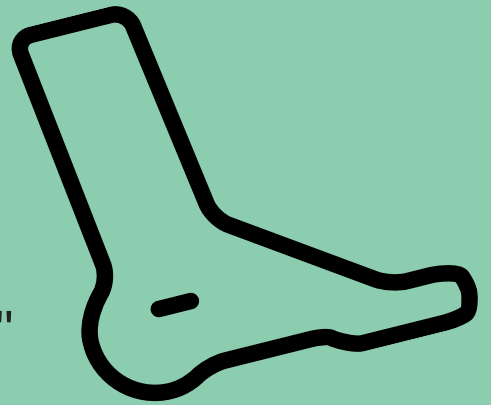


TRIGGER POINT DRY NEEDLING FOR PLANTAR HEEL PAIN

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."

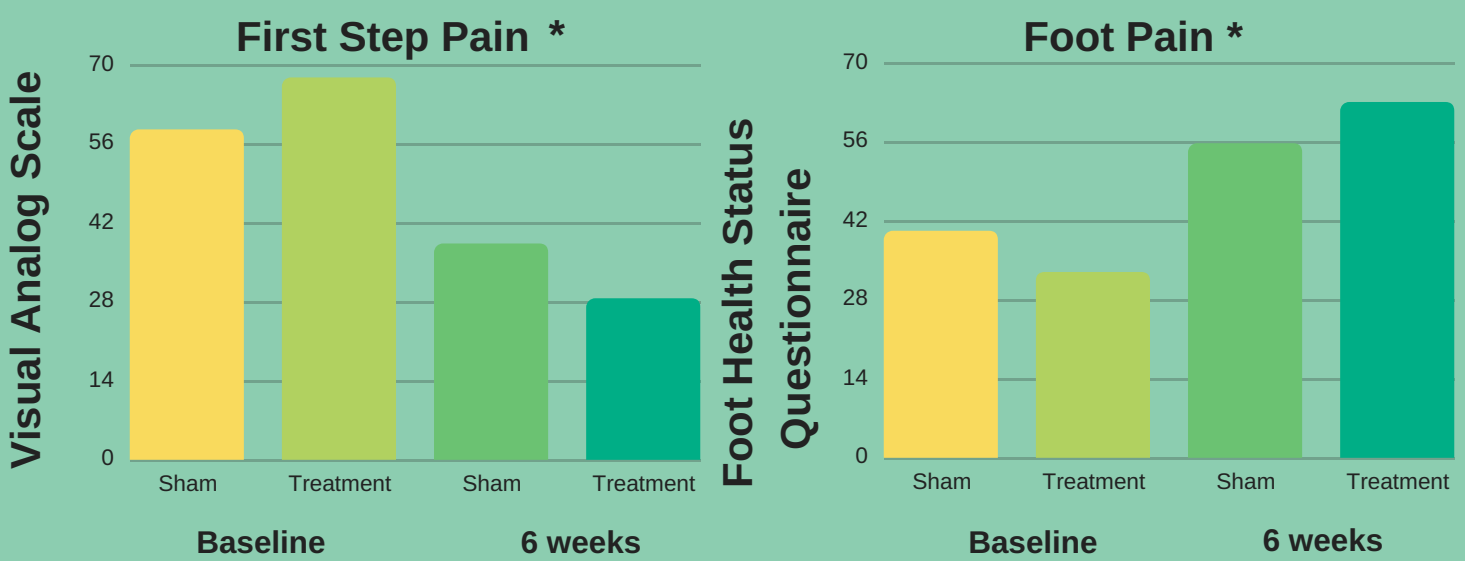
Protocol:

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

N-84
Active Group (N-41):
Dry Needles
Sham Group (N-43):
Non-penetrating needles

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:

