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Different treatments modalities in MPDS with cervical pain patients: A prospective study

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Aim: The aim of this study was to find out the therapeutic correlation between cervical dysfunction and Myofascial Pain Dysfunction Syndrome (MPDS).

Method: The study included 46 patients out of which 23 had MPDS with cervical pain (group-I) and 23 patients had only MPDS (group-II). Detailed history and examination of the patients were carried out and the factors taken into consideration were pain and tenderness of muscles of mastication and neck muscles, maximum comfortable mouth opening and cervical range of motion. All the patients were randomly divided and advised physical exercises, Light Amplification by Stimulated Emission of Radiation (LASER) therapy and the combination of both exercise and LASER. Patients were assessed for the relief of signs and symptoms of myofascial pain and cervical pain post treatment, every month for 2 months.

Result: Both the groups showed a similar response to all the different treatment modalities. In group-I, the patients also had relief in their cervical pain although the treatment was directed for MPDS. Patients from both the groups who were advised LASER and combination of both exercise and LASER showed better response in terms of reduction in visual analog scale, number of tender muscles and increased maximum comfortable mouth opening post treatment and during the follow-up, as compared with the patients who were advised only exercise.

Conclusion: Patients having cervical pain showed significant improvement comparable with patients having no cervical pain. Hence, the conclusion drawn was that the combination of both the modalities was better to treat cervical and MPDS pain.

Biography

Smriti Jagdhari Golhar is currently working as an Assistant Professor in Department of Oral Medicine and Radiology, VSPM's Dental College and Research Institute, Nagpur, Maharashtra. She has published her research work and case reports in international and national journals. Her extensive research focuses on myofascial pain dysfunction syndrome and cervical pain, morphological type of soft palate in obstructive sleep apnea patients, awareness of oral cancer in general population and role of Astaxanthin in the management of oral submucous fibrosis. Her research interest is in oral medicine and radiology.

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