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A Comparison of the Effects of Dynamic Cupping on Thoraco-lumbar Region and Suboccipital Myofascial Release on Cervicogenic Headaches: Study Protocol for a Single-blinded Randomised Controlled Trial

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ABSTRACT

Introduction: Cervicogenic headache (CGH) is a caused by cervical spine dysfunction, often linked to muscle and fascia tension. Suboccipital Myofascial Release (MFR) and remote MFR are the manual therapy approaches used to alleviate CGH. Based on the principles of anatomical trains theory, MFR and dynamic cupping will be given on cervical and thoraco-lumbar regions. AT hypothesis has been validated by a few earlier researchers; however, none have applied it for thein CGH patients, the cervical area is painful, and applying dynamic cupping to a remote location can be more tolerant than suboccipital MFR for these patients.

Need of this study: This study will determine the more effective technique of suboccipital MFR and remote release by dynamic cupping on CGH, potentially guiding improved treatment protocols.

Aim: To plan a study protocol suboccipital MFR and remote release by dynamic cupping in improving pain, range of motion, and quality of life in individuals with CGH.

Materials and Methods: According to eligibility requirements, 56 individuals between the ages of 20 to 30 years of age will be selected for a single blinded randomised clinical trial. Patients were allocated into group 1 and group 2. Group 1 will receive suboccipital MFR and Group 2 will receive dynamic cupping therapy on thoraco-lumbar region. Outcome measures like the numeric pain rating scale (NPRS) and neck disability index will be used to assess the subject pre-intervention and post-intervention.

Keywords: Anatomical train, Cupping therapy, Quality of Life.