

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

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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.

Ethische beoordeling	Positief advies
Status	Werving gestopt
Type aandoening	-
Onderzoekstype	Interventie onderzoek

Samenvatting

ID

NL-OMON24507

Bron

Nationaal Trial Register

Verkorte titel

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

Aandoening

Myofascial Pain Syndrome, Myofascial Trigger Points

Ondersteuning

Primaire sponsor: N/A

Overige ondersteuning: N/A

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

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

Toelichting onderzoek

Achtergrond van het onderzoek

Objective:

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.

Doel van het onderzoek

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.

Onderzoeksopzet

N/A

Onderzoeksproduct en/of interventie

Ultrasound and ischaemic compression techniques.

Contactpersonen

Publiek

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Wetenschappelijk

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

1. 25-65 age;
2. Full-time worker of CEU-Cardenal Herrera University.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

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.

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	Gerandomiseerd
Blindering:	Dubbelblind
Controle:	Placebo

Deelname

Nederland	
Status:	Werving gestopt
(Verwachte) startdatum:	13-03-2007
Aantal proefpersonen:	66
Type:	Werkelijke startdatum

Ethische beoordeling

Positief advies	
Datum:	15-01-2009
Soort:	Eerste indiening

Registraties

Opgevolgd door onderstaande (mogelijk meer actuele) registratie

Geen registraties gevonden.

Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

In overige registers

Register	ID
NTR-new	NL1529
NTR-old	NTR1600
Ander register	University CEU-Cardenal Herrera : 112
ISRCTN	ISRCTN wordt niet meer aangevraagd

Resultaten

Samenvatting resultaten

N/A