

# Compare the Effect of Theragun and Myofascial Release in Patients with Trapezius Myalgia

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## ABSTRACT

**Introduction:** The complaint of upper trapezius muscle discomfort, stiffness, and tightness is known as trapezius myalgia. characterised by sudden or ongoing shoulder and neck discomfort. Various physiotherapy techniques have shown to be effective in trapezius myalgia but myofascial release technique and use of theragun is also proven to be effective. The goal of the current literature review is to compare the effects of theragun and myofascial release technique on trapezius myalgia.

**Aim:** Comparing the effects myofascial release technique and theragun in patients having trapezius myalgia.

**Materials and Methods:** Relevant literature was reviewed using databases like Google Scholar, Pubmed and ReseachGate focussing on studies from the last five years discussing theragun, myofascial release and other techniques in trapezius myalgia management. Data on pain relief, Range of Motion (ROM) improvement and

functional outcomes were extracted from the selected studies to find out the effects of techniques such as theragun and myofascial release in trapezius myalgia.

**Result:** Numerous studies have been conducted individually on effects of myofascial release in comparison to other modalities or techniques for treatment of trapezius myalgia. Myofascial release improves the range of motion, increases the flexibility and reduces the pain. On the other hand, theragun has also shown more significant effect in patients with trapezius myalgia. It also increases ROM by reducing the tension on the muscle and causing pain relief.

**Conclusion:** Myofascial release technique and theragun has proved being significantly better when compared to other techniques or modalities in term of reducing pain, increasing flexibility, improving ROM in trapezius myalgia.

**Keywords:** Pain, Physical therapy technique, Range of motion, Piriformis syndrome, active release technique, flexibility

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