

The Combination of Ischemic Compression and Exercise for Improving Pain Pressure Threshold, Pain Intensity, And Functional Rom, In Active and Latent Trigger Points of The Lower Extremity

Abstract:

This paper investigated the combination of ischemic compression therapy with stretching exercises in order to treat active and latent trigger points in the lower extremity. Scarce research has been conducted using the combination of these two treatments, however there is ample research for interventions performed separately when treating trigger points. Our research consists of a meta-analysis of peer-reviewed articles that included ischemic compression interventions, stretching interventions, or a combination of the two interventions for treatment of trigger points in the lower extremity. All articles analyzed used the pain pressure threshold, pain intensity, and/or functional range of motion as measuring standards for assessing the progress of the trigger points after the treatment was performed. We found that both ischemic compression and stretching had high success rates in treating trigger points, however the best outcomes were found when the treatments were performed together rather than separately.