

## **Abstract**

Myofascial pain syndrome (MPS) is found in people who are in the same position for a long period of time. To treat MPS, massage therapy is the most frequency application used. Thus, the aim of this study was to determine the effect of court type Thai traditional therapeutic massage in patients with MPS. The thirty volunteers (15 males and 15 females) who had pain at the right upper trapezius muscle participated. The pain pressure threshold, visual analog scale, the range of motion of neck and shoulder, and physiological responses (heart rate, respiratory rate, and blood pressure) were measured in all volunteers. The 20 minutes court type Thai traditional therapeutic massage was applied in three times. The result showed that pain pressure threshold and range of motion of neck and shoulder were significantly increased after treatment with court type of Thai traditional therapeutic massage ( $p<0.05$ ). Additionally, visual analog scale and physiological responses were significantly decreased after the treatment with court type Thai traditional therapeutic massage ( $p<0.05$ ). In conclusion, court type Thai traditional therapeutic massage is the good treatment for reducing pain in MPS.

**Keyword;** Myofascial pain syndrome, Court type Thai traditional therapeutic massage, Pain pressure threshold