

Study Protocol for a Single-blinded Randomised Controlled Trial Comparing the Effects of the Spray and Stretch Technique and Muscle Energy Technique on Pain and Functionality in Patients with Chronic Non Specific Neck Pain

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ABSTRACT

Introduction: The second most prevalent musculoskeletal condition and the third leading cause of shortened life expectancy is neck pain. It is a common cause of disability for many individuals, leading to limitations in daily activities, reduced work productivity, and a diminished quality of life. Muscle Energy Technique (MET) uses patient-generated muscular contractions to increase strength and range of motion, whereas the spray and stretch technique uses a vapocoolant spray to help with muscle stretching. Although there is potential for managing Non Specific Neck Pain (NSNP) with both non-invasive methods.

Aim: To plan a study protocol of spray and stretch technique in reducing pain and improving functionality in patient with chronic NSNP against MET on upper trapezius tightness.

Materials and Methods: Patients will be recruited based on selection criteria. Subjects will be randomly allocated into group A and group B. Group A will receive spray and stretch technique with conventional therapy and Group B will receive Muscle Energy Technique (MET) with conventional therapy. Pre-test and post-test assessment will be done by using numeric pain rating scale, Neck Disability Index and Universal Goniometer. The treatment will be administered alternately three days a week for four consecutive weeks.

Keywords: Chronic neck pain, Musculoskeletal condition, Quality of life, Trapezius