

The Efficacy of Muscle Energy Technique and Trigger Point Release Technique Among Text Neck Syndrome

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Abstract

Introduction: A text neck is a repeated stress injury and pain sustained from excessive watching or texting on hand-held devices (mobile phones) for long periods. Dependence on mobile phones is increasing rapidly, and people spend long hours using mobile phones, which leads to various musculoskeletal problems. The study's objective is to compare the efficacy of the muscle energy technique and the trigger point release technique in treating text neck syndrome.

Methods: 30 patients aged 18 to 30 were taken, and all of them fulfilled the inclusion criteria. The participants are recruited from Saveetha Hospital. Thirty patients were divided into groups: Group A (n=15) and Group B (n=15). Group A consisted of 15 subjects treated by the trigger point release technique, and Group B consisted of 15 subjects treated by the muscle energy technique. Values are measured before and after the therapeutic intervention for all participants.

Results: comparing the mean values of group A & group B on neck disability index score on functional abilities, it shows a significant decrease in the post-test mean values in both groups, but (group A - trigger point release) shows 24.73 which has the lower mean value is more effective than (group B - muscle energy technique) 34.93 at $p \leq 0.001$.

Conclusion: the present study concluded that 4 weeks of trigger point release technique improves pain and functional abilities among text neck syndrome patients more than the muscle energy technique.