Spinal pain is a common health problem in the US, contributing to over 100 billion dollars spent overall.

MCT group and placebo group assessed for pain levels before and immediately after treatment. 96% of the MCT group experienced some pain relief post-treatment compared to 36% of the control group.

Muscular Chains Therapy (MCT) treats postural deficits by stretching and strengthening muscle groups within the same myofasical chain rather than an isolated muscle.

Does a single application of MCT reduce musculoskeletal pain?

If spinal postural deviations are found, it may help to treat multiple muscles in that muscular chain.