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.

Scan the QR code for more information on this article or click here.
Cotchett 2014
Physical Therapy