

# Effect of MET vs Neck Calliet Exercises on Neck Pain and Disability in Nurses

NCT07138807

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| Status     | RECRUITING               |
| Phase      | Not Applicable           |
| Sponsor    | University of Faisalabad |
| Enrollment | 38 participants          |

## Key Eligibility Criteria

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### Inclusion (5)

- Female nurses
- Between 18 and 30 years of age
- Having mechanical neck discomfort that is confined to the cervical or bilateral scapular regions (pain level must be 3-5 VAS)
- There must be at least one trigger point in trapezius muscle
- The participant must be ready to participate No clinical therapy for neck pain must have been performed in the preceding month

### Exclusion (12)

- A recent medical history including surgery on the shoulder or neck
- Signs of myelopathy in the clinic or radiculopathy
- Diagnosed Fibromyalgia syndrome, psychiatric problems
- Pregnancy
- Cervical stenosis, malignancy (cervical, breast cancer)
- ... and 7 more (see full listing online)

## Locations (1 total)

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The University of Faisalabad, Faisalabad, Punjab Province, Pakistan