DAFTAR PUSTAKA

Ammara, U., Fatima, K., Shahzadi, F., Nazir, S., Batool, F., Gondal, K. S., Shah, S., Maqbool, S., & Aqeel, M. (2023). Comparative Effects of Positional Release Technique Vs Deep Transverse Friction Massage on Pain and Disability. *Pakistan Journal of Medical and Health Sciences*, *17*(4), 200–204. https://doi.org/10.53350/pjmhs2023174200

Anggarani, A. P. M., Djoar, R. K., Zefanya, E. D., Wijaya, S. D., Katolik, S., Vincentius, S., & Surabaya, A. P. (2022). MUSKULOSKELETEAL DISORDER (MSD's) PADA PEKERJA KANTORAN DI SURABAYA. *Jurnal Endurance*, *7*(2), 323–328. https://doi.org/10.22216/jen.v7i2.824

Araujo GGC, Pontes-Silva A, Leal P da C, et al. Goniometry and fleximetry measurements to assess cervical range of motion in individuals with chronic neck pain: a validity and reliability study. *BMC Musculoskelet Disord*. 2024;25(1). doi:10.1186/s12891-024-07775-6

Arici, T., & Köken, İ. Ş. (2022). Results of ultrasound-guided interfascial block of the trapezius muscle for myofascial pain. *Agri*, *34*(3), 187–192. https://doi.org/10.14744/agri.2021.98048

Badriyah Hidayat, H., & Oktavianti, A. (2020). Dry Needling Sebagai Terapi Nyeri Miofasial Servikal. *Majalah Kedokteran Neurosains Perhimpunan Dokter Spesialis Saraf Indonesia*, *37*(4). https://doi.org/10.52386/neurona.v37i4.177

Bau, J. G., Wu, S. K., Huang, B. W., Lin, T. T. L., & Huang, S. C. (2021). Myofascial treatment for microcirculation in patients with postural neck and shoulder pain. *Diagnostics*, *11*(12), 1–12. https://doi.org/10.3390/diagnostics11122226

Bodine, B. N. (2023). An overview of myofascial pain syndrome with a focus on. *Nurse Pract*, *48*(11), 18–25. https://doi.org/https://doi.org/10.1097/01.npr.0000000000000110

Brading, L., Kane, K., Mchugh, G., Dziedzic, K., Adams, J., Chopra, S., Swaithes, L., Walker-bone, K., Macfarlane, G., Conaghan, P., & Kingsbury, S. (n.d.). *Downloaded from https://academic.oup.com/rheumatology/article/62/Supplement_2/kead104.111/7136433 by guest on 02 September 2024 Downloaded from https://academic.oup.com/rheumatology/article/62/Supplement_2/kead104.111/7136433 by guest on 02 September 2024*. 55–57.

Cagnie, B., Barbe, T., De Ridder, E., Van Oosterwijck, J., Cools, A., & Danneels, L. (2012). The influence of dry needling of the trapezius muscle on muscle blood flow and oxygenation. *Journal of Manipulative and Physiological Therapeutics*, *35*(9), 685–691. https://doi.org/10.1016/j.jmpt.2012.10.005

Chaves, P., Simões, D., Paço, M., Silva, S., Pinho, F., Duarte, J. A., & Ribeiro, F. (2020). Deep Friction Massage in the Management of Patellar Tendinopathy in Athletes: Short-Term Clinical Outcomes. *Journal of Sport Rehabilitation*, *29*(7), 860–865. https://doi.org/10.1123/jsr.2019-0046

Cooper, D. H., Ramachandra, R., Ceban, F., Di Vincenzo, J. D., Rhee, T. G., Mansur, R. B., Teopiz, K. M., Gill, H., Ho, R., Cao, B., Lui, L. M. W., Jawad, M. Y., Arsenault, J., Le, G. H., Ramachandra, D., Guo, Z., & McIntyre, R. S. (2023). Glucagon-like peptide 1 (GLP-1) receptor agonists as a protective factor for incident depression in patients with diabetes mellitus: A systematic review. *Journal of Psychiatric Research*, *164*, 80–89. https://doi.org/https://doi.org/10.1016/j.jpsychires.2023.05.041

Delano, E. H., Kushartanti, W., Arovah, N. I., Shafi, S. H. A., Nugroho, W. A., Sabillah,

M. I., & Ndayisenga, J. (2023). Comparison of the effectiveness Tepurak therapy with deep tissue massage and stretching in treating non-specific low back pain injuries. In *Fizjoterapia Polska* (Vol. 23, Issue 3, pp. 222–227). https://doi.org/10.56984/8ZG143A4A

Doley, M., Warikoo, D., & Arunmozhi, R. (2013). Effect of Positional Release Therapy and Deep Transverse Friction Massage on Gluteus Medius Trigger Point - A Comparative Study. *Journal of Exercise Science and Physiotherapy*, *9*(1), 40. https://doi.org/10.18376//2013/v9i1/67579

El-Gendy, M. H., Ibrahim, M. M., Helmy, E. S., Neamat Allah, N. H., Alkhamis, B. A., Koura, G. M., & Hamada, H. A. (2022). Effect of manual physical therapy on sleep quality and jaw mobility in patients with bruxism: A biopsychosocial randomized controlled trial. *Frontiers in Neurology*, *13*, 1041928. https://doi.org/10.3389/fneur.2022.1041928

Ezzati, K., Ravarian, B., Saberi, A., Salari, A., Reyhanian, Z., Khakpour, M., & Chabok, S. Y. (2021). Prevalence of cervical myofascial pain syndrome and its correlation with the severity of pain and disability in patients with chronic non-specific neck pain. *Archives of Bone and Joint Surgery*, *9*(2), 230–234. https://doi.org/10.22038/ABJS.2020.48697.2415

Fernández-de-Las-Peñas, C., & Dommerholt, J. (2018). International Consensus on Diagnostic Criteria and Clinical Considerations of Myofascial Trigger Points: A Delphi Study. *Pain Medicine (Malden, Mass.)*, *19*(1), 142–150. https://doi.org/10.1093/pm/pnx207

Fernández-De-Las-Peñas, C., Plaza-Manzano, G., Sanchez-Infante, J., Gómez-Chiguano, G. F., Cleland, J. A., Arias-Buría, J. L., López-de-Uralde-Villanueva, I., & Navarro-Santana, M. J. (2021). Is Dry Needling Effective When Combined with Other Therapies for Myofascial Trigger Points Associated with Neck Pain Symptoms? A Systematic Review and Meta-Analysis. *Pain Research & Management*, *2021*, 8836427. https://doi.org/10.1155/2021/8836427

Fleckenstein, J. (2015). Diagnostic requirements are necessary before dry needling in the treatment of chronic pain. *Pain Journal*, *156*(9), 2015. https://doi.org/http://dx.doi.org/10.1097/j.pain.0000000000000243

Fraser, D. (2008). *A prospective clinical trial to determine the relative effectiveness of cross friction massage versus Graston instrument assisted soft tissue mobilisation in treating*. https://openscholar.dut.ac.za/handle/10321/515

Galasso, A., Urits, I., An, D., Nguyen, D., Borchart, M., Yazdi, C., Manchikanti, L., Kaye, R. J., Kaye, A. D., Mancuso, K. F., & Viswanath, O. (2020). A Comprehensive Review of the Treatment and Management of Myofascial Pain Syndrome. *Current Pain and Headache Reports*, *24*(8). https://doi.org/10.1007/s11916-020-00877-5

Gálvez, L. A., Cuervo Pulgarín, J. L., Castellanos Ramelli, D., Guauque Marcelo, C. V., & Valencia Gómez, R. E. (2024). Trapezius-rhomboid plane block for myofascial pain syndrome. Description of a new intervention. *Interventional Pain Medicine*, *3*(2), 3–6. https://doi.org/10.1016/j.inpm.2024.100410

Gerber, L. H., Shah, J., Rosenberger, W., Armstrong, K., Turo, D., Otto, P., Heimur, J., Thaker, N., & Sikdar, S. (2015). Dry needling alters trigger points in the upper trapezius muscle and reduces pain in subjects with chronic myofascial pain. *PM and R*, *7*(7), 711–718. https://doi.org/10.1016/j.pmrj.2015.01.020

Gerber, L. H., Sikdar, S., Aredo, J. V, Armstrong, K., Rosenberger, W. F., Shao, H., & Shah, J. P. (2017). Beneficial Effects of Dry Needling for Treatment of Chronic Myofascial Pain Persist for 6 Weeks After Treatment Completion. *PM&R*, *9*(2),

105–112. https://doi.org/https://doi.org/10.1016/j.pmrj.2016.06.006
Gerwin, R. D. (2001). Natural History of Myofascial Pain Syndrome. *Current Pain and Headache Reports*, *5*, 412–420.
Gerwin, R. D. (2014). Diagnosis of myofascial pain syndrome. In *Physical Medicine and Rehabilitation Clinics of North America* (Vol. 25, Issue 2, pp. 341–355). Elsevier Inc. https://doi.org/10.1016/j.pmr.2014.01.011
Gerwin, R. D. (2023). A New Unified Theory of Trigger Point Formation : Failure of Pre- and Post-Synaptic Feedback Control Mechanisms. *International Journal of Molecular Sciences*, *24*(8142), 1–14. https://doi.org/https://doi.org/10.3390/ijms24098142
Gill, T. K., Mittinty, M. M., March, L. M., Steinmetz, J. D., Culbreth, G. T., Cross, M., Kopec, J. A., Woolf, A. D., Haile, L. M., Hagins, H., Ong, K. L., Kopansky-Giles, D. R., Dreinhoefer, K. E., Betteridge, N., Abbasian, M., Abbasifard, M., Abedi, K., Adesina, M. A., Aithala, J. P., … Brooks, P. M. (2023). Global, regional, and national burden of other musculoskeletal disorders, 1990–2020, and projections to 2050: a systematic analysis of the Global Burden of Disease Study 2021. *The Lancet Rheumatology*, *5*(11), e670–e682. https://doi.org/10.1016/S2665-9913(23)00232-1
Gong, W., Park, G. D., & Lee, J. (2012). Effects of longus colli muscle massage on the cervical extension range of motion of adults. *Journal of Physical Therapy Science*, *24*(10), 999–1001. https://doi.org/10.1589/jpts.24.999
Gonzalez-perez, L. M., & Infante-cossio, P. (2016). Myofascial Pain Syndrome. *Journal of Emergency Medicine*, 4679. https://doi.org/10.1016/j.jemermed.2015.10.045
González-Rueda, V., Hidalgo-García, C., Rodríguez-Sanz, J., Bueno-Gracia, E., Pérez-Bellmunt, A., Rodríguez-Rubio, P. R., & López-De-celis, C. (2020). Does upper cervical manual therapy provide additional benefit in disability and mobility over a physiotherapy primary care program for chronic cervicalgia? A randomized controlled trial. *International Journal of Environmental Research and Public Health*, *17*(22), 1–14. https://doi.org/10.3390/ijerph17228334
Goyal, M., & Jandyal, S. (2014). Physiotherapy Practices Across Different Places: a Review of Literature. *International Journal of Physiotherapy and Research*, *2*(6), 806–814. https://doi.org/10.16965/ijpr.2014.697
Griswold, D., Learman, K., Ickert, E., Tapp, A., & Ross, O. (2023). Dry Needling for Subacromial Pain Syndrome : A Systematic Review with Meta-Analysis. *Pain Med*, *24*(August 2022), 285–300. https://doi.org/10.1093/pm/pnac131
Hassan, S. M., Hafez, A. R., Seif, H. E., & Kachanathu, S. J. (2016). The Effect of Deep Friction Massage versus Stretching of Wrist Extensor Muscles in the Treatment of Patients with Tennis Elbow. *Open Journal of Therapy and Rehabilitation*, *04*(01), 48–54. https://doi.org/10.4236/ojtr.2016.41004
Hsieh, Y. L., Yang, S. A., Yang, C. C., & Chou, L. W. (2012). Dry needling at myofascial trigger spots of rabbit skeletal muscles modulates the biochemicals associated with pain, inflammation, and hypoxia. *Evidence-Based Complementary and Alternative Medicine*, *2012*. https://doi.org/10.1155/2012/342165
Hung, C., Wang, B., Chang, H., Wu, W., Liu, P., & Chang, K. (2024). Pictorial Essay on Ultrasound and Magnetic Resonance Imaging of Paraspinal Muscles for Myofascial Pain Syndrome. *Life*, *14*(449), 1–29. https://doi.org/https://doi.org/10.3390/ life14040499
Kaljić, E., Trtak, N., Avdić, D., Bojičić, S., Katana, B., & Pecar, M. (2018). The role of

a dry needling technique in pain reduction. *Journal of Health Sciences*, *8*(3), 128–139. https://doi.org/10.17532/jhsci.2018.610

Kamali, F., Mohamadi, M., Fakheri, L., & Mohammadnejad, F. (2019). Dry needling versus friction massage to treat tension type headache: A randomized clinical trial. *Journal of Bodywork and Movement Therapies*, *23*(1), 89–93. https://doi.org/10.1016/j.jbmt.2018.01.009

Kaur, J., & Kapila, T. (2017). To Compare the Efficacy of Deep Transverse Friction Massage and Ultrasound in Patients with Upper Trapezius Trigger Points. *International Journal of Trend in Scientific Research and Development*, *Volume-1*, 197–202. https://doi.org/10.31142/ijtsrd2263

Konior, K., Bitenc-Jasiejko, A., Lietz-Kijak, D., Skomro, P., Kowacka, M., Kijak, K., & Sliwinski, Z. (2023). Multimodal programmes in the treatment of myofascial pain syndrome (MPS) – a two-step review. *Fizjoterapia Polska*, *1*(23), 188–203. https://doi.org/doi.org/10.56984/8ZG07B914

Kumar, A., Sandeep, P. K., & Ramkumar, S. D. (2023). Efficacy of corticosteroid injection vs deep friction massage in lateral epicondylitis. *International Journal Of Orthopaedics Science*, *9*(1), 115–118. https://doi.org/https://doi.org/10.22271/ortho.2023.v9.i1b.3285

Kurniawan, S. N., Suriani, N., Marhaendraputro, E. A., & Rahmawati, D. (2020). Myofascial Pain Syndrome. *Journal of Pain, Vertigo and Headache*, *1*, 17–21. https://doi.org/10.1016/B978-1-4377-1793-8.00046-7

Li, X., Luo, M., Gong, Y., Xu, N., Huo, C., Xie, H., Yue, S., Li, Z., & Wang, Y. (2022). Altered Brain Activity and Effective Connectivity within the Nonsensory Cortex during Stimulation of a Latent Myofascial Trigger Point. *Neural Plasticity*, *2022*, 1–16. https://doi.org/10.1155/2022/4416672

Liu, Q. G., Liu, L., Huang, Q. M., Nguyen, T. T., Ma, Y. T., & Zhao, J. M. (2017). Decreased Spontaneous Electrical Activity and Acetylcholine at Myofascial Trigger Spots after Dry Needling Treatment: A Pilot Study. *Evidence-Based Complementary and Alternative Medicine*, *2017*. https://doi.org/10.1155/2017/3938191

Mcaphee, D., Bagwell, M., & Falsone, S. (2022). Dry Needling : A Clinical Commentary. *International Journal of Sport Physical Therapy*, *17*(4), 551–555. https://doi.org/10.26603/001c.35693

Morhenn, V., Beavin, L. E., & Zak, P. J. (2012). Massage increases oxytocin and reduces adrenocorticotropin hormone in humans. *Alternative Therapies in Health and Medicine*, *18*(6), 11–18.

Moshrif, A., Elwan, M., & Daifullah, O. S. (2020). Deep friction massage versus local steroid injection for treatment of plantar fasciitis: a randomized controlled trial. *Egyptian Rheumatology and Rehabilitation*, *47*(1). https://doi.org/10.1186/s43166-020-00013-6

Munaya, A. K., & Prasetyo, E. B. (2023). Penatalaksanaan Fisioterapi Pada Kondisi Myofascial Syndrome Upper Trapezius Dengan Modalitas Infra Red (IR), Ultrasound (US), Myofascial Release Technique Dan Contract Relax Stretching. *Pena: Jurnal Ilmu Pengetahuan Dan Teknologi*, *37*(2), 95. https://doi.org/10.31941/jurnalpena.v37i2.2925

Navarro-Santana, M. J., Sanchez-Infante, J., Fernández-de-Las-Peñas, C., Cleland, J. A., Martín-Casas, P., & Plaza-Manzano, G. (2020). Effectiveness of Dry Needling for Myofascial Trigger Points Associated with Neck Pain Symptoms: An Updated Systematic Review and Meta-Analysis. *Journal of Clinical Medicine*, *9*(10). https://doi.org/10.3390/jcm9103300

Nowak, Z., Chęciński, M., Nitecka-Buchta, A., Bulanda, S., Ilczuk-Rypuła, D., Postek-Stefańska, L., & Baron, S. (2021). Intramuscular injections and dry needling within masticatory muscles in management of myofascial pain. Systematic review of clinical trials. *International Journal of Environmental Research and Public Health*, *18*(18). https://doi.org/10.3390/ijerph18189552

Nugraha, R., Erawan, T., Нуграха, Р., & Эраван, Т. (2024). *Effect of Ultrasound Combined with Dry Needling on Myofascial Pain in the Upper Trapezius : a Controlled Randomised Study Влияние ультразвука в комплексе с сухим иглоукалыванием при миофасциальном болевом синдроме в верхней трапециевидной мышце : контроли*. *23*(6), 19–25.

Pantouvaki, A., Velivasakis, G., & Kastanis, G. (2019). Functional Outcomes of Perilunate Dislocation Injuries Treated With Deep Friction Massage: One Year Follow-Up. *International Journal of Innovative Research in Medical Science*, *04*(12), 731–734. https://doi.org/https://doi.org/10.23958/ijirms/vol04-i12/795

Paul, J., & Kumar, M. (2015). A COMPARATIVE STUDY ON THE EFFECT OF MYOFASCIAL RELEASE VERSUS DEEP TRANSVERSE FRICTION ON MYOFASCIAL TRIGGER POINTS OF UPPER BACK. *International Journal of Medical and Exercise Science*, *1*(2), 59–68.

Pecos-Martín, D., Montañez-Aguilera, F. J., Gallego-Izquierdo, T., Urraca-Gesto, A., Gómez-Conesa, A., Romero-Franco, N., & Plaza-Manzano, G. (2015). Effectiveness of dry needling on the lower trapezius in patients with mechanical neck pain: A randomized controlled trial. *Archives of Physical Medicine and Rehabilitation*, *96*(5), 775–781. https://doi.org/10.1016/j.apmr.2014.12.016

Peter, Z., & B. Tiwari, B. (2024). Effect of Dry Needling in Myofascial Pain Syndrome: A Case Report. *International Journal of Health Sciences and Research*, *14*(5), 326–330. https://doi.org/10.52403/ijhsr.20240542

Pitsillides, A., & Statinopoulos, D. (2019). The Beliefs and Attitudes of Cypriot Physical Therapists Regarding the Use of Deep Friction Massage. *Medicina*, *55*(472), 1–12. https://doi.org/10.3390/medicina55080472

Pratama, A. D. (2021). Efektivitas Friction Massage Terhadap Mengurangi Nyeri Pada Kasus Myofascial Trigger Point Syndrome Otot Upper Trapezius. *Jurnal Ilmiah Fisioterapi*, *4*(01), 18–24.

Rayegani, S. M., Bayat, M., Bahrami, M. H., Raeissadat, S. A., & Kargozar, E. (2014). Comparison of dry needling and physiotherapy in treatment of myofascial pain syndrome. *Clinical Rheumatology*, *33*(6), 859–864. https://doi.org/10.1007/s10067-013-2448-3

Roch, M., Morin, M., & Gaudreault, N. (2022). Immediate Effect of Dry Needling on the Viscoelastic Properties of a Trigger Point on the Infraspinatus Muscle Measured with MyotonPRO. *Physiotherapy Canada. Physiotherapie Canada*, *74*(3), 232–239. https://doi.org/10.3138/ptc-2020-0095

Roy, S. D., Sur, M., Nath, P., & Roy, B. (2024). Exploring the potential of dry needling as a targeted approach for tennis elbow relief and recovery. *International Journal Of Orthopaedics Science and Physiotherapy*, *6*(1), 21–24. https://doi.org/https://doi.org/10.33545/26648989.2024.v6.i1a.21

Sejari, N., Kamaruddin, K., Ramasamy, K., Lim, S. M., Neoh, C. F., & Ming, L. C. (2016). The immediate effect of traditional Malay massage on substance P, inflammatory mediators, pain scale and functional outcome among patients with low back pain: Study protocol of a randomised controlled trial. *BMC Complementary and Alternative Medicine*, *16*(1), 1–7. https://doi.org/10.1186/s12906-016-0988-1

Shah, J. P., Danoff, J. V., Desai, M. J., Parikh, S., Nakamura, L. Y., Phillips, T. M., & Gerber, L. H. (2008). Biochemicals Associated With Pain and Inflammation are Elevated in Sites Near to and Remote From Active Myofascial Trigger Points. *Archives of Physical Medicine and Rehabilitation*, *89*(1), 16–23. https://doi.org/10.1016/j.apmr.2007.10.018

Shahzad, H., Chaudhary, W. A., Baig, M. I., Safdar, G., Alam, A., Azfar, H., Moeen, K., Arslan, M., & Imtiaz, R. (2024). Effectiveness of Dry Needling versus Cupping Therapy for Pain in Piriformis Syndrome. *Journal of Health and Rehabilitation Research*, *4*(2), 1090–1094. https://doi.org/https://doi.org/10.61919/jhrr.v4i2.935

Stieven, F. F., Ferreira, G. E., de Araújo, F. X., Angellos, R. F., Silva, M. F., & da Rosa, L. H. T. (2021). Immediate Effects of Dry Needling and Myofascial Release on Local and Widespread Pressure Pain Threshold in Individuals With Active Upper Trapezius Trigger Points: A Randomized Clinical Trial. *Journal of Manipulative & Physiological Therapeutics*, *44*(2), 95–102. https://doi.org/10.1016/j.jmpt.2020.07.003

T=rizal, Y., Triyulianti, S., & Munir, R. (2024). Effects of Myofascial Release and Neuromuscular Taping (NMT) on Decreasing Pain in The Condition Myofascial Pain Syndrome Upper Trapezius Muscle Yose. *Jurnal Pendidikan Kepelatihan Olahraga*, *16*(1), 131–135. https://doi.org/10.26858/cjpko.v16i1.59550

Taheri, N., Okhovatian, F., Rezasoltani, A., Karami, M., Hosseini, S. M., & Mohammadi, H. K. (2016). Ultrasonography in Diagnosis of Myofascial Pain Syndrome and Reliability of Novel Ultrasonic Indexes of Upper Trapezius Muscle. *Medsportpress*, *18*(6), 149–154. https://doi.org/10.5604/15093492.1205022

Tekin, L., Akarsu, S., Durmuş, O., Çakar, E., Dinçer, Ü., & Kiralp, M. Z. (2013). The effect of dry needling in the treatment of myofascial pain syndrome: A randomized double-blinded placebo-controlled trial. *Clinical Rheumatology*, *32*(3), 309–315. https://doi.org/10.1007/s10067-012-2112-3

Tsai, P., Edison, J., Wang, C., Sefton, J., Manning, K. Q., & Gramlich, M. W. (2024). Myofascial trigger point (MTrP) size and elasticity properties can be used to differentiate characteristics of MTrPs in lower back skeletal muscle. *Scientific Reports*, *14*(1), 1–13. https://doi.org/10.1038/s41598-024-57733-4

Turo, D., Otto, P., Hossain, M., Gebreab, T., Armstrong, K., Rosenberger, W. F., Shao, H., Shah, J. P., Gerber, L. H., & Sikdar, S. (2015). Novel Use of Ultrasound Elastography to Quantify Muscle Tissue Changes After Dry Needling of Myofascial Trigger Points in Patients With Chronic Myofascial Pain. *Journal of Ultrasound in Medicine*, *34*(12), 2149–2161. https://doi.org/10.7863/ultra.14.08033

Walker-Bone, K. (2022). Common Musculoskeletal Disorders. In *Musculoskeletal Disorders* (pp. 9–42). https://doi.org/https://doi.org/10.1002/9781119640172.ch2

Wijaya, F., Tumewah, R., & Sekeon, S. (2020). *LAPORAN KASUS : TATALAKSANA DRY NEEDLING PADA KASUS SINDROM NYERI MYOFASCIAL CASE REPORT : DRY NEEDLING TREATMENT IN MYOFASCIAL PAIN SYNDROME CASE PENDAHULUAN Sindrom nyeri myofascial / Myofascial Pain Syndrome (MPS) adalah sebuah kondisi nyeri otot ata*. *3*(2), 66–73.

Wu, W., Chang, K., Ricci, V., & Özçakar, L. (2024). Ultrasound imaging and guidance in the management of myofascial pain syndrome : a narrative review. *Journal of Yeungnam Medical Science*, *41*(87), 179–187.

https://doi.org/https://doi.org/10.12701/jyms.2024.00416 Ultrasound
Yasar, M. F., Yaksi, E., Kurul, R., Alisik, T., & Seker, Z. (2021). Comparison of dry needling and kinesio taping methods in the treatment of myofascial pain syndrome: A single blinded randomised controlled study. *International Journal of Clinical Practice*, *75*(10), e14561. https://doi.org/https://doi.org/10.1111/ijcp.14561
Yehoshua, I., Rimon, O., Mizrahi Reuveni, M., Peleg, R., & Adler, L. (2022). Dry needling for the treatment of acute myofascial pain syndrome in general practitioners' clinics: a cohort study. *BMC Primary Care*, *23*(1), 1–7. https://doi.org/10.1186/s12875-022-01951-0
Yoon, Y. S., Yu, K. P., Lee, K. J., Kwak, S. H., & Kim, J. Y. (2012). Development and application of a newly designed massage instrument for deep cross-friction massage in chronic non-specific low back pain. *Annals of Rehabilitation Medicine*, *36*(1), 55–65. https://doi.org/10.5535/arm.2012.36.1.55
Zhang, X.-F., Liu, L., Wang, B.-B., Liu, X., & Li, P. (2019). Evidence for kinesio taping in management of myofascial pain syndrome: a systematic review and meta-analysis. *Clinical Rehabilitation*, *33*(5), 865–874. https://doi.org/10.1177/0269215519826267
Zutshi, K., Verma, P., & Hazari, A. (2021). Effectiveness of Myofascial Release in Improving Pain, Pain Pressure Threshold and Disability as Compared with Standard Care in Upper Trapezius Myofascial Trigger Points. *Indian Journal of Physiotherapy & Occupational Therapy - An International Journal*, *15*(3), 37–44. https://doi.org/10.37506/ijpot.v15i3.16161