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



Fatma Shewail11, Salwa Abdelmajeed2, Mohamed Farouk1 and Mohamed Abdelmegeed2

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 ± 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 (WAS), function with neck disability index (NDO, 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 (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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