

# Short Study Protocol

## Title

Validation of Clinical Tests and Structured Diagnostic Protocols in Myofascial Physiotherapy: A Prospective Clinical Study

---

## Background and Rationale

Non-specific neck pain and shoulder disorders are common musculoskeletal conditions associated with pain, reduced function, and decreased quality of life. Clinical assessment in physiotherapy is often based on physical examination and clinical experience; however, the diagnostic value of many clinical tests and diagnostic clusters remains unclear. This study aims to evaluate the diagnostic and clinical utility of structured diagnostic protocols and targeted myofascial physiotherapy interventions.

---

## Aim of the Study

The primary aim of the study is to evaluate the diagnostic accuracy and clinical utility of clinical tests and structured diagnostic protocols used in myofascial physiotherapy. Secondary aims include evaluation of diagnostic clusters, assessment of ultrasound examination in physiotherapy diagnostics, and evaluation of targeted myofascial therapy outcomes.

---

## Study Design

Prospective clinical research program including randomized clinical, diagnostic, and observational study components.

---

## Participants

Approximately 120 adult participants aged 18–60 years with non-specific neck pain or shoulder disorders will be recruited from physiotherapy clinics.

---

## Inclusion Criteria

Adults aged 18–60 years; non-specific neck pain and/or shoulder dysfunction; pain intensity  $\geq 4$  on the Numeric Rating Scale (NRS); symptom duration from 1 month to 6 months; ability to participate in physiotherapy procedures; signed informed consent.

---

## Exclusion Criteria

Serious spinal pathology (red flags), neurological disorders, recent surgery, acute trauma, inflammatory diseases, pregnancy, or participation in another clinical trial within the previous 3 months.

---

## **Procedures**

Participants will undergo standardized physiotherapy assessment including medical interview, pain assessment, range of motion evaluation, palpation examination, and clinical testing. Selected participants may additionally undergo ultrasound or MRI examination when clinically indicated.

---

## **Intervention**

Participants in the therapeutic study will receive either targeted myofascial physiotherapy or standard physiotherapy treatment. Treatment may include manual therapy, exercises, stretching, movement control training, and home exercise programs.

---

## **Outcome Measures**

Primary outcomes include pain intensity, pressure pain threshold, functional disability, and diagnostic accuracy. Secondary outcomes include range of motion, biomechanical tissue properties, patient satisfaction, and adverse events.

---

## **Safety and Ethics**

The study involves minimal risk comparable to routine physiotherapy care. All participants will provide written informed consent before participation. The study has received approval from the Ethics Committee for Scientific Research of Physiotherapists at the Polish Physiotherapy Association.

---