

High Intensity Laser Therapy (HILT) on Myofascial Trigger Points.

NCT04445545

Status	RECRUITING
Phase	Not Applicable
Sponsor	Quiropraxia y Equilibrio
Enrollment	24 participants

Key Eligibility Criteria

Inclusion (3)

- Participants over 18 years of age.
- Officials and students of the Casona las Condes Campus of the Andrés Bello University.
- Presence of myofascial trigger points in the shortened upper trapezius muscle evaluated (expert consensus establishing criteria for the diagnosis of MTrPs, Delphi study).²⁵

Exclusion (10)

- Musculoskeletal problems or pathologies of the neck or shoulders in the last 3 months (fractures, sprains, tendinopathies, dislocations, or muscle tears).
- Presence of osteosynthesis materials near shoulders, neck, or surrounding areas.
- Presence of wounds or skin changes in the shoulder and/or neck region (such as psoriasis, scars, or burns).
- Use of analgesic, anti-inflammatory, or muscle relaxant medications for permanent use.
- Neurological changes such as paresthesia, loss of sensitivity (partial or complete), decreased strength, and color changes in the neck, arms, forearms, or hands.

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

Locations (2 total)

Universidad Andrés Bello, Santiago, Las Condes, Chile
Universidad Andrés Bello, Santiago, Santiago Metropolitan, Chile