

# DRY NEEDLING INCREASES MUSCLE THICKNESS IN A SUBJECT WITH PERSISTENT MUSCLE DYSFUNCTION A CASE REPORT

## CASE DESCRIPTION

### INJURY

22-year old gymnast injured during practice

### SURGERY

Directly after gymnastics' season: surgical repair of right shoulder posterior labral tear

### SECOND OPINION

Athlete presents to second physical therapy clinic

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### 5 MONTHS

Conservative management: continued participation with modification

### 6 MONTHS

Rehab goals focused on range of motion restoration and standard strengthening but athlete was frustrated with continued mobility and strength limitations for overhead activities of daily living.

## INTERVENTION

### 3 WEEKS

Increase shoulder mobility, strength and stabilization via joint mobilizations, instrumented soft tissue mobilization, trigger point release, and manual stretching.

### 3 VISITS

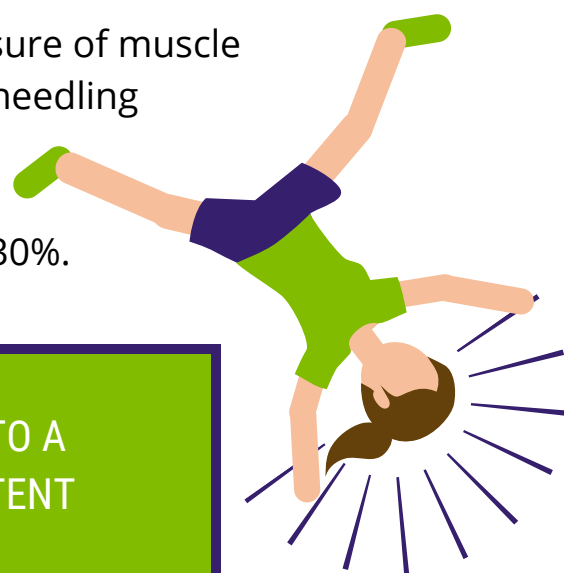
Myofascial trigger points at the infraspinatus were targeted for treatment. The athlete laid in a prone position with the right arm slightly abducted. The physical therapist used a pistoning technique with Seirin No. 8 needles in active and latent trigger points.

## OUTCOMES

Inferior infraspinatus muscle thickness, a measure of muscle function, immediately increased following dry needling treatment.

External rotation strength increased by about 30%.

DRY NEEDLING COULD BE A GOOD ADDITION TO A TREATMENT PLAN FOR ADULTS WITH PERSISTENT MUSCULAR DYSFUNCTION.



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Int J of Sport Phys Ther

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