

Immediate effect of ultrasound and ischaemic compression techniques for the treatment of trapezius myofascial trigger points in patients with neck pain: A randomized controlled study.

No registrations found.

Ethical review	Positive opinion
Status	Recruitment stopped
Health condition type	-
Study type	Interventional

Summary

ID

NL-OMON24474

Source

Nationaal Trial Register

Brief title

Myofascial Pain Syndrome, Myofascial Trigger Points, Musculoskeletal Manipulations, Ultrasonic Therapies, Pain Measurement

Health condition

Neck pain

Sponsors and support

Primary sponsor: CEU-Cardenal Herrera University

Source(s) of monetary or material Support: No funding source

Intervention

Outcome measures

Primary outcome

1. Active range of motion of cervical rachis (lateral flexion), measured with a cervical range of motion instrument;
2. Basal electrical activity of trapezius muscle, measured using a surface electromyography;
3. Pressure Tolerance, using a pressure analog algometer. A pressure of 2.5 kg/cm² will be applied on myofascial trigger point. A visual analog scale will record the sensation the subject perceived in that moment.

Secondary outcome

Analyze the data obtained taking into account the age and sex of subjects, to establish effectiveness criteria.

Study description

Background summary

The purpose of this study was to determine immediate effects of ischemic compression (IC) and ultrasound (US) for the treatment of myofascial trigger points (MTrPs) in the trapezius muscle in patients with neck pain.

Subjects will be randomly distributed into three groups G1, will receive IC treatment for MTrPs; G2, will receive US; and G3 (control), will receive sham US. The following data will be recorded before and after each treatment: active range of motion (AROM) of cervical rachis measured with a cervical range of motion instrument, basal electrical activity (BEA) of muscle trapezius measured with surface electromyography, and pressure tolerance of MTrP measured with visual analogue scale assessing local pain evoked by the application of 2.5 kg/cm² of pressure using a pressure analog algometer.

Study objective

The treatment of Myofascial Trigger Points (MTrPs) in the trapezius muscle with ischaemic compression and ultrasound originated a short-term improvement of cervical mobility, relaxation of trapezius, and reduction of its sensitivity in patients with neck pain.

Study design

Immediate.

Intervention

Ultrasound and ischaemic compression techniques. There are three groups:

1. G1, which will receive ischemic compression on myofascial trigger point;
2. G2, which will receive ultrasound;
3. G3 (control), which receive sham ultrasound (the ultrasound is disconnected).

Contacts

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Eligibility criteria

Inclusion criteria

1. 25-65 age;
2. Neck pain.

Exclusion criteria

1. Analgesic usage within the previous 24 hours;
2. Fail to identify MTrPs of the trapezius clearly;
3. History of cervical surgery;

4. Having undergone myofascial pain treatment within the previous month to the study;
5. History of cervical whiplash.

Study design

Design

Study type:	Interventional
Intervention model:	Parallel
Allocation:	Randomized controlled trial
Masking:	Double blinded (masking used)
Control:	Placebo

Recruitment

NL	
Recruitment status:	Recruitment stopped
Start date (anticipated):	06-11-2009
Enrollment:	66
Type:	Actual

Ethics review

Positive opinion	
Date:	30-10-2009
Application type:	First submission

Study registrations

Followed up by the following (possibly more current) registration

No registrations found.

Other (possibly less up-to-date) registrations in this register

No registrations found.

In other registers

Register ID

NTR-new NL1984

NTR-old NTR2101

Other Ethical Committee of the Research Commission of CEU-Cardenal Herrera University : 69 (09 nov 2009)

ISRCTN ISRCTN wordt niet meer aangevraagd.

Study results

Summary results

Montañez et al, IMMEDIATE EFFECT OF ULTRASOUND AND ISCHEMIC COMPRESSION TECHNIQUES FOR THE TREATMENT OF TRAPEZIUS LATENT MYOFASCIAL TRIGGER POINTS IN HEALTHY SUBJECTS: A RANDOMIZED CONTROLLED STUDY. J Manipulative Physiol Ther 2009;32:515-520.