MODERN METHODS IN THE DIAGNOSIS AND TREATMENT OF SOFT TISSUES IN MYOFASCIAL PAIN SYNDROME IN THE CERVICAL SPINE REGIONS IN PEOPLE AGED 20 TO 35

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Purpose
The aim of the study was to evaluate the effectiveness of modern methods in the diagnosis and treatment of soft tissue in comparison to the PNF and TENS method in young people suffering from myofascial pain, aged 20 to 35, doing sedentary work.

Methods
The efficacy of physiotherapy was evaluated in 150 people (114 women and 36 men) divided into three study groups (50 people each). The following treatments were used: soft tissue mobilization (STM), PNF and TENS. The efficacy assessment was based on: NDI Index, AROM by cervical spine joints (SFTR), VAS scale. The Friedman rank test with Holm correction for multiple comparisons was used to assess the variables tested. The differentiation of the effects of individual therapies (at the determined date of the assessment) for the parameters considered (VAS, NDI, SFTR) was tested by application of the Kruskal-Wallis test and multiple comparisons.

Results
For all considered therapies, STM, PNF and TENS, a significant difference (p <0.05) was found between the level of disability measured with the use of NDI, VAS and SFTR in subsequent stages of therapy. The most efficient therapy was STM by the Ciechomski algorithm, the second the PNF, but the least significant improvement in the studied efficacy was observed in the TENS therapy.

Conclusions
The obtained results indicate that modern methods of soft tissues therapy are the most efficient way to treat young patients suffering from myofascial pain syndrome in cervical spine region.

Literature: