Some evidence suggests dry needling can increase maximal quadriceps output. However, it is unknown if dry needling treatment can improve a clinical measure of lower extremity power such as vertical jump performance.

**TREATMENT PLANS**

**DRY NEEDLE GROUP**
Active Group (n=18) were treated with dry needles on trigger points, determined by palpation of the gastrocnemius.

**COMPARISON GROUP**
Sham Group (n=17) had the tube housing of the needle pressed to the skin but not inserted.

**HOW OFTEN?**
A single session.

**RESULTS**

**VERTICAL JUMP HEIGHT**
The dry needle group had an average vertical jump height improvement of 1.2 inches compared to the average improvement of less than 0.5 inches in the control group.

**TAKE HOME MESSAGE**
The dry needle group saw a statistically significant greater average increase in vertical jump height immediately following treatment.