Dry Needling & Vertical Jump

Purpose:
Compare effects of dry needling on the ability to perform a two-legged vertical jump.

Why Vertical Jump? Has been used as indicator of improvement in athletic (functional) performance.

Protocol: N=35

Dry Needling vs. Sham Group
Frequency: 1x
Body Region: Medial & Lateral Gastroc (Bilateral)
Retention Time: Unknown
Experimental Group: N=18 Dry Needles
Sham Group: N=17 Tube housing the needle

Data:
Sham Pre: Mean Jump 17.19 inches
Sham Post: Mean Jump 17.56 inches
DN Pre: Mean Jump 17.00 inches
DN Post: Mean Jump 18.23 inches
*Significant difference in jump height between groups.

Conclusion:
Dry needling had a significant increase in vertical jump height compared with the sham group.

Implications:
"One bout of dry needling showed immediate effect with a significant increase in vertical jump height in healthy, young adults."