CLINICAL COMPASS
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Dry Needling

In the summer Evidence Center update for Dry Needling there were 12 papers. A review published in the ***Journal of Back & Musculoskeletal Rehabilitation*** on heel spurs was a highlight of the collection.

Latest Systematic Review

Dry needling for spine related disorders: a scoping review

3 New Studies in 2025

Key Papers

BENEFITS AND HARMS

Systematic Review to Inform a World Health Organization (WHO) Clinical Practice Guideline: Benefits and Harms of Needling Therapies for Chronic Primary Low Back Pain in Adults.

CLINICAL EFFECTIVENESS

Clinical Effectiveness of Dry Needling in Patients with Musculoskeletal Pain–An Umbrella Review

ADVERSE EVENTS

Adverse events associated with therapeutic dry needling.

NECK PAIN CARE

Dry Needling Versus Manual Therapy for Patients With Mechanical Neck Pain: A Randomized Controlled Trial.

LATERAL EPICONDALGIA

The use of dry needling vs. corticosteroid injection to treat lateral epicondylitis: a prospective, randomized, controlled study