TITLE: Myofascial Release Therapy for the Management of Muscle Pain/Tightness in Healthy Adults

DATE: 04 February 2009

RESEARCH QUESTION:

What is the clinical effectiveness of myofascial release therapy for the management of muscle pain/tightness in otherwise healthy adults?

METHODS:

A limited literature search was conducted on key health technology assessment resources, including PubMed, the Cochrane Library (Issue 4, 2008), University of York Centre for Reviews and Dissemination (CRD) databases, ECRI, EuroScan, international HTA agencies, and a focused Internet search. Results include articles published between 2004 and January 2009, and are limited to English language publications only. Filters were applied to limit the retrieval to health technology assessments, systematic reviews, meta-analyses, randomized controlled trials, controlled clinical trials, and observational studies. Internet links are provided, where available.

RESULTS:

HTIS reports are organized so that the higher quality evidence is presented first. Therefore, health technology assessment reports, systematic reviews, and meta-analyses are presented first. These are followed by randomized controlled trials, controlled clinical trials, and observational studies.

Two systematic reviews, two randomized controlled trials, and one observational study were identified pertaining to the use of myofascial release therapy for the management of muscle pain/tightness in healthy adults. No health technology assessments or controlled clinical trials were identified. Additional references that may be of interest have been included in the appendix.
Health technology assessments
No literature identified

Systematic reviews and meta-analyses


Randomized controlled trials


Controlled clinical trials
No literature identified

Observational study


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APPENDIX – FURTHER INFORMATION:

Randomized controlled trial design


Randomized controlled trials


Observational study


Review articles


Guidelines and recommendations

Additional references


