

## The effectiveness of deep dry needling treatment of active myofascial trigger point 2 in the upper trapezius muscle: A pilot study

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**Introduction:** Myofascial pain syndrome is a painful pathology which affects muscles and which has relation with myofascial trigger points. This kind of points often produces muscle pain.

**Objective:** To prove the effectiveness of deep dry needling in myofascial trigger points at myofascial trigger point 2 in the upper trapezius muscle.

**Methodology:** This study was designed as one group trial with 17 students (males and females) belonging to the University of Alcala. All the participants received 2 sessions of deep dry needling treatment in active myofascial trigger point 2 in the upper trapezius muscle. The outcome measures before and after the treatment were: pain intensity felt by the patient and range of motion measured with the analogue visual scale and a goniometer respectively. Friedman and Wilcoxon test have been used to see differences between initial and final outcomes.

**Results:** We have obtained a reduction of subjective pain and an increase of range of motion in all the cervical spine movements.

**Conclusion:** Although the results were positive, more randomized and clinical trials are needed, with a control group to be able to reproduce this result and to prove the effectiveness of deep dry needling.

### Biography

Inés Llamas-Ramos completed her PhD at the age of 26 from The University of Salamanca, Salamanca, Spain. Currently she is working in the University of Salamanca as a professor in the Department of Nursing and Physiotherapy and in Primary Care Research Unit of Salamanca (APISAL). She has published several articles about cancer and dry needling in reputed international journals and has been serving as an editorial board member of various medical journals.