

Abstract

The thesis deals with the effect of two methods of physical therapy on myofascial trigger point, in particular combined therapy (US + TENS) and ultra-electrostimulation. Furthermore, there is investigated whether the release of MTrP is reflected in values of pressure pain threshold in chained muscles and there is discussed the use of combined therapy as an objectification tool.

The theoretical part of the thesis deals with general and latest knowledge about myofascial trigger points. There are discussed some possibilities of the therapy with emphasis on physical therapy and transcutaneous electroneurostimulation, which form the basis for combined therapy (CT) and ultra-electrostimulation.

The research part evaluates the effect of combined therapy and ultra-electrostimulation on a group of 12 probands randomly divided into two subgroups. Values of pressure pain threshold sensitivity, visual analogue pain scale (VAS) and the minimum intensity of electric current necessary to induce muscle contraction (measured by combined therapy) are used for objectification. Ultra-electrostimulation has proven to be a more effective method in VAS values, but in summary, the results cannot be considered statistically significant. The effect of MTrP release (of the trapezius muscle) on the chained muscles could not be confirmed, nor a correlation between CT and other measuring instruments (pressure algometry and VAS).