

# Efficacy of strain counter strain approach on active & latent trigger points of upper fibers of trapezius for myofascial pain syndrome patients (Randomized Control Trial)

ACTRN12621000662864

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Status	RECRUITING
Sponsor	AHMED ABDELFATTAH
Enrollment	30 participants

## Plain Language Summary

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Myofascial pain syndrome is a common cause of neck and shoulder pain, involving tight, sensitive spots in the muscles called trigger points. When pressed, these trigger points often cause referred pain — pain that spreads to the neck or head. This study is investigating a hands-on physiotherapy technique called strain-counterstrain, which involves gently positioning the body in a way that relieves muscle tension and reduces trigger point activity, to see whether it provides meaningful pain relief.

The study compares the technique directly against a control condition in participants with active or latent trigger points in the upper trapezius muscle — the large muscle running across the top of the shoulders. Outcomes include pain levels and trigger point sensitivity before and after treatment.

You may be eligible if you are between 20 and 50 years old, have been diagnosed with myofascial pain syndrome with trigger points in your upper trapezius muscle, and experience referred pain to your neck or head when the trigger point is pressed. People with a history of whiplash, neck surgery, or conditions like rheumatoid arthritis or multiple sclerosis are not eligible.

## Key Eligibility Criteria

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### Inclusion (6)

- the subjects will be chosen according to the following criteria:
- Myofascial pain syndrome subjects with trigger points in upper trapezius muscle.
- Male and female subjects
- All patients will be diagnosed with active and latent MTrPs in the upper fibres of the trapezius muscle.
- Age of the patients ranging from 20 to 50 years.

... and 1 more (see full listing online)

### Exclusion (10)

- the following subjects will be excluded from the study:
- Subjects with history of a whiplash injury.
- Subjects with history of cervical spine surgery.
- Those who had diagnosis of cervical radiculopathy or myelopathy determined by their primary care physician.
- Subject's undergone Myofascial Pain therapy within the past 3 months before the study.

... and 5 more (see full listing online)

## Locations (1 total)

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Alexandria, Egypt

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<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12621000662864>

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