

Pre-Reading Description of TDN Articles

There has been a few enquiries about the pre-reading that was sent out over the last week or so. Please follow the below summary (authors alphabetically listed) and may I suggest you spend more time reviewing your anatomy than you do on these readings!!

1. Baldry 2002: This paper, based on a lecture, provides Baldry's view on TP's and discusses/describes the various needling techniques and is well worth the entire read
2. Bradnam 2003: Worth the full read to gain some insight into the Clinical reasoning model described by the author
3. Chu 1997: Suggested reading abstract, Intro and Discussion only
4. Cummings 2001: as above
5. Dommerholt "Dry Needling in Orthopaedic Physical Therapy Practice: A great review to read in entirety
6. Gerwin et al 1997: Suggested to read abstract, Intro-especially clinical features of Myofascial TP's and Discussion
7. Huguenin 2004: A great review to read entirely
8. Simons and Dommerholt: Their papers are well worth reading the introductions and then select clinical studies of interest, there is no need to read or memorise the entire content of these articles.

As previously mentioned these readings are to provide some insight into what is and is not available in the research. Like many treatment modalities there is not concrete evidence for the treatment efficacy of dry needling and the research highlights areas of future research required. Some literature still includes summaries and comparisons with acupuncture however this is not what this course is about. It is not acupuncture.

This course is not about debating the existence or definitions of a TP, nor what is existing at the cellular level at a trigger point. However the course instructors will assist you in evaluating patients with trigger points that may be causing on-going pain and dysfunction and you will be taught how to deactivate these TP's by the use of a fine needle.

I hope that clarifies a few points for you all-and did I mention to brush up on your anatomy?

Looking forward to meeting you all.