

Bibliographie 2021

Points Trigger Myofasciaux - Dry Needling

1. Aksu O. et al. Comparison of the efficacy of dry needling and trigger point injections with exercise in temporomandibular myofascial pain treatment. Turkish Journal of Physical Medicine and Rehabilitation 2019, 65(3):228-235.
2. Al-Boloushi Z. et al. Comparing two Dry Needling interventions for plantar heel pain: a protocol for a randomized controlled trial. Journal of Orthopaedic and Surgery Research 2019, 14(1):31.
3. Al-Boloushi Z. et al. Comparing two dry needling interventions for plantar heel pain: a randomised controlled trial. BMJ Open 2020, 10(8):E038033-10 pages.
4. Al-Moraissi E. et al. Needling therapies in the management of myofascial pain of the masticatory muscles: a network meta-analysis of randomized clinical trials. Journal of Oral Rehabilitation 2020, 47(7):910-922.
5. Arias-Buría J. et al. Effects of Dry Needling of active trigger points in the scalene muscles in individuals with mechanical neck pain: a randomized clinical trial. Acupuncture in Medicine 2020, 38(6):380-387.
6. Bağcier F., Yılmaz N. The Impact of Extracorporeal Shock Wave Therapy and Dry Needling Combination on Pain and Functionality in the Patients Diagnosed With Plantar Fasciitis. The Journal of Foot and Ankle Surgery 2020, 59(4):689-693.
7. Ball A. et al. The relative risk to the femoral nerve as a function of patient positioning: potential implications for trigger point dry needling of the iliopsoas muscle. Journal of Manual & Manipulative Therapy 2019, 27(3):162-171.

8. Baraja-Vegas L. et al. Localization of Muscle Edema and Changes on Muscle Contractility After Dry Needling of Latent Trigger Points in the Gastrocnemius Muscle. *Pain Medicine* 2019, 20(7):1387-1394.
9. Baraja-Vegas L. et al. Electromyographic Activity Evolution of Local Twitch Responses During Dry Needling of Latent Trigger Points in the Gastrocnemius Muscle: A Cross-Sectional Study. *Pain Medicine* 2020, 21(6): 1224-1229.
10. Behrangrad S. et al. Comparison of Dry Needling and Ischaemic Compression Techniques on Pain and Function in Patients With Patellofemoral Pain Syndrome: A Randomised Clinical Trial. *Acupuncture in Medicine* 2020, 38(6):371-379.
11. Benito-de-Pedro M. et al. Effectiveness of Deep Dry Needling vs Ischemic Compression in the Latent Myofascial Trigger Points of the Shortened Triceps Surae from Triathletes on Ankle Dorsiflexion, Dynamic, and Static Plantar Pressure Distribution: A Clinical Trial. *Pain Medicine* 2019a, 21(2):E172-E181.
12. Benito-de-Pedro M. et al. Effectiveness between Dry Needling and Ischemic Compression in the Triceps Surae Latent Myofascial Trigger Points of Triathletes on Pressure Pain Threshold and Thermography: A Single Blinded Randomized Clinical Trial. *Journal of Clinical Medicine* 2019b, 8(10):13 pages.
13. Boyce D. et al. Adverse Events Associated with Therapeutic Dry Needling. *International Journal of Sports Physical Therapy* 2020, 15(1):103-113.
14. Braithwaite F. et al. Blinding Strategies in Dry Needling Trials: Systematic Review and Meta-Analysis. *Physical Therapy* 2019, 99(11):1461-1480.
15. Braithwaite F. et al. Towards more homogenous and rigorous methods in sham-controlled dry needling trials: two Delphi surveys. *Physiotherapy* 2020, 106:12-23.
16. Butts R. et al. Dry Needling Strategies for Musculoskeletal Conditions: Do the Number of Needles and Needle Retention Time

Matter? A Narrative review of the literature. Journal of Bodywork Movement Therapies 2020:37 pages.

17. Callejas-Marcos I. et al. Eficacia de la punción seca en la cervicalgia en comparación con otras técnicas de fisioterapia: una revisión sistemática [Efficacy of Dry Needling in neck pain compared with other physiotherapy techniques: A systematic review]. Rehabilitacion (Madr) 2019, 53(3):189-197.
18. Castro-Sánchez A. et al. Benefits of Dry Needling of myofascial trigger points on autonomic function and photoelectric plethysmography in patients with fibromyalgia syndrome. Acupuncture in Medicine 2020:10 pages.
19. Ceballos-Laita L. et al. Effects of Dry Needling in HIP muscles in patients with HIP osteoarthritis: A randomized controlled trial. Musculoskeletal Science & Practice 2019, 43:76-82.
20. Ceballos-Laita L. et al. Effects of Dry Needling on Pain, Pressure Pain Threshold and Psychological Distress in Patients With Mild to Moderate Hip Osteoarthritis: Secondary Analysis of a Randomized Controlled Trial. Complementary Therapies in Medicine 2020, 51:8 pages.
21. Charles D. et al. A systematic review of manual therapy techniques, dry cupping and Dry Needling in the reduction of myofascial pain and myofascial trigger points. Journal of Bodywork Movement Therapies 2019, 23(3):539-546.
22. Cruz-Montecinos C. et al. Dry needling technique decreases spasticity and improves general functioning in incomplete spinal cord injury: A case report. The Journal of Spinal Cord Medicine 2020, 43(3):414-418.
23. Das S. «Dry Needling and Osteoarthritis Knee.» Acta Scientific Orthopaedics 2019, 2(6):27-30.
24. Doğan N. et al. Kinesio taping versus Dry Needling in the treatment of myofascial pain of the upper trapezius muscle: A randomized,

- single blind (evaluator), prospective study. *Journal of Back and Musculoskeletal Rehabilitation* 2019, 32(5):819-827.
- 25.** Dommerholt J. et al. Needling: is there a point? *Journal of Manual & Manipulative Therapy* 2019, 27(3):125-127.
- 26.** Dommerholt J. How have the views on myofascial pain and its treatment evolved in the past 20 years? From spray and stretch and injections to pain science, Dry Needling and fascial treatments. *Pain Management* 2020a, 10(2):63-66.
- 27.** Dommerholt J. Dry Needling for Spasticity - Myopain Seminars. Dry needling for neurological issues - Technical Report <https://www.myopainseminars.com/dry-needling-for-spasticity> 2020b.
- 28.** Dunning J. et al. Spinal manipulation and perineural electrical dry needling in patients with cervicogenic headache: a multi-center randomised clinical trial. *Spine Journal* 2020a:12 pages.
- 29.** Dunning J. et al. Spinal Manipulation and Electrical Dry Needling in Patients With Subacromial Pain Syndrome: A Multicenter Randomized Clinical Trial. *The Journal of Orthopaedic and Sports Physical Therapy* 2020b, 28:1-46.
- 30.** Fan A. et al. Dry Needling: Is It Derived From Acupuncture? How Did Nonacupuncturists Start Using It? *Alternative Therapies in Health and Medicine* 2020, 26(3):40-46.
- 31.** Farag A. et al. The effectiveness of acupuncture in the management of persistent regional myofascial head and neck pain: A systematic review and meta-analysis. *Complement Therapies in Medicine* 2020:10 pages.
- 32.** Fernández de las Peñas C. et al. Trigger point Dry Needling for the treatment of myofascial pain syndrome: current perspectives within a pain neuroscience paradigm. *Journal of Pain Research* 2019, 12:1899-1911.

- 33.** Fernández de las Peñas C. et al. Cadaveric and ultrasonographic validation of needling placement in the obliquus capitis inferior muscle. *Musculoskeletal Science & Practice* 2020, 45:5 pages.
- 34.** Fernández de las Peñas C. et al. Is Dry Needling Effective When Combined with Other Therapies for Myofascial Trigger Points Associated with Neck Pain Symptoms? A Systematic Review and Meta-Analysis. *Pain Research & Management* 2021a:24 pages.
- 35.** Fernández de las Peñas C. et al. Is Dry Needling Effective for the Management of Spasticity, Pain, and Motor Function in Post-Stroke Patients? A Systematic Review and Meta-Analysis. *Pain Medicine* 2021b, 22(1):131-141.
- 36.** Ferrer-Peña R. et al. Prediction model for choosing needle length to minimize risk of median nerve puncture with Dry Needling of the pronator teres. *Journal of Manipulative and Physiological Therapeutics* 2019, 42(5):366-371.
- 37.** Folli A. et al. Enhancing Trigger Point Dry Needling Safety by Ultrasound Skin-to-Rib Measurement: An inter-Rater Reliability Study. *Journal of Clinical Medicine* 2020, 9(6):E1958-10 pages.
- 38.** Funk M., Frisina-Deyo A. Dry Needling for Spine Related Disorders: A Scoping Review. *Chiropractic & Manual Therapies* 2020, 28(1):23-13 pages.
- 39.** Fusco P. et al. Ultrasound-guided Dry Needling Treatment of Myofascial Trigger Points for Piriformis Syndrome Management: A Case Series. *Journal of Chiropractic Medicine* 2018, 17(3):198-200.
- 40.** Gallego-Sendarrubias G. et al. Efficacy of Dry Needling as an adjunct to manual therapy for patients with chronic mechanical neck pain: a randomised clinical trial. *Acupuncture in Medicine* 2020, 38(4):244-254.
- 41.** Garcia-de-Miguel S. et al. Short-Term Effects of PENS versus Dry Needling in Subjects with Unilateral Mechanical Neck Pain and Active Myofascial Trigger Points in Levator Scapulae Muscle: A

Randomized Controlled Trial. Journal of Clinical Medicine 2020, 9(6):1665-16 pages.

- 42.** Gattie E. et al. Dry Needling Adds No Benefit to the Treatment of Neck Pain: A Sham-Controlled Randomized Clinical Trial With 1-Year Follow-up 21. The Journal of Orthopaedic and Sports Physical Therapy 2021, 51(1):37-45.
- 43.** George A. et al. Dry Needling for Female Chronic Pelvic Pain: A Case Series. Section on Women's Health, American Physical Therapy Association 2018, 42(1):8-16.
- 44.** Ghannadi S. et al. The Effect of Dry Needling on Lower Limb Dysfunction in Poststroke Survivors. Journal of Stroke and Cerebrovascular Diseases 2020, 29(6), 104814:8 pages.
- 45.** Griswold D. et al. The Effectiveness of Superficial Versus Deep Dry Needling or Acupuncture for Reducing Pain and Disability in Individuals With Spine-Related Painful Conditions: A Systematic Review With Meta-Analysis. The Journal of Manual & Manipulative Therapies 2019, 27(3):128-140.
- 46.** Hakim I. et al. The effect of Dry Needling on the active trigger point of upper trapezius muscle: Eliciting local twitch response on long-term clinical outcomes. Journal of Back and Musculoskeletal Rehabilitation 2019, 32(5):717-724.
- 47.** Hando B. et al. Dry needling in addition to standard physical therapy treatment for sub-acromial pain syndrome: a randomized controlled trial protocol. Brazilian Journal of Physical Therapy 2019, 23(4):355-363.
- 48.** Hernández-Ortíz A. et al. Changes in Muscle Tone, Function, and Pain in the Chronic Hemiparetic Shoulder After Dry Needling Within or Outside Trigger Points in Stroke Patients: A Crossover Randomized Clinical Trial. Pain Medicine 2020:9 pages.
- 49.** Kamali F. et al. Dry Needling versus friction massage to treat tension type headache: A randomized clinical trial. Journal of Bodywork Movement Therapies 2019, 23(1):89-93.

50. Kearns G. et al. New perspectives on Dry Needling following a medical model: are we screening our patients sufficiently? *The Journal of Manual & Manipulative Therapy* 2019, 27(3):172-179.
51. Kearns G. et al. Influence of clinical experience on accuracy and safety of obliquus capitus inferior dry needling in unembalmed cadavers. *Physiotherapy Theory and Practice* 2021, 1-10.
52. Khan I. et al. Immediate Effects of Dry Needling on Pain and Function among Individuals with Patellofemoral Pain Syndrome. *JIIIMC* 2020, 15(3):167-172.
53. Khan K., Das G. Dry Needling a Novel Treatment Option for Post-scar Neuralgia: A Case Report. *Journal on Recent Advances in Pain* 2019, 5 (1):29-31.
54. Kharazmi A. et al. Effects of Dry Needling on Symptomatic Hallux Valgus: A Randomized Single Blind Clinical Trial. *Journal of Bodywork and Movement Therapies* 2020, 24:246-251.
55. Lew J. et al. Comparison of dry needling and trigger point manual therapy in patients with neck and upper back myofascial pain syndrome: a systematic review and meta-analysis. *The Journal of Manual & Manipulative Therapy* 2020 :1-11.
56. López-González L. et al. Effects of Dry Needling on Neuromuscular Control of Ankle Stabilizer Muscles and Center of Pressure Displacement in Basketball Players with Chronic Ankle Instability: A Single-Blinded Randomized Controlled Trial. *International Journal of Environmental Research and Public Health* 2021, 18(4):2092-14 pages.
57. Mansfield C. et al. Safety of dry needling to the upper lumbar spine: a pilot cadaver study. *The Journal of Manual & Manipulative Therapy* 2020, 28(2):111-118.
58. Martín-Rodríguez A. et al. Effects of Dry Needling in the sternocleidomastoid muscle on cervical motor control in patients with neck pain: a randomised clinical trial. *Acupuncture in Medicine* 2019, 37(3):151-163.

59. Matsel K. et al. The Long-Term Effectiveness of Trigger Point Dry Needling and Exercise for Individuals With Shoulder Pain: A Critically Appraised Topic. *Journal of Sport Rehabilitation* 2020, 30(2):333-338.
60. McDowell J. et al. Safe acupuncture and Dry Needling during pregnancy: New Zealand physiotherapists' opinion and practice. *Journal of Integrative Medicine* 2019, 17(1):E30-E37.
61. Mendigutía-Gómez A. et al. Post-needling soreness and trigger point Dry Needling for hemiplegic shoulder pain following stroke. *Acupuncture in Medicine* 2020, 38(3):150-157.
62. Mesa-Jiménez J. et al. Cadaveric and in vivo validation of needle placement in the medial pterygoid muscle. *Musculoskeletal Science & Practice* 2020, 49:102197-17 pages.
63. Mitidieri A. et al. Ashi Acupuncture Versus Local Anesthetic Trigger Point Injections in the Treatment of Abdominal Myofascial Pain Syndrome: A Randomized Clinical Trial. *Pain Physician* 2020, 23(5):507-518.
64. Mohammadpour F. et al. Effects of dry needling on post-stroke brain activity and muscle spasticity of the upper limb: a case report. *Acupuncture Medicine* 2020, 39(1):69-71.
65. Moon Y. et al. Efficacy of topical vibratory stimulation for reducing pain during trigger point injection to the gastrocnemius: a randomized controlled trial. *Archives of Physical Medicine and Rehabilitation* 2019, 100(9):1607-1613.
66. Morgan B. et al. Dry Needling in the management of patients meeting clinical diagnostic criteria for subacromial pain syndrome: a case series. *International Journal of Sports Physical Therapy* 2019, 14(4):637-654.
67. Navarro-Santana M. et al. Effectiveness of Dry Needling for Myofascial Trigger Points Associated with Neck Pain Symptoms: An Updated Systematic Review and Meta-Analysis. *Journal of Clinical Medicine* 2020, 9(10):3300-37 pages.

68. Navarro-Santana M. et al. Effects of Trigger Point Dry Needling for Nontraumatic Shoulder Pain of Musculoskeletal Origin: A Systematic Review and Meta-Analysis. *Physical Therapy* 2021, 101(2):pzaa216.
69. Nasb M. et al. Dry Cupping, Ischemic Compression, or Their Combination for the Treatment of Trigger Points: A Pilot Randomized Trial. *Journal of Alternative and Complementary Medicine* 2019, 26(1):44-50.
70. Nasr A., Zafereo J. The effects of Dry Needling and neurodynamic exercise on idiopathic peripheral neuropathy: A case report. *Journal of Bodywork and Movement Therapies*, 2019, 23(2):306-310.
71. Ortega-Santiago R. et al. Widespread pressure pain sensitivity and referred pain from trigger points in patients with upper thoracic spine pain. *Pain Medicine* 2019, 20 (7), 1379-1386.
72. Ortiz-Comino L. et al. Myofascial pain, widespread pressure hypersensitivity, and hyperalgesia in the face, neck, and shoulder regions, in survivors of head and neck cancer. *Support Care in Cancer* 2020, 28(6):2891-2898.
73. Otadi K. et al. Combining Patient Education With Dry Needling and Ischemic Compression for Treating Myofascial Trigger Points in Office Workers With Neck Pain: A Single-Blinded, Randomized Trial. *Journal of Chiropractic Medicine* 2020, 19(4):222-229.
74. Özden M. et al. Efficacy of Dry Needling in patients with myofascial temporomandibular disorders related to the masseter muscle. *Cranio* 2018:1-7.
75. Patel N. et al. Dry Needling-Induced Pneumothorax. *The Journal of the American Osteopathic Association* 2019, 119(1):59-62.
76. Pourahmadi M. et al. Effectiveness of Dry Needling for improving pain and disability in adults with tension-type, cervicogenic, or migraine headaches: protocol for a systematic review. *Chiropractic and Manual Therapies* 2019, 27:43.

- 77.** Pourahmadi M. et al. Dry Needling for the Treatment Of Tension-Type, Cervicogenic, or Migraine Headaches: a Systematic Review and Meta-Analysis. *Physical Therapy* 2021;pzab068.
- 78.** Rahou-El-Bachiri Y. et al. Effects of Trigger Point Dry Needling for the Management of Knee Pain Syndromes: A Systematic Review and Meta-Analysis. *Journal of Clinical Medicine* 2020, 9(7):E2044-24 pages.
- 79.** Rajkannan P., Vijayaraghavan R. Dry Needling in chronic abdominal wall pain of uncertain origin. *Journal of Bodywork Movement Therapies* 2019, 23(1):94-98.
- 80.** Rezaeian T. et al. Effects of Dry Needling Technique Into Trigger Points of the Sternocleidomastoid Muscle in Migraine Headache: A Randomized Controlled Trial. *American Journal of Physical Medicine & Rehabilitation* 2020, 99(12):1129-1137.
- 81.** Rhim H. et al. Sonography-guided trigger point injections in abdominal myofascial pain syndrome. *Medicine (Baltimore)* 2020, 99(49):E23408-6 pages.
- 82.** Rozenfeld E. et al. Dry Needling for Scar Treatment. *Acupuncture in Medicine* 2020, 38(6):435-439.
- 83.** Sánchez-Infante J. et al. Is Dry Needling Applied by Physical Therapists Effective for Pain in Musculoskeletal Conditions? A Systematic Review and Meta-Analysis. *Physical Therapy* 2021;pzab070.
- 84.** Sánchez-Romero E. et al. Is a Combination of Exercise and Dry Needling Effective for Knee OA? *Pain Medicine* 2020, 21(2):349-363.
- 85.** Sillevs R. et al. Time effect for in-situ dry needling on the autonomic nervous system, a pilot study. *Physiotherapy Theory and Practice* 2019:8 pages.
- 86.** Stieven F. et al. Dry Needling Combined With Guideline-Based Physical Therapy Provides No Added Benefit in the Management

- of Chronic Neck Pain: A Randomized Controlled Trial. *The Journal of Orthopaedic and Sports Physical Therapy* 2020, 50(8):447-454.
- 87.** Stoychev V. et al. Dry Needling as a Treatment Modality for Tendinopathy: a Narrative Review. *Current Reviews Musculoskeletal Medicine* 2020, 13(1):133-140.
- 88.** Tabatabaiee A. et al. Comparison of pressure release, phonophoresis and Dry Needling in treatment of latent myofascial trigger point of upper trapezius muscle. *Journal of Back and Musculoskeletal Rehabilitation* 2019a, 32(4):587-594.
- 89.** Tabatabaiee A et al. Ultrasound-guided dry needling decreases pain in patients with piriformis syndrome. *Muscle and Nerve* 2019b, 60(5):558-565.
- 90.** Tesch R. et al. Effectiveness of Dry Needling on the local pressure pain threshold in patients with masticatory myofascial pain. Systematic review and preliminary clinical trial. *Cranio* 2019, 27:1-9.
- 91.** Togha M. et al. A sonographic comparison of the effect of Dry Needling and ischemic compression on the active trigger point of the sternocleidomastoid muscle associated with cervicogenic headache: A randomized trial. *Journal of Back and Musculoskeletal Rehabilitation* 2020, 33(5):749-759.
- 92.** Uygur E. et al. Preliminary report on the role of dry needling versus corticosteroid injection, an effective treatment method for plantar fasciitis: a randomized controlled trial. *The Journal of Foot and Ankle Surgery* 2019, 58(2):301-305.
- 93.** Valencia-Chulián R. et al. Dry needling for the management of spasticity, pain, and range of movement in adults after stroke: A systematic review, *Complementary Therapies in Medicine* 2020:38 pages.
- 94.** Valera-Calero J. et al. Prediction Model of Soleus Muscle Depth Based on Anthropometric Features: Potential Applications for Dry Needling. *Diagnostics* 2020, 10(5):284-11 pages.

- 95.** Valiente-Castrillo P. et al. Effects of Pain Neuroscience Education and Dry Needling for the Management of Patients With Chronic Myofascial Neck Pain: A Randomized Clinical Trial. *Acupuncture in Medicine* 2020:15 pages.
- 96.** Vier C. et al. The effectiveness of Dry Needling for patients with orofacial pain associated with temporomandibular dysfunction: a systematic review and meta-analysis. *Brazilian Journal of Physical Therapy* 2019, 23(1):3-11.
- 97.** Walsh R. et al. The effects of Dry Needling and radial extracorporeal shockwave therapy on latent trigger point sensitivity in the quadriceps: A randomised control pilot study. *Journal of Bodywork Movement Therapies* 2019, 23(1):82-88.
- 98.** Wang-Price S. et al. Short-term Effects of Two Deep Dry Needling Techniques on Pressure Pain Thresholds and Electromyographic Amplitude of the Lumbosacral Multifidus in Patients With Low Back Pain - A Randomized Clinical Trial. *The Journal of Manual & Manipulative Therapy* 2020, 25(5):254-265.
- 99.** Zarei H. et al. Added Value of Gluteus Medius and Quadratus Lumborum Dry Needling in Improving Knee Pain and Function in Female Athletes With Patellofemoral Pain Syndrome: A Randomized Clinical Trial. *Archives of Physical Medicine and Rehabilitation* 2019, 101(2):265-274.
- 100.** Ziaefar M. et al. Dry Needling versus trigger point compression of the upper trapezius: a randomized clinical trial with two-week and three-month follow-up. *The Journal of Manual & Manipulative Therapy* 2019, 27(3):152-161.
-