



CEU

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Effects of Myofascial Release in non-specific chronic low back pain: a randomized clinical trial

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OBJECTIVES

- To evaluate the immediate effects and after three months of myofascial induction protocol on pain and disability in patients with nonspecific low back pain
- To assess the electromyographic changes on the erector spinalis and on the range of movements of the lumbar spine



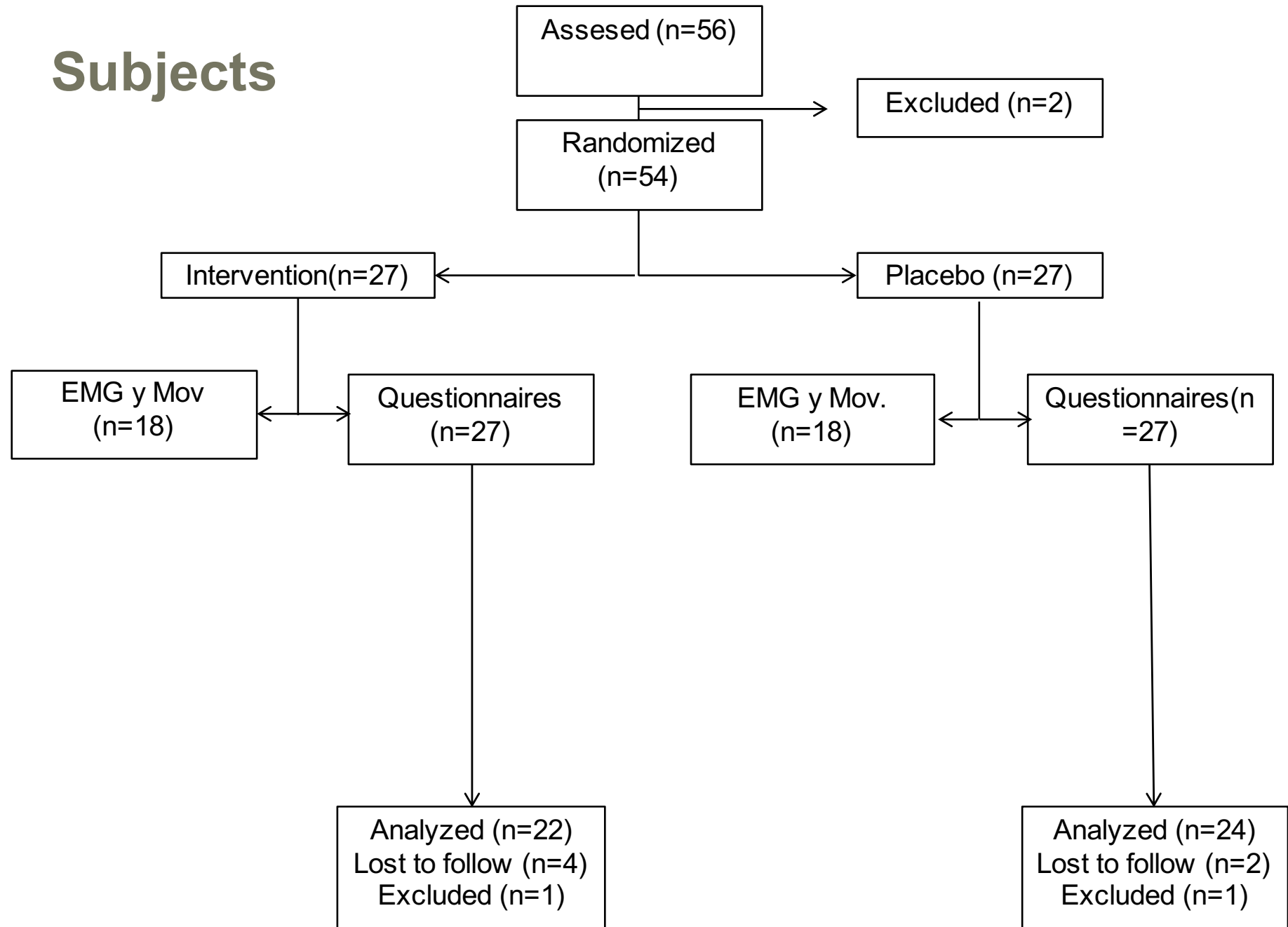
Study Design



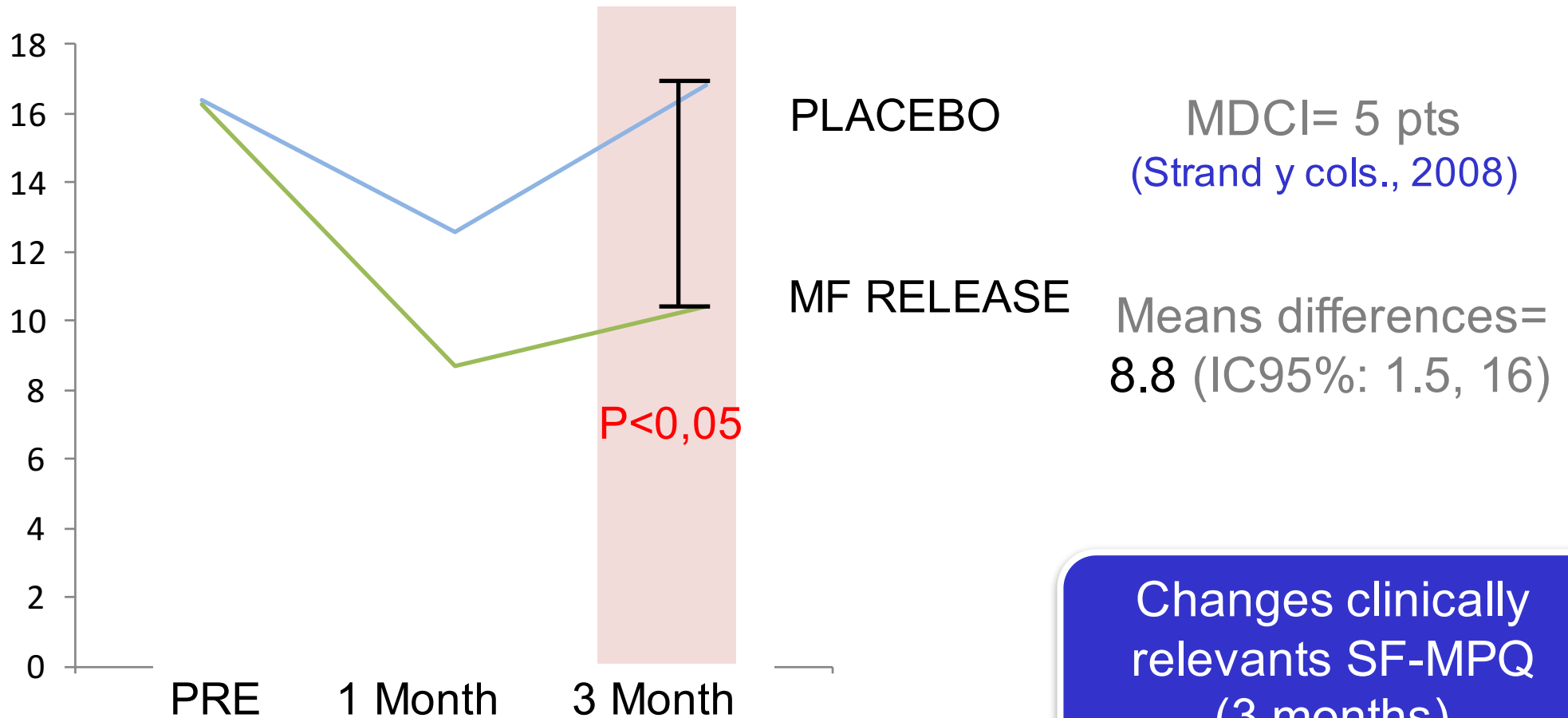
- RCT parallel to placebo
- Randomization 1: 1 in computer blocks
- Allocation concealment
- Double blind
- Intention to treat analysis
- Registration NTC01241071

ClinicalTrials.gov

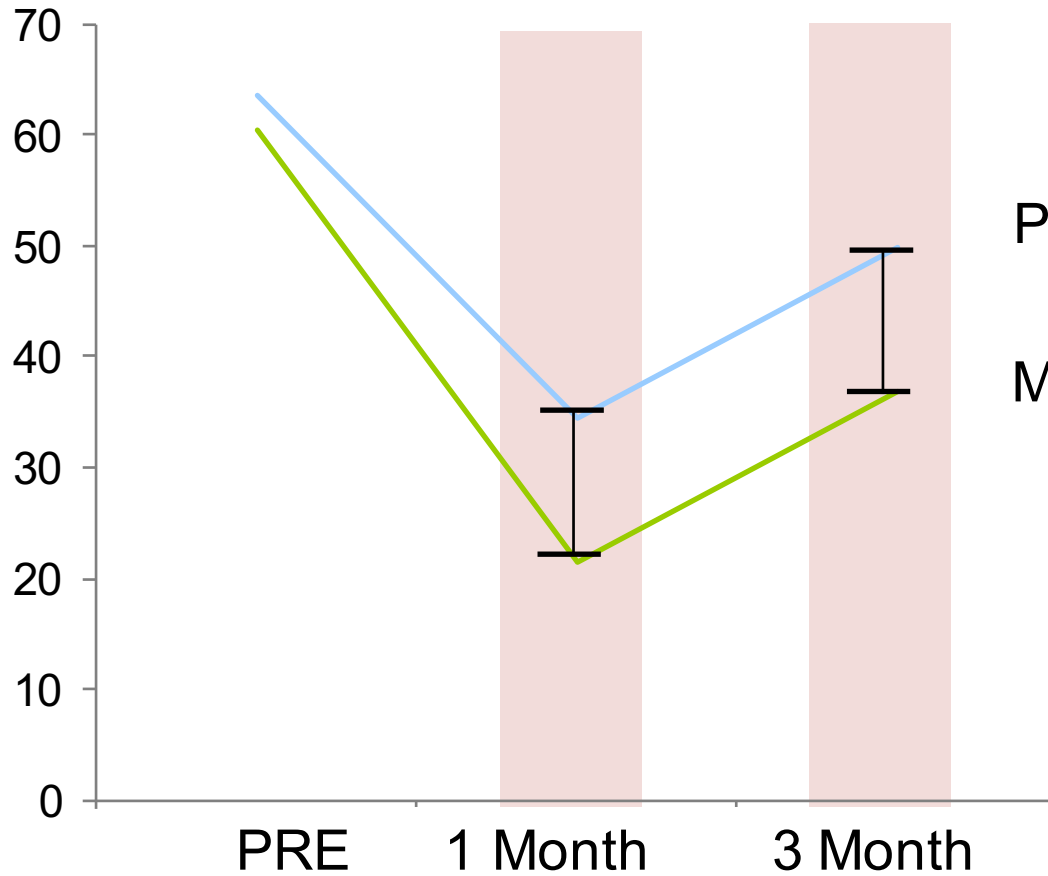
Subjects



Pain (Quest McGill global)



Pain (VAS)



MDCI = 8 ptos
(Hagg y cols., 2003)

PLACEBO

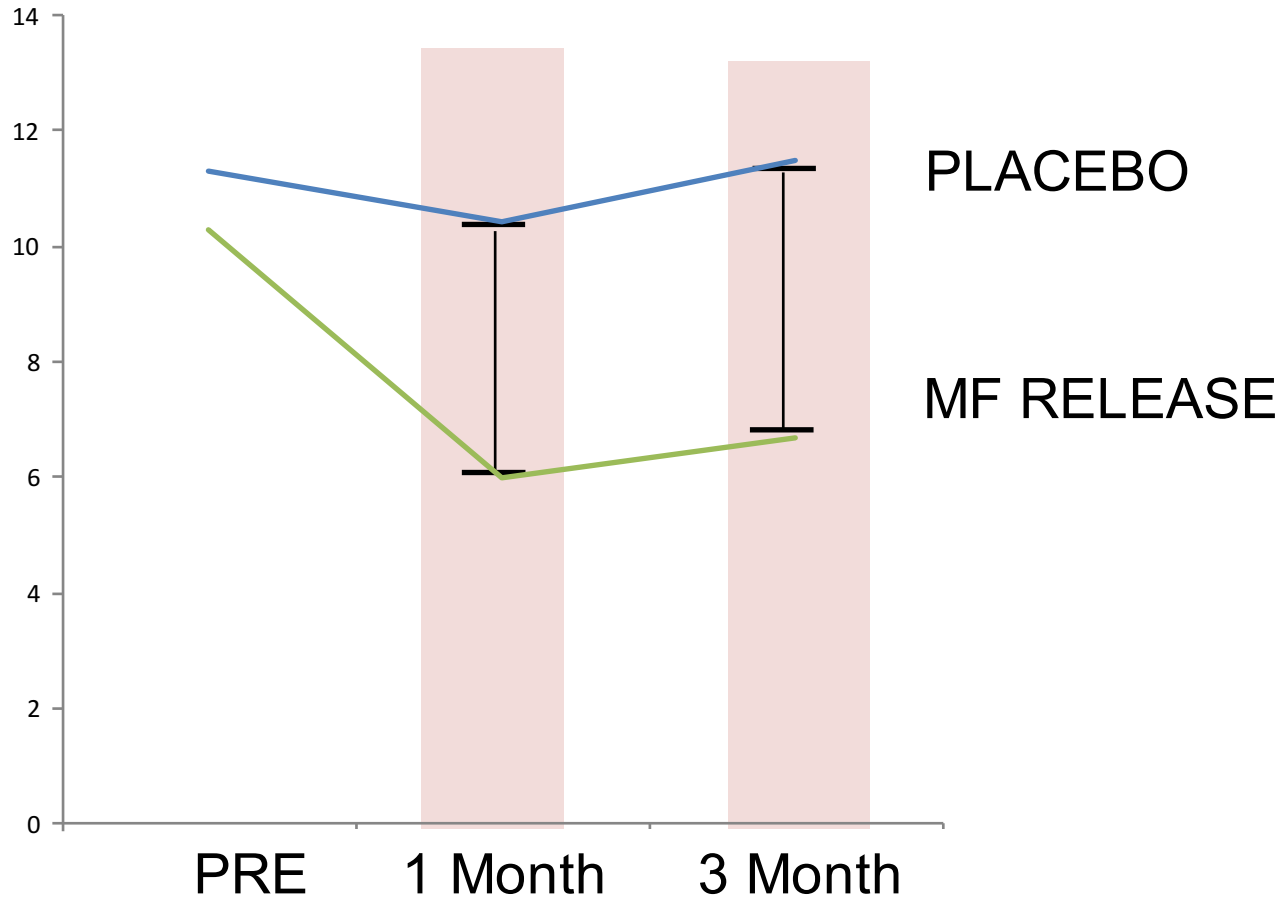
MF RELEASE

Means Difference =
13 (CI 95%: -0.8, 26.9)

Means Difference =
13 (CI 95%: -4.5, 30.6)

No sig

Disability (RMQ)



MDCS= 3 ptos
(Bombardier, 2001)

1^o month

Means Difference
4.3 (CI 95%: 0.8, 7.9)

3^o month

Means Difference
4.8 (CI 95%: 0.7, 8.9)

Changes clinically
relevant
(1st month, 3rd month)

Electrogoniometry

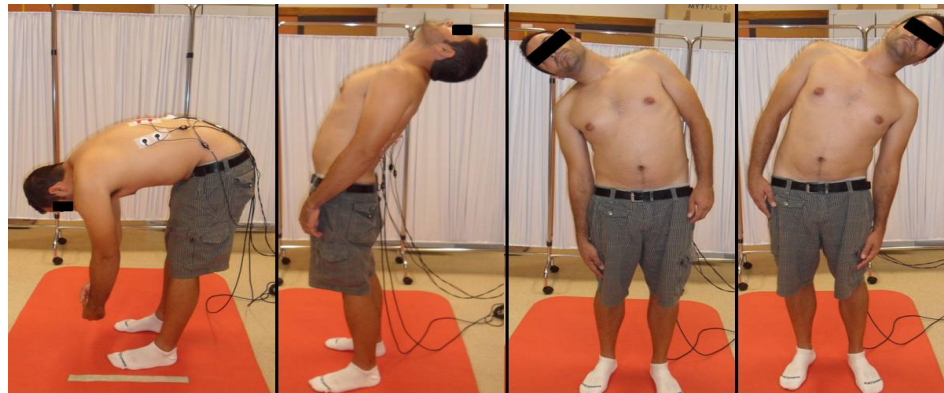
P > 0.05

↑ **ROM in both groups**

FLEX-EXTENSIONS
SIDE BENDING

No significant differences
between groups

Maximum ranges of
movement



EMG silent period in flex-ext

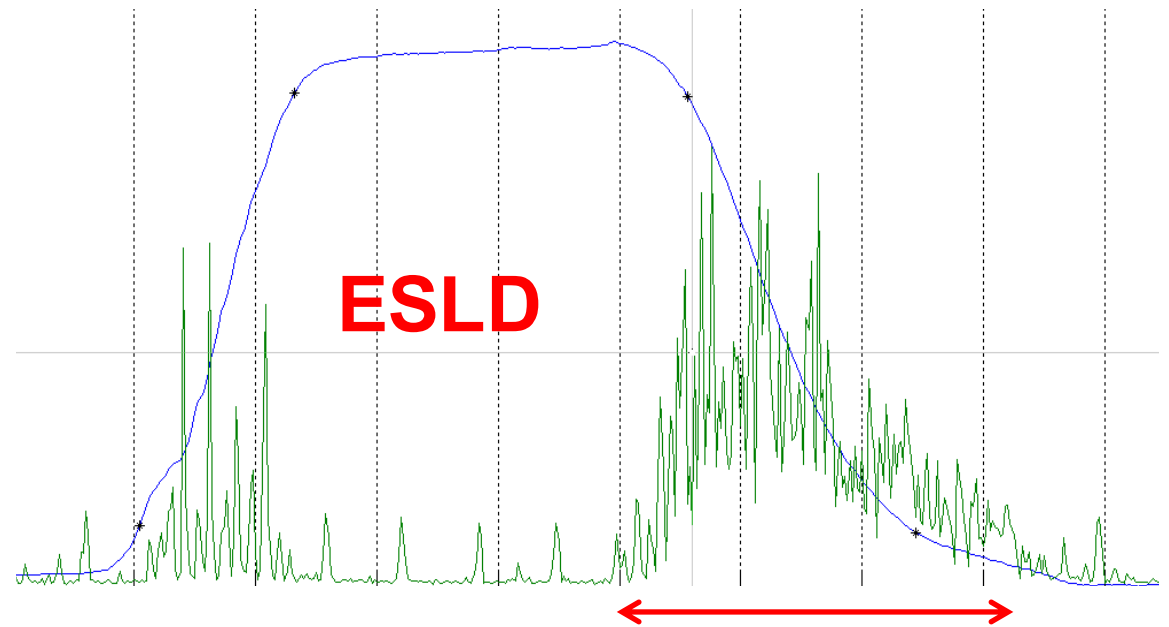
TIME

P < 0.05

Normalization EMG in both groups

Group x Time

No differences between groups



Conclusions

The application of Myofascial Release Therapy reduces pain (SF-MPQ) and disability in patients with non-specific CLBP, but these effects may be too small to be clinically worthwhile .



Disclosure declaration:

none of the authors has any potential conflict of interest

