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Effectiveness of IASTM and MFR in Mechanical Low Back Pain

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Ali Hossain¹, K M Amran Hossain²

¹Department of Physiotherapy and Rehabilitation, Jashore University of Science and Technology;

²Department of Physiotherapy & Rehabilitation, Jashore University of Science & Technology

Jashore University of Sc...



Ali Hossain

Department of Physiotherapy and Rehabilitation, Jashore Univ...

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We use this protocol and it's working

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Abstract

It is a randomized clinical trial that will compare the effectiveness of IASTM and MFR on pain and morphological changes of thoracolumbar fascia in mechanical low back pain. All the participants will be randomized into two groups: one receiving weekly IASTM sessions for 4 weeks, and the other receiving MFR 3 times/week over the same period.

This study will provide evidence on finding the significant changes in TLF morphology and pain reduction between two interventions. Findings may guide future physiotherapy techniques for thoracolumbar fascia dysfunction.

Attachments



[Protocol Summary.pdf](#)

132KB



[Intervention.docx](#)

14KB

Materials

Tools:

1. Ultrasound Imaging
2. Numeric Pain Rating Scale (NPRS)
3. Pressure Pain Threshold (PPT)
4. Oswestry Disability Index (ODI)
5. Roland Morris Disability Questionnaire (RMDQ)

Protocol references

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