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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^{1*}, Salwa Abdelmajeed², Mohamed Farouk³ 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 (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 (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

*Correspondence:

Fatma Shewail

fatma.shewail@muust.edu.eg

¹Orthopedic physical therapy department, Faculty of physical therapy,

Misr University for Science and Technology, Cairo, Egypt

²Orthopedic physical therapy department, Faculty of physical therapy,

Cairo University, Cairo, Egypt



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