

Effects of Different Graston Technique Application Speeds on Trapezius Muscle Stiffness, Pressure Pain Threshold, Pain, and Muscle Oxygenation in Patients With Bruxism

NCT07506733

Status	RECRUITING
Phase	Not Applicable
Sponsor	Gazi University
Enrollment	34 participants

Key Eligibility Criteria

Inclusion (3)

- Diagnosed with bruxism.
- Aged 18-55 years.
- Presence of trigger points in the trapezius muscle, according to the criteria defined by Travell and Simons.

Exclusion (4)

- Acute tears, tendon ruptures, or severe muscle injuries.
- Conditions that prevent the application of the Graston Technique (e.g., skin lesions, open wounds, infections).
- Having received botox injections in the temporomandibular joint (TMJ) region within the last 6 months.
- Psychological disorders that may affect participation or measurements.

Locations (1 total)

Gazi University, Ankara, Turkey (Türkiye)