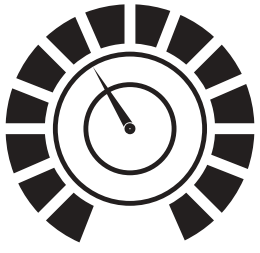


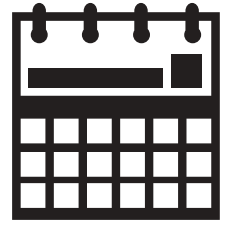


# TENSION HEADACHES & DRY NEEDLING

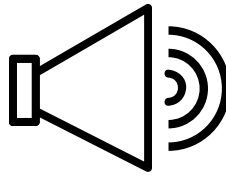
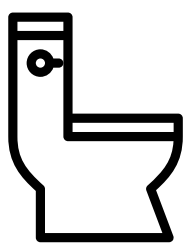
## WHAT ARE SOME SYMPTOMS OF A TENSION HEADACHE?



PRESSURE IN THE HEAD



LASTS 30 MINUTES TO 7 DAYS



NAUSEA, VOMITING, SENSITIVITY TO NOISE AND/OR SENSITIVITY TO LIGHT

## COMPARING DRY NEEDLING TO A PLACEBO GROUP



### HEADACHE INDEX

Patients in the placebo group AND patients in the dry needle intervention group saw improvements in self-reported headache indices after 4-weeks of treatment.



### POINT TENDERNESS

Patients in the treatment group improved on the point tenderness scale but patients in the placebo group did not.



### RANGE OF MOTION

Dry needling intervention significantly improved both left and right range of motion restrictions. Placebo group did NOT improve range of motion restrictions.

## TAKE HOME POINTS

Dry needling improved range of motion and reduced point tenderness. Dry needling might be an effective option to help treat patients with tension-type headaches.



# STRUCTURE & FUNCTION

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



@sfdryneedling



@structureandfunction



@sfdryneedling



Scan the QR code or click here for more information on this article!

Karakurum 2001  
Cephalagia

Scan me