

# Comparison of the Effectiveness of Exercise, Dry Needling and Interfascial Block Treatments in the Treatment of Myofascial Pain Syndrome

NCT07490366

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Status	RECRUITING
Phase	Not Applicable
Sponsor	Eren Ba_1büyük
Enrollment	78 participants

## Key Eligibility Criteria

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### Inclusion (5)

- Myofascial pain in the upper trapezius muscle that has lasted for at least 3 months
- VAS score of 4 or higher for the current pain
- Clinically diagnosed with myofascial pain in the trapezius muscle
- Ages 18 to 55
- Patients who can follow verbal instructions and have no cognitive deficits

### Exclusion (11)

- Having received interventional injections in the neck and shoulder area within the last 3 months
- Having received physical therapy within the last 3 months
- Having received regular nonsteroidal anti-inflammatory and myorelaxant treatment within the last month
- History of surgery on the affected side (neck or shoulder)
- Chronic inflammatory disease
- ... and 6 more (see full listing online)

## Locations (1 total)

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Haydarpa\_a Training and Research Hospital, Istanbul, Istanbul, Turkey (Türkiye)