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Comparative study of dry needling vs. soft tissue mobilization with hot moist pack in reducing pain of myofascial pain syndrome

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Myofascial pain syndrome is a regional pain syndrome characterized by muscle pain caused by MTrPs. MPS includes a regional muscle pain syndrome of any soft tissue origin that is associated with muscle tenderness. The muscles of the neck and shoulder often co-exist with neck pain conditions and can contribute to the symptoms. The researchers introduced dry needling and soft tissue mobilization that could treat myofascial pain syndrome. The purpose of this study is to determine the effectiveness of dry needling vs. soft tissue mobilization with HMP in reducing pain with myofascial pain syndrome of office workers in St. Dominic College of Asia. A quasi-experimental method using purposive sampling was conducted with 20 office workers of St. Dominic College of Asia and divided into 2 groups correspondingly dry needling and soft tissue mobilization with HMP, both groups consist 10 participants. The research lasted for 2 weeks with 4 treatment sessions for 25 minutes held at Physical Therapy Laboratory 8th floor, 2 days interval every treatment sessions at 10 am to 5 pm. Interventions were measured using numerical pain scale and neck disability index for pre-assessment and post-assessment to determine the level of pain. Using neck and upper back disability index mean scores of pre and post-test and their differences using dry needling had 17% difference of mean scores in NDI from 23% or moderate disability on pre-test to 6% or mild disability on post-test. Soft tissue mobilization with HMP had 11% difference of mean scores from 27% or severe disability pre-test to 16% or moderate disability post-test. In using numerical pain scale, dry needling intervention had a 3.2 difference of mean scores from 5.8 or moderate pain pre-test to 2.6 moderate pain post-test while the soft tissue mobilization with HMP intervention program had 1.7 difference of mean scores from 6.3 or moderate pain pre-test to 4.6 or moderate pain post-test. After four treatment sessions, the researchers came to the conclusion that dry needling is more effective than soft tissue mobilization with HMP in relieving pain among the office workers of St. Dominic College of Asia.

Biography

Er D Petil Jr is the Associate Professor III in Physical Therapy and Lecturer in Manila Central University, St. Dominic College of Asia, New Era University. He has completed his Master's degree in Special Education and Doctor of Philosophy at the University of The Philippines.

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