

عنوان مقاله:

Effect of Combined Therapy Manipulation on Upper Extremity Injury

محل انتشار:

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خلاصه مقاله:

Aims: In sports activities, the structure of the upper body plays a very important role and is often the target of various kinds of injuries that harm the body. This study aimed to determine the effect of combined therapy manipulation on upper extremity injuries. **Materials & Methods:** This experimental study with a randomized pre-test and post-test design was conducted on 60 people who experienced upper extremity injuries from February 14 to March 14, 2022. Subjects were divided into four groups, including three treatment groups (sports massage manipulation, trigger point manipulation, and chiropractic manipulation) and one control group. The treatment was carried out at the Gauging Massage Medical Manual Therapy practice in Yogyakarta. The degree of strain was measured using a Visual Analogue Scale. Multivariate Analysis of Variance was used to determine the effect of giving combined therapy manipulation on pain intensity in all groups of research subjects. **Findings:** The administration of the combined therapy manipulation significantly reduced the intensity of strain-induced pain in all treatment groups of sports massage, trigger point, and chiropractic compared to the control group ($p=0.001$). **Conclusion:** All combined massage manipulation groups, including sports massage, trigger point, and chiropractic can reduce pain intensity 15 minutes after treatment, and there is no significant difference between these three groups in reducing pain intensity

کلمات کلیدی:

injuries, sport massage, trigger point, chiropractic, combined therapy

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