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## Evaluation of effectiveness of dry needling therapy in patients with myofascial pain syndrome

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**Introduction:** Pain is a discomfort, unpleasant sensation and warning signal which undoubtedly affect the quality of life. A characteristic radiating and pressure-sensitive pain is caused by the presence of active trigger points which can be deactivated with a number of methods. One of the therapies is needling, which consists in provoking muscle tremor in the area of a local trigger point, leading to its deactivation.

**Aim of the study:** The aim of this study was to evaluate changes in pain sensation after applying dry needling in patients with myofascial pain syndrome.

**Material and methods:** The study involved 40 patients with myofascial pain who had no contraindications to participate in the study. Pain was evaluated before therapy, during therapy, immediately after therapy and a week after the therapy, based on VAS (Visual Analogue Scale). In both groups palpation of the upper quadrilateral muscle was performed after detection of the trigger point and the presence of referred pain in patients. The first study group, n=20, was subjected to trigger point therapy using the dry needling method. In the second (control) group, n=20, no therapy was performed.

**Results:** Intragroup analysis in the study group showed a decrease in pain during needling ( $p=0.301$ ), immediately after needling ( $p=0.009$ ) and a week after needling ( $p=0.001$ ) as compared to the pre-treatment evaluation. The pain intensity level decreased by 25%. In the second (control) group, in which no therapy was carried out, there were no statistically significant differences between the baseline study and the tests during and after the therapy in terms of pain sensation.

**Conclusions:** Dry needling therapy effectively reduced pain in patients with myofascial pain syndrome located within the quadrilateral muscle.

### Biography

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