ACKNOWLEDGEMENTS

First of all, I am grateful to the Almighty, who paved the way for me to take up this Nobel cause, finding new and effective methods of treatment for the patients suffering from cervical spine pain and stiffness.

It is my proud privilege to place on record my deep sense of gratitude and indebtedness to Prof. (Dr.) Jaspal Singh Sandhu, Dean and Head of the Department of Faculty of Sports Medicine and Physiotherapy, Guru Nanak Dev University, Amritsar, who guided me with his scholarly advice, meticulous care and warm affection. He is well-known for his innovative and practical approach in the field of sports medicine and orthopaedics. I am highly thankful that he continued to evince the same measure of interest in my research despite having an awful busy schedule of work as dean and head. Without his kind help, the accomplishment of this arduous task would have been impossible.

I found Prof. Sandhu to be an ideal supervisor. His learnt advice, insightful criticisms, and patient encouragement helped me immensely in the writing the thesis. Sir, you have actively supported me in my determination to find and realise my potential, and helped me in the completion of this research work. He played an extremely important role in shaping my career and taking it to such great heights. I owe him a lot.

I am equally grateful to my co-supervisor, Dr. Aruna Broota, Professor, Department of Psychology, Delhi University, Delhi, who has created a life-long impression by her unstained kindness, affectionate guidance and Nobel generosity. Without her valuable guidance and persistent help, this dissertation would not have been possible. I feel proud to take her as my mentor in all affairs of my life. She taught me that even the largest task can be accomplished if it is done whole heartedly.

I must express my deep indebtedness to Dr. Krishan Dayal Broota, Professor, Department of Psychology, Delhi University, Delhi, who always supported me with his vast knowledge, research experiences and goodness to complete this study. His criticism of the work has been of great help to find the right path.
I owe my deepest gratitude to Dr. Shekhar Agarwal, Director, Sant Parmanand Hospital, Delhi, for granting me permission to conduct this study in his esteemed institute, and providing all the logistics and facilities required for this study. I can’t forget to mention his nice behaviour and moral support extended to me with a smile on his face. I consider it an honour to work with such great personality; he is the BEST BOSS in the world.

I am grateful to my learned teacher, Brian R. Mulligan, who has been a source of great encouragement and inspiration for me throughout my professional career. Whose steadfast support of this project was greatly needed and deeply appreciated.

It is with immense gratitude that I acknowledge the support and help of my favourite teacher, Dr. Shyamal Koley, for his inspiring advice and unfailing help extended to me during this research work. I would also like to appreciate and thank Dr. Shweta Shenoy, who had been a constant source of advice & information, and showed her concern in several ways.

I cannot find words to express my gratitude to my respected parents, dear brother (Pardeep), my wife (Chanchal), daughter (Adhya), and son (Tanmay). All of them always stood by me to provide moral support and encouragement throughout the period of this study.

I would like to thank Dr. James R. Taylor, professor, Curtin University, Australia, for granting permission to include copyright photographs and study material as part of this thesis. I thank Mr. Toby Hall, for his constant encouragement for getting my work published in various journals. I thank Dr. Inderjeet Singh Sidhu and Shri Subhash Rahi for their kind help in data analyses. Their wise advice, insightful criticism, and encouragement helped me a lot in writing this thesis.

My sincere thanks are also due to all the members of the Research Degree Committee and Ethical Committee for the approval of the design of the present study. Their most valuable advice and suggestions with insightful criticism are much appreciated. I must thank all the faculty members of Department of Sports Medicine and Physiotherapy, GNDU, Amritsar, for their constant support and encouragement.
I will be failing in my duty if I do not express my gratitude to all the staff members of Physiotherapy Department, Sant Parmanand Hospital, Delhi for their valuable help and encouragement. Without their support and persistent help this dissertation would not have been possible.

It is my pleasant duty to put on record the gratitude to all the subjects, who participated in this study. I am highly thankful to all the non-teaching staff, and supporting staff, my friends and colleagues of the Faculty of Sports Medicine and Physiotherapy, Guru Nanak Dev University, Amritsar for their nice dealing in official matters, valuable help and encouragement.

There are a number of people directly or indirectly, involved in this study, whose name could not be mentioned here, they all deserve my thanks for their good wishes and help.

Most of all thanks to God the Divine who continues to make the impossible possible.

(Deepak Kumar)