

Tension Headaches & Dry Needling

Randomized Placebo-Controlled Study

WHAT IS A TENSION TYPE HEADACHE (TTP)?

Bilateral, pressure-liked headache of mild-to-moderate intensity

Can last 30min to 7 days

Episodic: <15 attacks per month

Chronic: > 15 attacks per month

Accompanying symptoms:

Nausea

Vomiting

Photophobia (Light sensitivity)

Phonophobia (Sound sensitivity)



PURPOSE:

Report first placebo-controlled, randomized study investigating the efficacy of the **dry needle** technique in subjects with TTH [Tension Type Headaches]

PROTOCOL:

Frequency: 1x week 4 weeks

Body Region: R/L splenius capitis at mastoid

R/L splenius capitus/cervicis at C5

R/L Mid Trapezius muscle belly

Retention Time: 30 min

N-30

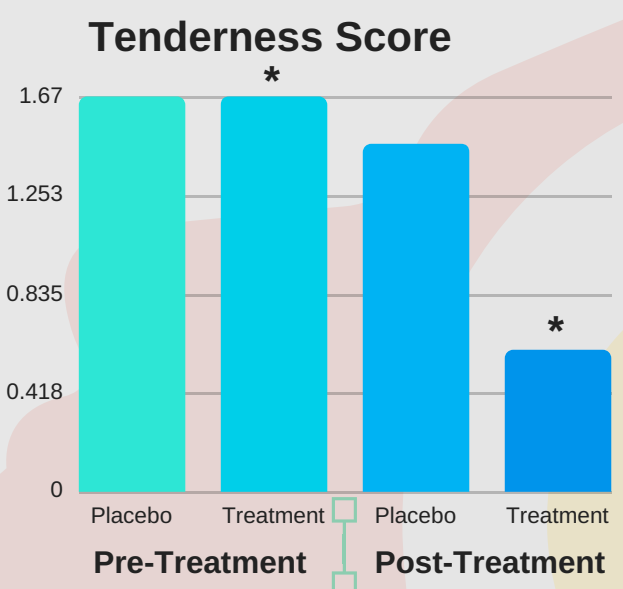
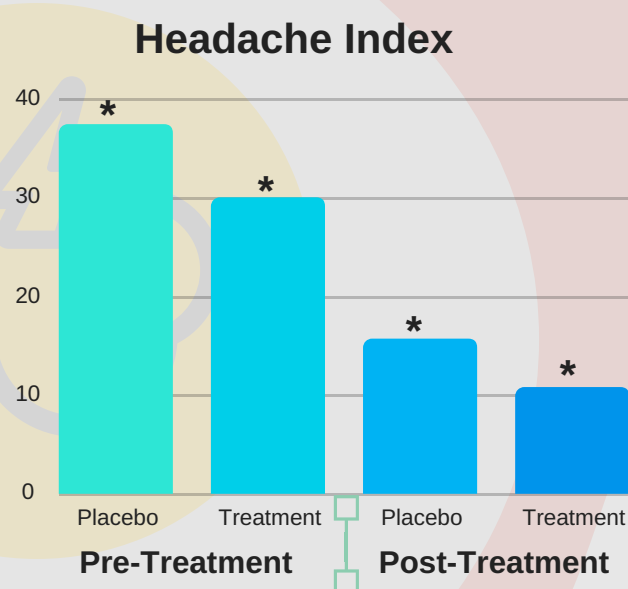
Active Group: Intra-muscular dry needling

Placebo: Subcutaneous dry needling

Still a form of dry needling

DATA:

Headache Index: Headache Intensity x Days With Headache



* Sig. Difference within group



CONCLUSION:

"**Dry-needle** technique in chronic TTH [Tension-type headache] is effective in improving headache and symptoms such as muscle tenderness and ROM limitation that accompany and contribute to the pain in TTH, but we were unable to demonstrate a significant difference effect compared with placebo in relieving the headache itself."

IMPLICATION:

Both Superficial (Placebo) and deep (intramuscular) **dry needling** were effective in creating improvement in frequency of headaches and ROM. **Only deep dry needling had a positive effect on tenderness score post-treatment.**

ARTICLE:

Karakurum, B., et al. "The 'dry-needle technique': intramuscular stimulation in tension-type headache."

Cephalalgia 21.8 (2001): 813-817.

CURATED BY:



CLICK ME!