

Efficacy of Cervical Stabilization Exercises on Hand Grip Strength in Chronic Myofascial Neck Pain

NCT06468904

Status	RECRUITING
Phase	Not Applicable
Sponsor	Cairo University
Enrollment	52 participants

Key Eligibility Criteria

Inclusion (5)

- Chronic neck pain for more than 3 months.
- Active MTrPs in the UT muscle with a tender nodule.
- Constant neck pain, a jump sign during palpation of UT muscle.
- Referred pain.
- Symptoms of ipsilateral hand muscles weakness.

Exclusion (7)

- Signs of severe pathology such as malignancy of the cervical area.
 - Fractures of the cervical spine.
 - Cervical radiculopathy or myelopathy.
 - Diabetes.
 - Trauma, congenital anomalies and surgery around neck, shoulder and hand.
- ... and 2 more (see full listing online)

Locations (2 total)

Cairo University, Giza, Egypt
Faculty of physical therapy, Giza, Egypt