

7th International Conference and Exhibition on
PHARMACOLOGY AND ETHNOPHARMACOLOGY
&
**5th GLOBAL PHYSIOTHERAPY, PHYSICAL
REHABILITATION AND SPORTS MEDICINE**

March 27-28, 2019 | Amsterdam, Netherlands

Asian J Biomed Pharmaceut Sci 2019, Volume 9 | DOI: 10.4066/2249-622X-C1-018

TRIGGER POINTS TREATMENT IN SOCCER PLAYERS: AN INTEGRATIVE REVIEW

Leonardo Kenji Nakamura

Sol Institute, Brazil

Introduction: Soccer is the well-known collective sport, worldwide it is the largest in terms of number of players and in the last few years the number of new players has been increasing (STOLEN et al., 2005), characterized by competitiveness, physical contact and maximum involvement of the musculature. The practice of soccer can cause muscle trauma, with maximal and eccentric concentric contraction or muscle imbalance between agonist and antagonist leading to injuries such as Triggers Points (TP). Defined by Sharkey (2017) as a small nodule found in muscles and fascia resulting from trauma. Costa and Torres-Lacomba (2016) analyzed the musculature of soccer players and verified the presence of TP. Haser et al., (2017) investigated the effects of dry needling on the treatment of TP and concluded that there was improvement in pain and also observed a significant resistance of the thigh muscle strength of the players, Williams et al., (2017) showed benefits such as improvement of the pain by suction cup.

Conclusions: The research shows that unconventional therapies are used in the treatment of Trigger Points. Further studies of the treatment techniques of TP with soccer players are necessary.

