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Dry needling in the deactivation of myofascial trigger points

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Dry Needling (DN) is a technique indicated to treat injuries of muscle origin and widely used in the deactivation of myofascial trigger points (PGMs). Its application almost always produces immediate effect, decreasing pain and increasing range of motion. The main objective of the present study was to verify the effectiveness of Dry Needling in the deactivation of myofascial trigger points. A search was carried out through three distinct databases and 10 articles dating from the last ten years were selected, with a score greater than or equal to six, in the classification of the PEDro platform (Physiotherapy Evidence Database). All selected articles were classified as randomized controlled trials, where eight are blind randomized clinical trials and two double blind randomized clinical trials. Outcomes ranged from decreased trigger points, increased range of motion, pain intensity and pain pressure threshold. The studies included in this review suggest that Dry Needling has a fundamental role in the treatment of PGMs, mainly increasing the pressure pain threshold, thus suggesting trigger point deactivation.

Keywords: Dry Needling, Myofascial Pain, Trigger Points.

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