

Pensiri Parsertsuwan 2010: The Effect of Therapeutic Ultrasound and Static Stretching on Pain Levels of Upper Trapezius Muscle and Range of Motion in Neck Lateral Flexion in Tennis Players. Master of Science (Sports Science), Major Field: Sports Science, Interdisciplinary Graduate Program. Thesis Advisor: Mr. Jakapong Khaothin, Ph.D. 89 pages.

The purpose of this study was to examine the effects of the therapeutic ultrasound and static stretching on pain level of upper trapezius muscle and range of motion in neck lateral flexion in tennis players. Thirty female tennis players were participants of in this study, diagnosed to myofascial trigger point in upper trapezius muscle by medical doctor and age between 25-40 years old from Ayuttaya stadium, Ayuttaya province, Thailand. All participants were randomly assigned to three treatment such as therapeutic ultrasound and hot pack in Group I (n=10), static stretching and hot pack in Group II (n=10), sham ultrasound and hot pack in Group III (n=10). The assessment pain levels by pain pressure algometer on upper trapezius muscle and neck range of motion were assessment by goniometer before and after the 10 days treatment phase.

The results of this study showed that after the 10 days treatment phase in pain levels of participants in Group I and Group II significantly different lower than participants in Groups III. The data of range of motion in neck lateral flexion of participants in Groups I and Group II significantly different higher than participants in Group III. Although, the data of pain levels and range of motion in neck lateral flexion of participants in Groups I significantly difference better than participants in Group II.

In conclusion, the findings of this study suggested that therapeutic ultrasound and static stretching can treatment pain level of upper trapezius muscle and range of motion in neck lateral flexion in tennis players. However, the therapeutic ultrasound treatment showed that can treatment pain level of upper trapezius muscle and range of motion in neck lateral flexion in tennis players better than static stretching treatment.

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Student's signature

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Thesis Advisor's signature