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.

www.structureandfunction.net

---

Karakurum 2001
Cephalagia