

Comparison of the efficacy of myofascial release therapy and static stretching on pain and cervical lateral flexion ROM in trapezius spasm patients

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ABSTRACT:

Background: Neck pain is very commonly shown by most people to be in the region of the back of the neck and between the bases of the neck to the shoulder, primarily indicating the region of the trapezius muscle. The aim of the study was to compare the efficacy of myofascial release therapy and static stretching on trapezius muscle spasms.

Methods: 30 subjects (15 in each group) at the age group of 30-60 years were selected for two groups by random selection. Group A received MFR therapy for 15 minutes followed by thermotherapy for 20 minutes and Group B received static stretching of trapezius by side flexing the neck to the contralateral side of spasm, with each stretch lasting for 10 seconds was done for 10 minutes then thermotherapy was given for 20 minutes. Each patient was given a Visual Analog Scale (VAS) to rate the perceived pain from 0 to 10 and the range of motion of cervical lateral flexion was taken with the help of a universal goniometer. The follow up of each subject was taken and the pain (VAS) and range of motion of the trapezius muscle were measured after 5 days of treatment. The two groups were then compared to determine which of the two methods of treatment of trapezius spasm was more efficient in relieving pain and increasing range of motion of lateral flexion. Students t-test was used as statistical test for data analysis.

Results and Discussion: Intergroup and intra group analysis was done. There was a significant decrease in pain and increase in cervical lateral flexion in the intergroup analysis with a significant difference.

Conclusion: We conclude from this study that there was a significant decrease in pain and increase in cervical lateral flexion in the intergroup analysis. Myofascial release therapy showed better results in decreasing pain and increasing the range of motion for cervical lateral flexion.

Keywords:

Myofascial release, Static stretching, Trapezius.