The comparison effects of positional release and Active release techniques on latent trigger point in upper trapezius muscle in patient.

Protocol summary

Summary
The aim of the present study was to evaluate the effectiveness of Positional Release Therapy and Active Release Therapy on Pain intensity, Pain Pressure Threshold & ContraLateral Side Flexion Cervical Range of Motion in Computer User Via Latent Myofascial Trigger Point .Forty two volunteers from Shahid Beheshti University Medical Science in Iran, with Latent Trigger Point of Upper Trapezius Muscle, aged 19-45 years old, were participated in this study. All individuals were randomly classified into three groups. Group (A): Positional Release Technique, Group (B): Active Release Technique and Group (C) : Control with sham treatment. treatment consisted of 3 sessions of ART ,PRT& Control , applied to the over a duration of 1 weeks. The local pain intensity via visual analogous scale (VAS) and Pain pressure threshold (PPT) with algometry , Active Cervical ContraLateral Flexion range of motion(CLROM) with goniometry were measured before therapy and 5min after per therapy session and also outcome measures were evaluated and recorded one week after third session as a follow up.

General information

Acronym
IRCT registration information
IRCT registration number: IRCT2016010425847N1
Registration date: 2016-01-22, 1394/11/02
Registration timing: registered_while_recruiting

Last update: Update count: 0
Registration date 2016-01-22, 1394/11/02

Registrant information
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Recruitment status
Recruitment complete

Funding source
Vice chancellor for research,School of Rehabilitation Sciences,Physiotherapy Research Center,Damavand St,Tehran,Iran.

Expected recruitment start date
2016-01-08, 1394/10/18
Expected recruitment end date
2016-02-07, 1394/11/18
Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
The comparison effects of positional release and Active release techniques on latent trigger point in upper trapezius muscle in patient.

Public title
The effects of manual therapies on latent trigger point in upper trapezius muscle

Purpose
Treatment

Inclusion/Exclusion criteria
Inclusion criteria:were presence of tender spot within
taut band in the upper trapezius muscle which was painful in response to 25 Newton (N) pressures on it; 19-45 years of age; pain intensity of at least 3 on a visual analogue scale (VAS); decreased cervical lateral flexion to the opposite side of the latent trigger point. Exclusion criteria: History of a whiplash injury; history of cervical spine surgery; diagnosis of cervical radiculopathy; having undergone myofascial pain therapy in the past month before the study.

Age
- From 19 years old to 45 years old

Gender
- Female

Phase
- N/A

Groups that have been masked
- No information

Sample size
- Target sample size: 42

Randomization (investigator's opinion)
- Randomized

Randomization description

Blinding (investigator's opinion)
- Single blinded

Blinding description

Placebo
- Not used

Assignment
- Parallel

Other design features

Secondary Ids
- empty

Ethics committees

1

Ethics committee
- Name of ethics committee
  - Ethics Committee of School of Rehabilitation Sciences, Shahid Beheshti University of Medical Science

Street address
- School of Rehabilitation Sciences, Shahid Beheshti University of Medical Science, Damavand St, Tehran, Iran.

City
- Tehran

Postal code
- 1616913111

Approval date
- 2015-10-18, 1394/07/26

Ethics committee reference number
- IR.SBMU.RAM.REC.1394.310

Health conditions studied

1

Description of health condition studied
- Myofascial trigger point

ICD-10 code
- M62.9

ICD-10 code description
- Disorder of muscle, unspecified

Primary outcomes

1

Description
- Cervical Contralateral range of motion (CROM)

Timepoint
- Before pre treatment, After 1, 2, 3 session, After follow up

Method of measurement
- CROM via Goniometer (degree)

2

Description
- Pain pressure threshold (PPT)

Timepoint
- Before pre treatment, After 1, 2, 3 session, After follow up

Method of measurement
- PPT via algometry (kilogram / (cm)^2)

3

Description
- Pain intensity visual analogous scale (VAS)

Timepoint
- Before pre treatment, After 1, 2, 3 session, After follow up

Method of measurement
- VAS via 10 centimeter line that patients shows her/his pain intensity with numerical

Secondary outcomes
- empty

Intervention groups

1

Description
- Positional release technique: In this group patients treat with Positional release technique on trigger point of Upper trapezius muscle with 3 sessions therapy in during one week.

Category
- Treatment - Other

2

Description
- Active release therapy: In this group patients treat with Active release therapy on trigger point of Upper trapezius muscle with three sessions therapy induring one week. interval

Category
Description
Control: in this group patients treat an algometer (model 5020) with out any hand pressure on trigger point of Upper trapezius muscle e with three sessions therapy induring one week.

Sponsors / Funding sources

1
Sponsor
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Web page address

Sharing plan

Deidentified Individual Participant Data Set (IPD)

empty

Study Protocol

empty

Statistical Analysis Plan

empty

Informed Consent Form

empty

Clinical Study Report

empty

Analytic Code

empty

Data Dictionary

empty