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

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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