

TRIGGER POINT DRY NEEDLING FOR PLANTAR HEEL PAIN



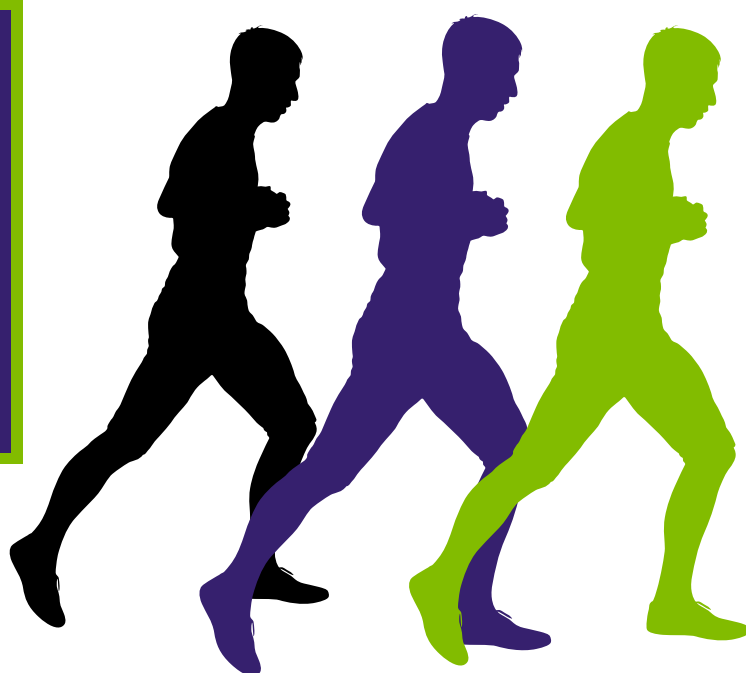
NEARLY 10% OF ALL RUNNING INJURIES ARE RELATED TO PLANTAR HEEL PAIN



WHAT ARE THE EFFECTS OF DRY NEEDLING TREATMENT FOR PLANTAR HEEL PAIN?

DRY NEEDLE TREATMENT

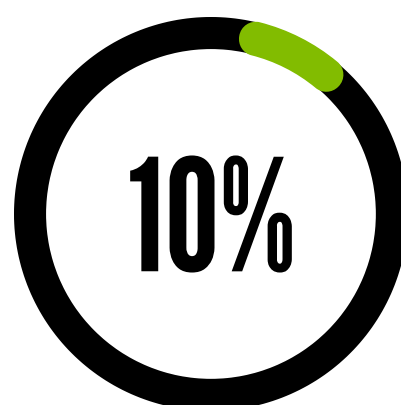
- One 30-minute treatment per week for 6 weeks
- Compared to a group of individuals treated with non-penetrating needles (control group)



RESULTS



The Dry Needle Treatment group saw ~15% decrease in self-reported pain intensity.



The Dry Needle Treatment group saw ~10% increase in self-reported foot health.

TAKE HOME POINTS

Both the Dry Needle Treatment and Control group saw improvements, but participants in the Dry Needle group tended to see larger improvements in the self-reported pain measures.

DRY NEEDLING COULD BE A GOOD ADDITION TO A TREATMENT PLAN FOR ADULTS WITH PERSISTENT PLANTAR HEEL PAIN.



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