



Supporting scientific research, educational resources & community service for the massage therapy profession

Postural Adjustment for Back Pain Relief

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Problem:

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



Research Question:



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

Does a single application of MCT reduce musculoskeletal pain?

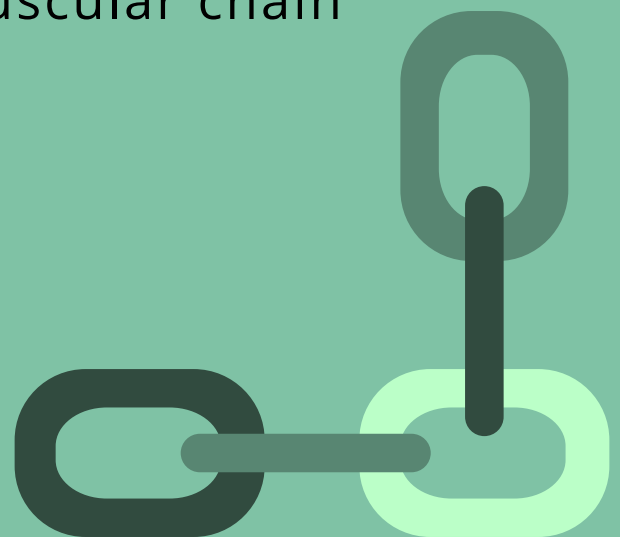
Findings:

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.



Application:

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



*Relief from Back Pain Through Postural Adjustment: a Controlled Clinical Trial of the Immediate Effects of Muscular Chains Therapy (MCT).
<http://ijtmb.org/index.php/ijtmb/article/view/214/300>*



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