

Strain Counterstrain Technique and Graston Technqie on Quadra-tus Lumborum Trigger Points

NCT06986707

Status	RECRUITING
Phase	Not Applicable
Sponsor	Riphah International University
Enrollment	34 participants

Key Eligibility Criteria

Inclusion (6)

- Participant's age range 20-45 years
- Both genders.
- Individuals having low back pain for atleast 12 weeks with limited segmental mobility especially after maintaining certain prolonged posture .
- Individuals with localized pain and tenderness at attachments of quadratus lumborum due to the presence of trigger points (unilateral or bilateral).
- positive segmental mobility assessment at the level of L4 and L5 on one side or on both sides
- ... and 1 more (see full listing online)

Exclusion (3)

- Individuals with anticoagulation or bleeding disorders, acute muscle trauma, infections, lumbar disc herniation, spinal deformities, or a history of spinal surgery or anticoagulation medication
- Orthopedic surgery or any other low back surgery .
- Fracture of vertebrae and any lower limb injury

Locations (1 total)

Kishwar sultana hospital, Lahore, Punjab Province, Pakistan