

Dry Needling

In the Summer Evidence Center update for Dry Needling there were 8 papers. A meta-analysis published in the ***Journal of Manual and Manipulative Therapy*** on dry needling of trigger points was a highlight of the collection.

Latest Systematic Review

Dry needling and muscle mechanical properties in myofascial trigger points: a systematic review and meta-analysis



**8 New
Studies
in 2026**

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



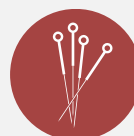
ADVERSE EVENTS

frequency and severity of adverse events associated with 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



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