

Progressive Muscle Relaxation Vs Muscle Energy Technique on Non-specific Neck Pain in Prolonged Computer Users.

NCT06918535

Status	RECRUITING
Phase	Not Applicable
Sponsor	IQRA University
Enrollment	60 participants

Key Eligibility Criteria

Inclusion (4)

- Persons using computer more than 6 hours throughout the day, intermittently both genders.
- Age between 20-45.
- Hypertonicity of trapezius muscle and SCM muscle. Specifically, those workers have neck pain and stiffness (including trouble tilting or turning head). Patients who reported small tightening and spasm at the posterior aspect of their neck are included, also associated with more diffuse neck pain patterns that included the following: headache, (upper back, neck and shoulder pain) numbness/ tingling in the hand/arm.
- Pain intensity of 2 on the NRS and presence of at least one latent trigger point in a taut band in the neck region.

Exclusion (1)

- Recent trauma to the cervical region

Locations (1 total)

Sindh Institute of Physical Medicine and Rehabilitation, Karachi, Sindh, Pakistan