THE EFFECTIVENESS OF THERAPEUTIC ULTRASOUND ON MYOFASCIAL TRIGGER POINT SYNDROME ON PAIN AND RANGE OF MOTION: SYSTEMATIC REVIEW

NOOR HAFIFI NOOR HISHAM

Thesis submitted in fulfillment of the requirements for the degree of Master of Science

Faculty of Health Sciences

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AUTHOR'S DECLARATION

I declare that the work of this thesis was carried out in accordance with the regulations of Universiti Teknologi MARA. It is original and is the results of my own work, unless otherwise indicated or acknowledged as reference work. This thesis has not been submitted to any other academic institutions or non-academic institution for any other degree or qualification.

I, hereby, acknowledge that I have been supplied with the Academic Rules and Regulations for Post Graduate, Universiti Teknologi MARA, regulating the conduct of my study and research.

Name of student : Noor Hafifi Noor Hisham
Student I.D. No. : 2011244198
Programme : Master of Science (HS780)
Faculty : Health Science
Thesis Title : The Effectiveness of Therapeutic Ultrasound on Myofascial Trigger Point Syndrome On Pain and Range of Motion: Systematic Review
Signature of student :
Date : December 2014
ABSTRACT

The purpose of this study is to investigate the effectiveness of therapeutic ultrasound (US) on myofascial trigger point syndrome (MTrPS) on pain and range of motion (ROM). The literatures were searched through CENTRAL, MEDLINE, CINAHL, PEDro and trial registries databases as well as relevant bibliographies from 1950 to June 2012. Only literatures on human subjects with English languages were included. Two (2) reviewers performed the study selection. The eligibility criteria were MTrPS patient, therapeutic US, randomized controlled trial (RCT), studies that compared with no intervention, sham intervention, or other interventions as well as studies that measure on impairment, activity limitation, participation restrictions and quality of life. Two (2) reviewers performed the data extraction and methodological quality assessment developed by The Cochrane Cystic Fibrosis and Genetic Group and PEDro RCT’s assessment tool respectively. Six (6) of the included studies have moderate methodological quality and positive effects on pain and ROM. Therapeutic US might have potential benefits on MTrPS on pain and ROM, however, the findings cannot be recommended or refuted. More studies need to be conducted to support these findings.
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