EVALUATION OF THE EFFECTIVENESS OF DRY NEEDLING IN THE TREATMENT OF CHRONIC LUMBOSACRAL PAIN

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PURPOUSE

The aim of this study was to evaluate the effectiveness of dry needling SI needling as an adjunctive therapeutic tool to improve pain, functionality and quality of life in patients with lumbosacral pain radiating along the course of the iliac nerve.

MATERIALS AND METHODS

A total of 35 patients with chronic lumbosacral pain radiating along the length of the sciatic nerve and impaired sensorimotor function were included in the study. Patients were divided into two groups. Patients from both groups underwent a course of treatment of 10 procedures over two weeks, which included massage of the lumbosacral region and lower limbs according to the classical methodology of therapeutic massage and a complex of exercises to strengthen the lumbar part, pelvis and legs. The experimental program for Group B was supplemented with treatment of the "trigger bands" of the lower extremity according to the model of fascial distortion according to Typaldos, placement of dry needles along the length of the sciatic nerve and in the maximum painful points in the muscles - trigger points. To monitor the success of the treatment as well as to assess the effectiveness of the applied therapies, before and after the treatment, we measured the pain level (VAS), range of motion (goniometry) and muscle strength (dynamometry).

RESULTS

The applied therapeutic methods showed a positive impact on the condition of patients from both groups, with slightly better results in the experimental group. Statistical significance was noted in the measurement of VAS, flexion range of motion and the dynamometric test.

CONCLUSION

The use of dry needling has a positive effect on reducing pain and normalizing range of motion, increasing muscle strength and control, we recommend using it as a primary or additional treatment method. Specific to this study is the application of dry needling in addition to trigger points along the length of the sciatic nerve. Although the effects on function are consistent with earlier studies, the approach of acting on the nerve itself may cause more changes at the histological and biochemical level, which should be investigated in further studies, which may include observation of other parameters.