



TO COMPARE THE EFFECTS OF PASSIVE STRETCHING AND ULTRASOUND ON UPPER TRAPEZIUS SPASM AMONG LAPTOP USERS

Physiotherapy

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ABSTRACT

Introduction: Trapezius spasm is a sustained involuntary contraction of the upper trapezius muscle, leading to pain, stiffness, and restricted neck movements. It is common among laptop/computer users due to poor ergonomics, prolonged sitting, and stress. Two common physiotherapy interventions are passive stretching and ultrasound therapy, but their comparative effectiveness is underexplored. **Need of Study:** With increased screen time due to online education and desk work, musculoskeletal disorders are rising. Since both passive stretching and ultrasound are widely used, comparing them can guide evidence-based physiotherapy for laptop users. **Aim:** To determine and compare the effectiveness of passive stretching and ultrasound therapy on upper trapezius spasm among laptop users. **Objectives:** 1. To study the effectiveness of passive stretching on trapezius spasm. 2. To study the effectiveness of ultrasound therapy on trapezius spasm. 3. To compare the outcomes of both interventions. **Methodology:** • Design: Quasi-experimental study. • Sample: 20 subjects (age 20–50 years) with trapezius spasm, randomly divided into two groups. - Group A: Passive stretching + Ultrasound therapy. - Group B: Ultrasound therapy alone. • Assessment Tools: Visual Analogue Scale (VAS) for pain, Neck Disability Index (NDI) for disability. • Duration: 6 weeks intervention. Results: Both groups showed significant improvements in pain and function. Group A (stretching + ultrasound) showed greater improvement ($p < 0.001$) in reducing pain and disability compared to Group B (ultrasound alone). **Conclusion:** Both interventions are effective, but combining passive stretching with ultrasound therapy provides superior clinical benefits for reducing pain, spasm, and disability among laptop users.

KEYWORDS

Upper Trapezius Spasm, Ultrasound Therapy, Passive Stretching, Laptop Users.