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 5 min 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
Name

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Recruitment status
Recruitment complete
Funding source
Vice chancellor for research, School of Rehabilitation Sciences, Shahid Beheshti University of Medical 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
161693111

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/(cm²))

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**
Treatment - Other

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.

Category
Treatment - Other

Recruitment centers

1
Recruitment center
Name of recruitment center
Clinic of Physiotherapy, School of Rehabilitation Sciences, Shahid Beheshti University of Medical Sciences
Full name of responsible person
Marzieh Mohammadi Kojidi
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City
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Sponsors / Funding sources

1
Sponsor
Name of organization / entity
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Full name of responsible person
Farshad Okhovatian
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City
Tehran
Grant name
empty
Grant code / Reference number
empty
Is the source of funding the same sponsor/organization/entity?
Yes
Title of funding source
School of Rehabilitation Sciences, Shahid Beheshti University Of Medical Sciences, Physiotherapy Research Center
Proportion provided by this source
100
Public or private sector
empty
Domestic or foreign origin
empty
Category of foreign source of funding
empty
Country of origin
empty

Type of organization providing the funding
empty

Person responsible for general inquiries

Contact
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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