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Dry Needling Versus Trigger Point Release In Treatment Of Myofascial Low Back Pain

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Abstract : The aim of our study is to compare between the effects of dry needling and ischemic compression in treatment of myofascial low back pain. **Material and Methods:** Thirty patients participated in our study and divided into two equal groups suffering from myofascial low back pain with the presence of trigger points of quadratus lumborum, iliocostalis lumborum, piriformis and gluteus medius muscles. The first group (A) consist of 15 patients receiving trigger point release over trigger points followed by stretching exercise, the second group (B) consist of 15 patients receiving dry acupuncture point stimulation therapy over the same trigger points followed by stretching exercise. Their age ranged from 18 - 43 years. Pain severity and functional disability were measured by visual analogue scale and Oswestry disability questionnaire respectivly. **Results:** Regarding within group's comparison, statistical analysis using Wilcoxon Signed Rank tests revealed that there was a significant reduction in pain intensity scale and function disability at post treatment in compare to pre treatment at both groups with ($p < 0.05$). Considering the effect of the tested group (first independent variable) on pain level and function disability, " Mann-Whitney U test " revealed that there was no significant difference between both groups at pre and post treatment ($p>0.05$). **Conclusions**: The results showed a significant improvement in functional disability and a significant decrease in the visual analogue scores within each group. No differences were found between the improvement in both groups. Trigger point release and TrP DN were equally effective in reducing pain level and improvement of functional disability in treatment of patients with myofascial back pain.
Key words : myofascial pain, trigger points, ischemic compression, dry needling.

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