



Trigger Point Dry Needling: An Evidence and Clinical-Based Approach

Jan Dommerholt, Cesar Fernandez de las Penas

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This exciting new publication is the first authoritative resource on the market with an exclusive focus on Trigger Point ((TrP) dry needling. It provides a detailed and up-to-date scientific perspective against which TrP dry needling can be best understood.

The first section of the book covers important topics such as the current understanding and neurophysiology of the TrP phenomena, safety and hygiene, the effect of needling on fascia and connective tissue, and an account on professional issues surrounding TrP dry needling. The second section includes a detailed and well-illustrated review of deep dry needling techniques of the most common muscles throughout the body. The third section of the book describes several other needling approaches, such as superficial dry needling, dry needling from a Western Acupuncture perspective, intramuscular stimulation, and Fu's subcutaneous needling.

Trigger Point Dry Needling brings together authors who are internationally recognized specialists in the field of myofascial pain and dry needling.

- First book of its kind to include different needling approaches (in the context of evidence) for the management of neuromuscular pain conditions
- Highlights both current scientific evidence and clinicians' expertise and experience
- Multi-contributed by a team of top international experts
- Over 200 illustrations supporting the detailed description of needling techniques

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