Immediate effect of ultrasound and ischaemic compression techniques for the treatment of trapezius latent myofascial trigger points: A randomized controlled study.

No registrations found.

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

Summary

ID

NL-OMON24507

Source
Nationaal Trial Register

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

Health condition

Myofascial Pain Syndrome, Myofascial Trigger Points

Sponsors and support

Primary sponsor: N/A
Source(s) of monetary or material Support: N/A

Intervention

Outcome measures

Primary outcome

Cervical mobility, trapezius muscle relaxation and a reduction of myofascial trigger points sensitivity.

Secondary outcome

Age, sex, academic or administrative staff.

Study description

Background summary

Objetive:

To determine immediate effects of ischaemic compression and ultrasound for the treatment of myofascial trigger points in the trapezius muscle.

Methods:

A group of 66 volunteer subjects, all CEU-University Cardenal Herrera personnel, participated in this study. Subjects were healthy individuals, diagnosed with latent myofascial trigger points in the trapezius muscle. Subjects were randomly assigned into three groups: T1, which received ischaemic compression treatment for myofascial trigger points; T2, which received ultrasound and T3 (control), which received sham ultrasound treatment. The following data were recorded before and after each treatment: active range of motion of cervical rachis measured with cervical analog goniometer, basal electrical activity of muscle trapezius measured with surface electromyograph, and pressure tolerance of myofascial trigger points measured with visual analogue scale after applying a 2.5 kg-pressure using a pressure analog algometer.

Results:

The obtained results show a that the treatment of MTrPs in the trapezius muscle with IC and US originated a short-term improvement of cervical mobility, relaxation of trapezius, and reduction of its sensitivity. Thus, we can conclude by stating that these three parameters are related, since one single stimulus provoked changes in all of them.

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.

Study design

N/A

Intervention

Ultrasound and ischaemic compression techniques.

Contacts

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Eligibility criteria

Inclusion criteria

1. 25-65 age;

2. Full-time worker of CEU-Cardenal Herrera University.

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):	13-03-2007
Enrollment:	66
Type:	Actual

Ethics review

Positive opinion

Date:	15-01-2009
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	NL1529
NTR-old	NTR1600
Other	University CEU-Cardenal Herrera : 112
ISRCTN	ISRCTN wordt niet meer aangevraagd

Study results

Summary results
N/A