

## **Evaluation of Pain Quality in Young Swimmers Suffering from Myofascial Pain Syndrome Using Lidocaine Phonophoresis: A Pilot Study in Physical Therapy Rehabilitation Center in Egypt**

### **Brief description**

Myofascial pain syndrome (MPS) is characterized by pain and accompanying muscle spasm, referred pain patterns, stiffness, restricted range of motion caused by trigger points on constricted fibers of the skeletal muscles or fasciae. Myofascial pain syndrome is the most common reason of neck and shoulder pain.

The main goal of MPS treatment is to break down the vicious circle of pain spasm and release of trigger points. Various physical therapy modalities such as trigger point injection, stretching-spray technique, heat packs, and transcutaneous electrical nerve stimulation are used for the treatment of MPS.

Therapeutic ultrasound was developed and widely used in the daily practice of physical therapy and sport medicine for the treatment of a variety of acquired and traumatic conditions in overuse injuries. Phonophoresis is believed to accelerate functional recovery by decreasing pain and promoting healing and it has been used to administer various drugs mainly local anesthetics.

Although many different modalities are available to treat MPS especially therapeutic ultrasound and there was lack of research works that investigated the effect of phonophoresis with local anesthetics on myofascial trigger points, so it was of value to compare between the effect of lidocaine phonophoresis and pulsed ultrasound on MPS in treatment of neck pain in youth swimmers using Pain Quality Assessment Scale as a tool of pain quality evaluation.

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### **Data Analysis and Statistical design :**

The data will be collected before and after three months of treatment for three groups.

The collected data will be analyzed by two types of statistics as follows:

a) Descriptive statistics: The means and standard deviations.

b) Inferential statistics: By using ANOVA test

