

# Comparison of Treatment Modalities in Myofascial Pain Syndrome

NCT07413770

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Status	RECRUITING
Phase	Not Applicable
Sponsor	Biruni University
Enrollment	60 participants

## Key Eligibility Criteria

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### Inclusion (7)

- Diagnosis of myofascial pain syndrome confirmed by a physical medicine and rehabilitation physician, according to the criteria of Travell and Simons (1992)
- Male or female participants aged 30-50 years
- Presence of at least one active trigger point in the upper trapezius muscle confirmed by palpation
- Pain radiating to the neck and upper extremity persisting for at least 3 months
- Pain intensity of e4/10 on the Visual Analog Scale (VAS)

... and 2 more (see full listing online)

### Exclusion (6)

- Presence of diagnosed systemic musculoskeletal or rheumatologic disorders (e.g., fibromyalgia, rheumatoid arthritis)
- Signs or symptoms of neuropathic pain or cervical radiculopathy
- Conditions contraindicating massage therapy (e.g., skin infection, open wounds, bleeding disorders, active inflammation)
- Receipt of manual therapy, massage, dry needling, injections, or similar treatments targeting the affected region within the preceding 1 month
- Pregnancy or breastfeeding

... and 1 more (see full listing online)

## Locations (1 total)

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Biruni University, Istanbul, Turkey (Türkiye)