

THE ROLE OF DRY NEEDLING IN PHYSICAL THERAPY - PAIN SCIENCE

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Dry Needling (also known as Trigger Point Dry Needling) is a technique that has quickly become an increasingly popular treatment modality in the manual physical therapy field.



Dry Needling is the use of solid filiform needles (also referred to as acupuncture needles) directed at a myofascial trigger point for therapy of muscle pain relating to myofascial pain syndrome.

Dry Needling can reduce local, referred and widespread pain, restore range of motion, improve muscle activation pattern and normalise the chemical environment of active trigger points.

Dry Needling was born from 'Wet Needling'

In discovering these trigger points “Wet Needling” was used where a substance (saline solution, botox or corticosteroids) was directed at trigger points via a hypodermic needle to reduce pain. With the help of Karel Lewit in 1979 he discovered that it was not the analgesic substance used in the needle but the needle itself that relieved myofascial pain. From then Dry Needling got its name and was established.



So How Does Dry Needling Work?

So how does Dry Needling work? The main aim of Dry Needling is to appropriately stimulate the body's nervous system to suppress pain and deactivate trigger points.

During the procedure A-delta nerve stimulation takes place as a result of the needle passing through the skin and subcutaneous tissues and this evokes activity in complex endogenous pain-modulating mechanisms.

