

Nanthaka Yookong 2014: Comparison of the Treatment Effect on Myofascial Pain Syndrome of the Upper Trapezius Muscle Between Royal Thai Traditional Massage and Ischemic Compression Technique. Master of Science (Sports Science), Major Field: Sports Science, Faculty of Sports Science. Thesis Advisor: Miss Onuma Boonyarom, Ph.D. 79 pages.

The purpose of this study was to investigate the effects of royal thai traditional massage (TM) and ischemic compression (IC) technique among patients with myofascial pain syndrome (MPS) of the upper trapezius muscle, using the visual analog scale (VAS), the pressure pain threshold (PPT), cervical range of motion (CROM) and the neck disability index (NDI).

Twenty volunteers were randomly assigned to either the TM group or the IC group. The results indicate that both groups showed a significant decrease on the VAS after 2 weeks of treatment (2.50 ± 1.65 , 2.70 ± 1.89 score; $p < 0.05$). PPT showed a significant increase after treatment in the TM group (58.93 ± 16.89 score; $p < 0.05$). A significant difference in PPT between the groups was found after treatment (0.848 score, 95% CI was 0.177 to 1.519; $p = 0.016$). Improvement in CROM among the patients receiving TM was significantly greater than in the other group ($p < 0.05$) in neck extension and neck rotation to the left and right. Moreover, the NDI in both groups decreased to none (90%) and mild (10%).

This study showed that improved TM could reduce pain and NDI, and could increase PPT and CROM. Therefore, TM yielded a better result when compared with IC in MPS.

Student's signature

Thesis Advisor's signature