

Deep Friction Massage Results Table

Author, Year, Country, Design, PEDro score, Rating	Sample Size	Intervention	Outcomes and significance: (+) significant (-) not significant
<p>Rasool et al., 2017</p> <p>Pakistan</p> <p>RCT</p> <p>8/10</p> <p>High quality</p>	<p>N = 60 children with spastic diplegic CP</p> <p>Age at enrollment: 3-9 years</p> <p>CP diagnosis: 100%</p> <p>CP Type: Diplegic</p> <p>GMFCS (Gross Motor Function Classification System) Level: N/A</p>	<p>Cross-friction massage & routine physiotherapy treatment (n = 30)</p> <p>vs.</p> <p>Routine physiotherapy treatment (n=30)</p> <p><u>Intervention details:</u></p> <p><i>Both groups:</i></p> <ul style="list-style-type: none"> • 30 minute sessions • 5 times/week • For 6 weeks <p><i>Routine physiotherapy treatment (both groups):</i></p> <ul style="list-style-type: none"> • Hot pack for 15 minutes • Bobath treatment (reflex inhibitory postures) • Stretching Achilles tendon (10 reps of 8 seconds) <p><i>Cross-friction massage:</i></p> <ul style="list-style-type: none"> • On both legs at soleus and gastrocnemius along Achilles tendon • Therapist always started with right leg first 	<p>At post-treatment (6 weeks):</p> <p><i>Spasticity:</i></p> <p>(-) Modified Ashworth Scale (MAS)</p> <p><i>Motor functional level:</i></p> <p>(-) Functional Level Scale</p>