

UNIVERSITI TEKNOLOGI MARA

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

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of the requirements for the degree of
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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.

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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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TABLE OF CONTENTS

	Page
AUTHOR'S DECLARATION	ii
ABSTRACT	iii
ACKNOWLEDGEMENT	iv
TABLE OF CONTENTS	v
LIST OF TABLES	viii
LIST OF FIGURES	ix
LIST OF ABBREVIATIONS	x
CHAPTER ONE: INTRODUCTION	
1.1 Background of The Study	1
1.2 Statement of The Problem	3
1.3 Purposes of The Study	4
1.4 Objectives of The Study	4
1.5 Scope and Delimitation of The Study	4
1.6 Definition of Terms	5
CHAPTER TWO: LITERATURE REVIEW	
2.1 Myofascial Trigger Point Syndromes (MTrPS)	6
2.1.1 The Epidemiology of MTrPS	7
2.1.2 The Physiology of Skeletal Muscle and Fascia	8
2.1.3 The Etiology of MTrPS	9
2.1.4 The Pathophysiology of MTrPS	10
2.1.5 The Prognosis of MTrPS	11
2.1.6 The Diagnosis of MTrPS	12
2.1.7 The Classification of MTrPS	13
2.1.8 The Treatment of MTrPS	14