

# Impact of Myofascial Mobilisation on Menstrual Pain and Functional Disability in Women with Dysmenorrhoea: A Protocol

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## ABSTRACT

**Introduction:** This study aimed to explore whether patients with primary dysmenorrhea experience changes in mechanosensitivity, pain patterns, and increased myofascial trigger points in the abdomen and pelvic floor muscles. Conditions such as dysmenorrhea can lead to debilitating pain, adversely impacting daily activities and overall quality of life. Traditional management strategies, including pharmacological treatments, may not provide adequate relief or may carry unwanted side effects, prompting the need for alternate therapeutic approaches. Study reveals a research gap in the evaluation of manual release therapy for primary dysmenorrhea, particularly regarding the identification of the most painful days and the effectiveness of treatment adherence. Additionally, there is a need for more comprehensive assessment methods for menstrual symptoms and their relationship to pain and general health outcomes.

**Need of this study:** By employing the suggested design, this study aims to provide potential benefits of myofascial mobilisation into the management of pain and functional disability in dysmenorrhoea.

**Aim:** To find out the impact of myofascial mobilisation on pain and functional disability in women with dysmenorrhea.

**Materials and Methods:** A randomised controlled trial study will be conducted. Two groups pre-test post-test experimental study will be conducted in MMDU Mullana-Ambala. The age range of the recruited patients ranges from 18 to 45 years, depending on the inclusion and exclusion criteria. Using Sequentially Numbered Opaque Sealed Envelope. Myofascial mobilisation is a manual therapy technique that focusses on relieving tension in the fascia, the connective tissue surrounding muscles and organs. Myofascial mobilisation may alleviate pain and improve functional disability in various musculoskeletal conditions. However, its specific effects on menstrual pain and health-related quality of life in women with dysmenorrhea remain under explored. Outcome measures like visual analogue scale and numeric pain rating scale for pain and intensity.

**Keywords:** Dysmenorrhoea, Trigger Points, Pelvic Floor, Abdomen, Fascia, Musculoskeletal Manipulations, Musculoskeletal Diseases.