Abstract

Background: MTrPs are common cause of musculoskeletal pain and dysfunction characterized by hard, discrete, and palpable nodules in a taut band of skeletal muscle. It can be further divided into 2 forms, if it is spontaneously painful (i.e., active trigger points) or painful only on compression (i.e., latent trigger points). The levator scapulae muscle is a frequently overlooked but potentially significant contributor to neck and shoulder pain.

Objective: To measure pain pressure threshold by using pressure algometer in levator scapulae muscle among young adults.

Study design: This is a prevalence study.

Methodology: Two hundred subjects should be involved (124 males and 76 females), with mean age 20.69±1.74 years, were included in the study. The myofascial trigger point was measured by using pressure algometer.

Result: Kolmogorov-Smirov[a] (K-S test) to test of normality of involved side which side is more involved and this test shows that both side is normally involved with statistic difference of 0.081. The value of pain pressure threshold on right side are 4.64±1.45 kg/cm2 while 4.89±1.53 kg/cm2 on left side among both genders. We have found that only 35.26% had atleast one myofascial trigger point on levator scapulae muscle.

Conclusion: The prevalence of this study concludes that the both side of neck involved equally in myofascial trigger point due to individual daily activities.

Keywords: Levator scapulae muscle, pain pressure threshold, myofascial trigger point, pressure algometer, taut band.

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