Limitations of the Study
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Every research work is subjected to certain limitations and this study is also not an exception. Though, the present study supported the hypotheses formulated in chapter 3, there are few limitations observed in the study, which may be brought out for the benefit of researchers planning similar studies in future. Despite the best efforts, the present study suffers from the following limitations:

1. The sample size of 100 subjects puts restrictions in concluding and generalizing the outcome for the wider population.
2. As the numbers of elderly participants were few in the sample, thus, the results cannot be generalised.
3. The sample of the study covers only subjects from Delhi, the northern part of India. For the sake of generalization of results, it would be more appropriate if the sample includes subjects from various parts of the country.
4. This being the first investigation to study the efficacy of NAGs in treating cervical spine pain and stiffness, NAGs was administered along with heating modality and exercises (conventional physiotherapy). This was to take care of ethical issues involved. It will be more instructive to include one group receiving NAGs alone.
5. Employing VAS score as a dependent variable for measuring pain is a subjective method. Some objective methods of assessing pain could be used.
Suggestions for Further Research
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1. Further research with larger sample size is suggested.
2. The future study may include heterogeneous samples from larger populations and different zones of the country.
3. Elderly subjects could be included in future research, for generalisation of outcome.
4. To check the intra-therapist reliability of NAGs, it should be conducted at different locations by different therapists or therapist could be taken as independent variable.
5. The future study may also include subjects having associated symptoms like radiating pain along with cervical pain and stiffness.
6. It is further suggested that only two groups should form the future study, one receiving NAGs (experimental group) and the other only placebo (control group).
7. The study used a subjective measure (VAS) for recording pain status. However, algometer as an objective measure could be used.
8. Since the present study included only one aspect of Mulligan’s concept i.e. NAGs, other treatment techniques could also be included to study their effectiveness.
9. The tools used in the present study were manually operated. Using digital inclinometer could be an important improvement for recording range of motion and minimising the human error.