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Title A Comparative Study of Two Myofascial Infiltration Techniques
in Trigger Points: Dry Needling and Local Anaesthetic Injections

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Abstract

Introduction. Several kinds of trigger point injection have been recommended for myofascial pain syndrome. The aim of this study is to compare the efficacy and evolutive effects of two types of myofascial treatment: dry needling and local anaesthetic injection (LAI). Patients and methods. We included 24 myofascial pain patients, 15 treated by dry needling and 9 treated by anaesthetic local injection. The following variables were studied: resting and active pain by Visual Analogical Scale (VAS); pain threshold was measured by pressure algometer; discomfort during technique and immediate effect, at 20 minutes (VAS).

Results. Twenty two females and 2 males with a mean age of 48 years, were treated. Patients improved resting and active pain level ($p < 0.01$). Pain threshold improved more in dry needling group ($p = 0.04$). Percentage transformed VAS improved 35% resting and 33% in activities. No differences were observed between groups in discomfort during therapy or in immediate! effect of the treatment.

Discussion. Dry needling and anaesthetic injection were effective for trigger point release. We observed more improvement on pain threshold in dry needling group, which suggests that technique is better to release trigger point. We concluded both techniques were useful to alleviate pain in myofascial syndrome patients. [English Summary]