Efficacy of myofascial release in chronic masticatory myofascial pain dysfunction syndrome.

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Abstract

The purpose of this study was to investigate the effect of myofascial release in chronic masticatory myofascial pain dysfunction syndrome. Thirty patients were randomly divided into two equal groups. The first group received myofascial release of the masticatory muscles followed by an exercises program. The second group received the same exercises program only. Six treatment sessions were given for two weeks. It was found that pain intensity was more significantly lowered in group A (than in group B), while it was found that the range of motion of active mouth opening was increased significantly in each group, but no significant difference was found between both groups.

Keywords

exercises therapy, myofascial release, masticatory muscles, temporomandibular joint, myofascial pain dysfunction syndrome.