

## Effect of Positional Release Therapy and Deep Transverse Friction Massage on Gluteus Medius Trigger Point - A Comparative Study

Doley<sup>1</sup>, M., Warikoo<sup>2</sup>, D. & Arunmozhi<sup>3</sup>, R.

<sup>1</sup>Student Researcher, Department of Physiotherapy, Dolphin PG Institute of Biomedical & Natural Sciences, Dehradun.

<sup>2</sup>Assistant Professor, Department of Physiotherapy, Dolphin PG Institute of Biomedical & Natural Sciences, Dehradun. Email: deeptee.pt@gmail.com

<sup>3</sup>Associate Professor, Department of Physiotherapy, SBS PGI of Biomedical & Research, Dehradun. Email: rmozhi@gmail.com

### Abstract

*Study Objectives:* To compare the effectiveness of Positional Release Therapy & Deep Transverse Friction Massage On Gluteus Medius Trigger Point. *Methods:* 30 subjects were randomly recruited from various hospitals and community center in Dehradun and Guwahati based on the inclusion and exclusion criteria. The subjects were divided into two Groups (PRT (Group A) & DTFM (Group B)). *Outcome Measure:* Pressure pain threshold. *Results:* Both Groups A and B shown significant improvement in pressure pain threshold when comparison is made within the group. However Group B shown significant improvement in pressure pain threshold ( $p= 0.001$ ) post intervention between the group. *Conclusion:* Deep transverse friction massage is better choice of treatment in improving pain threshold in subjects with gluteus medius trigger point.

**Key Words: Myofascial Trigger Point, Myofascial Pain Syndrome, Strain Counter Strain, Pressure Pain Threshold.**

### Introduction

Myofascial trigger points are extremely common and become a painful part of nearly everyone's life at one time or other. Myofascial trigger point is described as a hyperirritable spot in skeletal muscle that is associated with a hypersensitive palpable nodule in a taut band. Myofascial trigger points are the hallmark characteristics of Myofascial pain syndrome and feature motor, sensory, and autonomic components. Motor aspects of active and latent trigger points may include disturbed motor function, muscle weakness as a result of motor inhibition, muscle stiffness, and restricted range of motion. Sensory aspects may include local tenderness, referral of pain to a distant site (Dommerholt *et al.*, 2006; Travell, 1999).

The formation of a myofascial trigger point may result from a variety of factors such as a severe trauma, overuse, overstress, psychological stress and joint dysfunction. Recent studies have hypothesized that the pathophysiology of Myofascial pain syndrome and the formation of Myofascial trigger point result from injured or overloaded muscle fibres leading to involuntary shortening and loss of oxygen and nutrient supply with increased metabolic demand on local tissues (Dommerholt *et al.*, 2006; Fernandez C *et al.*, 2005 and Malanga, 2010). Simons and Travell suggested that trigger points in the muscle quadratus lumborum and gluteus medius are frequently found in low back pain. Trigger points in the gluteus medius muscle refer pain and tenderness along the posterior