**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 30 min 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

**DATA:**

Headache Index: Headache Intensity x Days With Headache

**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.

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