

Comparison of the effects of low energy laser and ultrasound in treatment of shoulder myofascial pain syndrome: a randomized single-blinded clinical trial.

Rayegani SM, Bahrami MH, Samadi B, Sedighipour L, Mokhtarirad MR, Eliaspoor D

Physical Medicine and Rehabilitation Department, Shohada Medical Center, Shaheed Beheshti Medical University of Medical Sciences, Tehran, Iran -

BACKGROUND: Myofascial pain syndrome (MPS) is one of the most prevalent musculoskeletal diseases. MPS impaired quality of life in the patients. There is a lot of controversy about different treatment options which include medical treatments, physical therapy, injections, ultrasound and laser. The effects of laser in MPS are challenging.

AIM: To assess the effects of laser and ultrasound in treatment of MPS.

DESIGN: Randomized single blinded clinical trial

SETTING: Outpatient physical therapy clinic at university hospital

POPULATION: Sixty-three subjects (females: 46, males: 17), (age range: 17-55 year old) who had a **RESULTS:** Ultrasound was effective in VAS improvement during activity (46%), at rest (39%) and at night (35%). It also improved NDI scores (34%) and algometric assessment (37%). Laser was effective in VAS improving during activity (54%), at night (51%) and at rest (51%) and also improved NDI scores(73%). It was also found effective in algometric assessment improvement (105%). Laser resulted in more NDI score and algometric assessment improvements comparing to ultrasound ($p<0.05$).

CONCLUION: This study introduces laser as one of the preferred treatments of myofascial pain syndrome in shoulder.

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