

EFFECTIVENESS OF CERVICAL SUPPORT

TO RELIEVE MUSCLE TENDERNESS DURING DENTAL TREATMENT

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Introduction

During dental treatment, patients are likely to experience musculoskeletal pain due to improper posture of cervical and head. The forward head posture is one of the common types of poor head and cervical posture seen in patients that related to increases load in the cervical spine caused tight upper trapezius muscle. While the load application of heat has immediate pain relief and can increase circulation to rapidly healing process after injury.

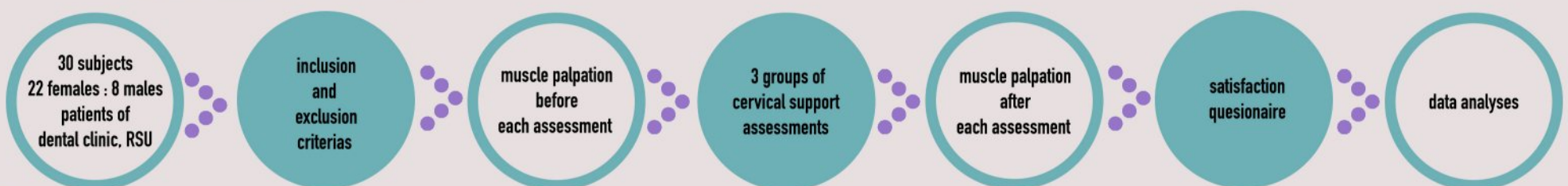
Objectives

1. To study of effectiveness of cervical support to relieve muscle tenderness during dental treatment
2. To study of effectiveness of moist-heat cervical neck support to relieve muscle tenderness

Keywords

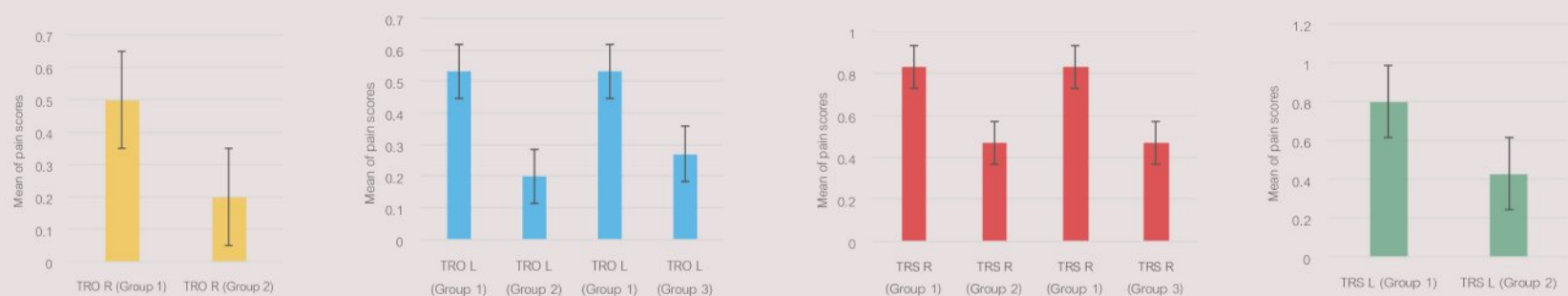
Cervical neck support, Dental treatment, Moist heat compression, Muscle tenderness

Material and Method



Result

Comparison of means and standard deviation of pain scores in every points after used all 3 groups of cervical neck support, every point was different in means, so the pair which had a difference in means of pain scores was compared using the Paired Samples t-Test. The result show that every point was no statistically significant difference at 0.01 level except followed points



In TRO R and L, TRS R and L points : pain scores after using cervical support was higher than using cervical neck support. In TRO L, TRS R points : pain scores after using cervical support was higher than using cervical neck support with moist-heat.

Discussion and conclusion

The study showed that cervical neck support with gel in room temperature has more effectiveness to relieve muscle tenderness when comparing with cervical support of dental chair unit. Likewise, cervical neck support with gel in 40-45°C has more effectiveness to relieve muscle tenderness when comparing with cervical support of dental chair and cervical neck support with gel in room temperature. So, can conclude that cervical neck support with gel in 40-45°C has effectiveness to relieve muscle tenderness during dental treatment. This is complied with study of (Petrofsky et al. 2013) moist heat can relieve tenderness by offers immediate pain relief and can increase circulation to speed the healing process after injury.