

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

Experimental Group: N=18

Body Region: Medial & Lateral Gastroc (Bilateral)

Dry Needles

Retention Time: Unknown

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."

Curated By:

