

## **Comparison of Sports Massage and Stretching along the Cold on Pain Intensity in Elite Female Volleyball Players with Trigger Points in Shoulder Girdle Region**

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**Abstract :** This study was done to compare the effects of sports massage and stretching along the cold on pain intensity in elite female volleyball players with trigger points in shoulder girdle region. This study was conducted on 32 female volleyball players with latent trigger points in shoulder girdle region. Patients were randomly assigned to three groups: sports massage (n=11) stretching along the cold (n=11) and control group (n=10). One session treatment program during 15 minutes was performed. Pain intensity with VAS + algometer was assessed before and after intervention and improved in both of massage and cold groups. After treatment there were no significant difference between two treatment groups ( $P < 0.050$ ). Results of present research showed sports massage and stretching along the cold were effective on pain intensity of myofascial trigger points.

**Keywords :** sports massage, stretching along the cold, pain intensity, trigger points, elite, volleyball players, shoulder girdle region

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