

Relaxation to Relieve Muscle Tension to The Upper Trapezius Level in Young Adults

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INTRODUCTION

The tightness and reduction in flexibility have been reported to be associated with the occurrence of back pain in adolescents and adults (1). Chronic mechanical neck pain can have a complex clinical presentation and is often difficult to treat (2). In clinical populations, in order to provide pain relief, stretching is used to deal with numerous pathophysiological conditions, such as several musculoskeletal disorders (3). The Mitchell method of physiological relaxation is a simple learning method which allows the person to relax muscle tension of a part of the body or the whole body, depending of the tension area. It can be performed in any environment, there is no need of special conditions and once learned it is easy to relax and reduce muscle tension (4).

PURPOSE

The purpose of this study was to determine which of these techniques, relaxation of muscle stretching and Laura Mitchell method is more effective in decreasing the tension of the upper trapezius muscle in young adults.

MATERIALS AND METHODS

Sixty young university students with neck pain and muscle tension, mean age of 22.1±3.8 years old and 79% female, were randomly distributed into three groups. The control group (G1) attended a lecture on stress control techniques, one of the experimental groups (G2) was submitted to Laura Mitchel relaxation method and, the other (G3) was submitted to stretching muscle techniques. The techniques were applied to the respective groups for a period of three weeks, three sessions per week, with 45 to 60 min per session. The variables, pain and muscle tension, were quantified by applying VAS scale and electromyography, respectively.

RESULTS

At the end of 3 weeks there were only significant differences ($p<0.05$) on muscle tension measurements, with a decrease, within G3, along with a significant decrease in pain intensity. In G1 and G2 there were only observed small variations in pain intensity.

DISCUSSION

This results of this study showed that stretching muscle techniques, to relieve upper trapezius muscular tension and pain in young adults, was more effective than Laura Mitchell relaxation technique.

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