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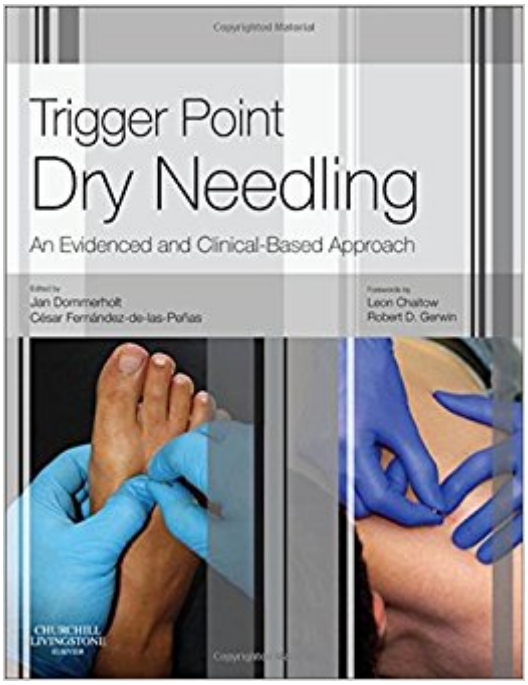
Trigger Point Dry Needling: An Evidence And Clinical-Based Approach, 1e



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Synopsis

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 FuÃ¢â ¬â„¢s subcutaneous needling. Trigger Point Dry Needling brings together authors who are internationally recognized specialists in the field of myofascial pain and dry needling.

Book Information

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Customer Reviews

"The book’s narrative style incorporates clinical and empirical evidence to underpin arguments for and against dry needling. It takes the reader on a clear journey from the effects of using needles on connective tissue and fascia to the evidence and application of trigger point dry needling...This is an excellent book for any physiotherapist who wants a clinically relevant overview of dry needling." In Touch, July 2013

Unfortunately, I bought this book and thought it could walk me through dry needling. Well, I'm glad I'd attended an excellent course, first. I felt it had poor photos and not very good explanations of where and how to do the needling... meaning, what to avoid, what is your backdrop (bone vs fingers with soft tissue), direction of needle and depth. I guess I wanted just a tiny bit MORE. It is an OK book, but now I'm wishing my instructor would write a book with the photographs and powerpoint presentation he used for our class!

Really great book for those interested in dry needling from an evidence-based perspective.

It is a great adjunct to the classes I attended.

Well written book, good chapters and evidence-based whenever possible. However, the downside of this book is the pictures. They're all black and white, making it difficult to visualize some of the techniques. I'd recommend the published to reconsider this aspect in future editions. I'd pay a few euros more just to have more clarity...

GREAT!!

This is a better reference in some ways than I thought it was going to be. I needed basic evidence, quick references for technique and positioning (since I don't needle too often) and some basic rationale. I would like to have seen more "trigger point maps" although I might not have found them quite yet in my Kindle Version.In some cases the evidence cited is "no clear evidence" which is just fine. There are good sections regarding rationale and overall evidence and techniques other than TDN are also addressed.

This book is profoundly informative and useful for anyone using dry needling or planning to do so. The explanations are clear and well-referenced. The authors are leaders in the field. Included is a chapter carefully giving safety guidelines, as well as chapters on related superficial dry needling, acupuncture aspects, intramuscular stimulation and subcutaneous needling. I believe that this book is destined to be the classic dry needling instruction text as well as the "go-to" reference text, and I recommend it highly.

Great resource for those that do TDN. Most informative guide that I have been able to find. Does a great job at explaining rationale, indications and contraindications.

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