

# DRY NEEDLING & VERTICAL JUMP PERFORMANCE



## BACKGROUND INFORMATION

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.



# STRUCTURE & FUNCTION

[www.structureandfunction.net](http://www.structureandfunction.net)



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Bandy 2017 - Int J Sports Phys Ther