TRIGGER POINT DRY NEEDLING FOR PLANTAR HEEL PAIN
Randomized Controlled Trial

Plantar Heel Pain?
- "Affects plantar aspect of feet"
- "Affects middle-aged & older adults"
- "8% of running injuries are related to plantar heel pain"
- "Estimated prevalence of 3.6% - 7.5%"

Purpose:
"Evaluate the effectiveness of trigger point dry needling for treatment of plantar heel pain."

Protocol:
- Dry Needling vs. Sham Group
  - Frequency: 1x week for 6 weeks
  - Body Region: Plantar aspect of foot, posterior chain of lower extremity
  - Retention Time: 5 min

Data:
Primary Outcome Measures

* Sig. Difference between groups

Conclusion:
"At the primary end point of 6 weeks, statistically significant differences in first-step pain & foot pain were found in favor of real dry needling. However, [for foot pain] these results did not quite reach the previously calculated MID [Minimal Important Difference]."

Limitations:
- Practitioner not blinded to treatment
- Restricted number and duration of treatment
- Limited Generalizability

Curated by: