

Efficacy of Muscle Energy Technique versus Myofascial Release in management of Patients with Cervical Myofascial Pain

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Abstract: **Introduction:** Manual therapies have specific efficacy in the management of myofascial syndrome caused by MTrPs. **Purpose:** to investigate the efficacy of muscle energy technique versus myofascial release in patients with cervical myofascial pain. **Subjects:** Forty five male patients, their age ranged from 30-40 years old, with cervical myofascial pain randomly assigned into 3 groups. Fifteen cervical myofascial pain patients in each group. **Methods:** experimental Group (A): had received muscle energy technique (post-isometric relaxation), Experimental Group (B) had received myofascial release (progressive pressure release) and Control Group (C) had received the traditional physical therapy rehabilitation program (infrared heat, ultrasound and exercises) 3 sessions/week for 4 weeks. **Assessment:** were performed by Electronic digital algometer and Neck disability index prior to the treatment, and after the completion of the 4 weeks treatment program (post-test measurements). **Results:** Paired t-Test revealed that there were high significant differences between pre and post treatment of pain pressure threshold and neck disability index within groups as the mean values increased in all 3 groups. ANOVA test revealed a significant difference between the 3 groups for the post treatment value ($F=112.3$ & $P=0.0001$ and $F=3.42$ & $P=0.0001$) respectively. **Conclusion:** muscle energy technique and myofascial release are effective in treating cervical myofascial pain.

Key words: post-isometric relaxation, progressive pressure release, cervical myofascial pain, Electronic digital algometer and Neck disability index.

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