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# Instrument–assisted soft tissue mobilization versus myofascial release therapy in treatment of chronic neck pain: a randomized clinical trial

Fatma Shewail<sup>1\*</sup>, Salwa Abdelmajeed<sup>2</sup>, Mohamed Farouk<sup>3</sup> and Mohamed Abdelmegeed<sup>2</sup>

## Abstract

**Objective** The purpose of this study was to investigate the effect of instrument-assisted soft tissue mobilization (IASTM) versus myofascial release therapy (MRT) on college students with chronic mechanical neck pain (CMNP).

**Methods** Thirty-three college students with a mean age of  $21.33 \pm 0.98$  involved in distance learning due to the Corona Virus 2019 (COVID-19) restriction were randomized to receive either IASTM on the upper trapezius and levator scapulae muscles or MRT. Researchers measured their pain with a visual analog scale (VAS), function with neck disability index (NDI), and pain pressure threshold (PPT) with a pressure algometer. The subjects received eight therapy sessions over four weeks and outcome measures were assessed pre and post-intervention. The study was registered as a clinical trial on [clinicaltrials.gov](https://clinicaltrials.gov) (registration number: NCT05213871).

**Result** Unpaired t-test showed no statistical significance between the two groups post-intervention regarding improvement in pain, function, and PPT ( $p > 0.05$ ).

**Conclusion** This study showed insignificant differences between groups. However, we did not use a control group, indicating that the improvement in outcomes may not have been caused by the intervention.

**Study design** Quasi-experimental two groups pre-posttest clinical trial.

**Level of evidence** Therapy, level 2b.

**Keywords** Neck pain, Manual therapy, Physical therapy

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