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NECK POSITION ACCURACY, KINESTHESIA, KINEMATIC IMPAIRMENT, MOTOR CONTROL AND PAIN: A RANDOMIZED CONTROL TRIAL STUDY IN PATIENTS WITH UPPER TRAPEZIUS MUSCLE TRIGGER POINT BEFORE AND AFTER FATIGUE

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Fatigue of the neck musculature has been shown to alter the upper limb proprioception, motor patterns, and kinematics. The objective of this work was to investigate the cervical position sense and EMG responses of cervical muscles during head reposition movements in students with and without an upper trapezius muscle trigger point.

Result: Neck pain and myofascial trigger point alter cervical kinematics probably due to altered timing. As hypothesized, fatigue impacted cervical kinematics more in healthy participants, possibly because altered neck motor control in patients meant that this group was less able to compensate further in response to neck muscle fatigue. Significant increases in PPT were observed following fatigue applied to the pre-determined MTrP, but no significant change was demonstrated in the sham control group. During application of sustained isometric contraction, the local MTrP tenderness decreased and this appeared to be due to a change in tissue sensitivity rather than an unintentional release of pressure by the practitioner. Fatigue appeared to be an effective therapy for MTrPs in the upper trapezius.

BIOGRAPHY

Roya Mehdikhani from Iran is a Physiotherapist and currently pursuing PhD from Tehran University of Medical Science (physical department).

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