

**COMPARISON BETWEEN INTEGRATED NEUROMUSCULAR INHIBITION
TECHNIQUE AND DEEP TRANSVERSE FRICTION MASSAGE ON PAIN,
DISABILITY AND QUALITY OF LIFE IN PATIENTS WITH UPPER
TRAPEZIUS TRIGGER POINTS**

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ABSTRACT

Comparison Between Integrated Neuromuscular Inhibition Technique and Deep Transverse Friction Massage on Pain, Disability and Quality of Life in Patients with Upper Trapezius Trigger Points. In this Comparative study all the subjects were included from various clinics, hospitals and community in Dehradun. A total of 28 subjects were recruited for the study on the basis of inclusion and exclusion criteria after signing the informed consent form. The subjects were divided into two Groups (A= INIT with UST& B=DTFM) with UST. Numerical Rating Scale, Neck Pain Disability Index and WHOQOL-BREF questionnaire used for evaluation. Result of the study showed that although deep transverse friction massage were significantly effective but INIT was found to be more effective than DTFM in reducing pain and disability in patients with upper trapezius trigger point. The present study demonstrates that both techniques were effective in improving the pain and disability in subjects with upper trapezius trigger point. However it is concluded that INIT is a better choice of treatment in improving pain and disability in subjects with upper trapezius trigger point. INIT (Integrated Neuromuscular Inhibition Technique), DTFM (Deep Transverse Friction Massage), UST(Ultrasound Therapy).