were extracted from these ۷ articles (GRADE rating very low to low). **Discussion:** Manual therapy is an intervention for treating postconcussion symptoms. More studies especially controlled trials with randomization with greater sample sizes, are required to confirm the existing findings.

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## کلمات کلیدی:

Craniosacral therapy, Manual therapy, Neural manipulation, Postconcussion syndrome, Visceral manipulation

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