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Theme: Discovering New Scientific Aspects and Novel Technologies in Otorhinolaryngology

The effect of cryo-stretching and massage therapy on mouth opening after oral neoplasia

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ABSTRACT

Introduction: Trismus is a restriction in the buccal opening up to 3.5cm and is one of the most frequent side effect of head and neck regions radiotherapy. This condition affects simple daily activities such as chewing, swallowing speaking and even buccal hygiene, leading to not only physical but emotional damages to the subjects. This puts in evidence the need to find treatments to revert or soften this condition. **Objective:** This study investigates the behavior of masseter and suprahyoid muscles during swallowing before and after the cryotherapy associated to the massage in patients post buccal neoplasm with trismus due to radiotherapy. **Material and method:** The final sample was composed of 8 subjects, aged between 40 and 64 years, both female and male with buccal opening equal to or smaller than 3.5cm. Two electromyographic evaluations were conducted to perform this research, one in the beginning and one in the end of the treatment. The study was composed of 15 treatment sessions, once a week, consisting of cryotherapy maneuvers and massage in masseters and supra-hyoids muscle groups. **Result:** There was a significant difference in the behavior of the supra-hyoid muscles group, this fact was not observed in the masseter muscles group. **Conclusion:** The study

concluded that after the intervention with cryotherapy and massage sessions, was observed a significant difference in the behavior of the upperhyoid muscles group and an improvement of the subjects' mouth opening capacity. However, the results of this study must be confirmed in a larger sample size.

Descriptors: Trismus; mouth neoplasms; cryotherapy; massage.



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Biography

Associate professor in Faculty of Medical Science at Campinas State University/FCM/UNICAMP, bachelor's at Fonoaudiologia from Pontifical Catholic University of São Paulo master's at School of Dentistry from University of Campinas (2005) and PhD at Odontology from University of Campinas (2007). Has experience in surface electromyography of the stomatognathic system