

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

Faculty of Health Sciences

December 2014

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.

ACKNOWLEDGEMENT

Apart from my efforts alone, the success of this review depends largely on the support, encouragement as well as guidances from many others. First of all, I would like to be thankful to the greatest almighty. Without His blessing, this thesis would not be completed. Then, I would like to express my sincere gratitude and deepest appreciation to my supervisor, Madam Kamaria Kamaruddin and Associate Professor Dr. Lydia Abdul Latiff on the useful comments, guidance, remarks and engagements during the duration of the project. In addition, I would like to thank both parents, Pauziah Md. Basir and Noor Hisham Ramlan for their endless love and support for me to complete this research. My sincere thanks also go to my fiancé, Nasiha Shakina Shariffuddin who have understood and motivated me throughout the entire process of the study. Both sides made me continuously believe and develop the confidence in myself to face ongoing challenges. In addition, I would like to thank to my head of department, Mr. Jayaprabha Praveen Surendran due to his flexibility, concern and space for me to continue the study. Besides that, I would also like to thank the university where I'm studying, Universiti Teknologi MARA, and the university where I am working at, INTI International University for their permission and continuous support on this project such as financial support that enable me to go for several trainings and workshops in order to strengthen my interest and research. Last but not least, I also appreciate the guidance and support received from all the members who have contributed vital support for the success of this project. I am grateful for their constant support and help.

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