Conclusions
1. The results of the study support the hypothesis of the effectiveness of NAGs over conventional physiotherapy treatment for cervical spine pain and stiffness.

2. NAGs are an effective technique for treating cervical spine pain. It has been found to provide immediate pain relief. Subjects in all the three experimental groups reported immediate reduction of pain after the administration of NAGs, while control group had gradual recovery.

3. It may be concluded on the basis of observations that NAGs technique not only relieves pain immediately but also gives a long lasting effect on cervical spine pain. Subjects treated through the technique of NAGs reported decreased pain status on VAS scores on day 42 also, but it was not so well in the control group.

4. The results of the study also support the hypothesis that NAGs is an effective treatment technique over conventional physiotherapy treatment for cervical spine stiffness. Significant differences between the experimental groups as compared to the control group support the hypothesis that NAGs is an effective way of treating cervical spine stiffness.

5. NAGs are an effective way of treating cervical spine stiffness and increases range of motion (in all directions) immediately. Range of motion in all the subjects in the three experimental groups improved immediately after the administration of NAGs and also the recovery was faster in comparison to the control group.

6. NAGs not only increased the range of motion (in all directions) immediately, but also have long a lasting effect on cervical spine stiffness. Subjects receiving NAGs reported increased range of motion on day 42 also, not so well reported by the control group.

7. NAGs are an effective way of concurrently reducing pain and increasing range of motion.
8. Subjects receiving NAGs reported that they were more comfortable in performing activities of daily living on day 42 also. Increase in range of motion and decrease in pain have a positive effect on activities of daily living, and hence, reduction in NDI scores. Pain and stiffness have an adverse effect on activities of daily living. NAGs is found to decrease the pain level (VAS scores) and increase ROM for cervical spine, and thus, reduce the Neck Disability Index (NDI) scores.

9. Increase in the range of motion, decrease in pain and improved activities of daily living have a positive impact on the anxiety level of the subjects. The STAI scores reduced as the level of anxiety decreased. This has been observed in all the four groups under study. The anxiety level of the subjects in all the four groups reduced systematically as a function of trials. The reduction in pain, increase in the range of motion, and decreased NDI scores had a direct effect on anxiety (STAI score) level of the subjects in all the groups. It has been concluded that whatever be the nature of treatment, the resulting perception of relief results in reduced anxiety levels.

10. It may, thus, be concluded that NAGs is an effective treatment technique for treating cervical spine pain and stiffness and associated disability. This will serve as evidence in establishing effectiveness of employing the technique as a treatment of cervical spine pain and stiffness. The present study related to NAGs may be considered as an integrated source of evidence based information that bridges the gap between research and best practices.