

Effect of positional release therapy and taping on unilateral upper trapezius tender points

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Abstract

Neck pain commonly seen in back of neck and between the base of neck to shoulder mainly indicate the involvement of upper trapezius muscle. Common causes of upper trapezius tender point are prolong uncomfortable position of upper limb and neck, carrying heavy loads and physically demanding work. The present was conducted to find out effect of PRT and Taping in Trapezitis subjects. Method: An experimental study was conducted on 30 subjects with age group between 20-50 years were taken. A total of 30 subjects were selected with unilateral trapezius tender points and were equally divided into two groups. Both the groups received active shoulder girdle protraction, retraction, elevation, and depression movement. While group 1 received Positional Release Therapy (PRT) and group 2 received Taping. Results: Treatment was given for twice a week for 2 weeks. Pain measured by numeric pain rating scale and Active Range of Ipsilateral neck Flexion measured by goniometer. Intervention values of both groups were compared by paired t-test (within group) and unpaired t-test (between group) to find out the within group effect for both the studied variables. Both groups were showing statistically significant improvement with p value less than or equal to 0.001. p value for pain and ROM is 0.606 and 0.260, which shows that there is no statistically significant difference between both the groups after intervention. The study concluded that PRT and TAPING are equally effective in Tender Point of Unilateral Upper Trapezius Muscle.

Biography:

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