

Trigger Point Dry Needling: An Evidenced and Clinical Based Approach.

Jan Dommerholt, Cesar Fernandez-de-las-Penas (eds), Churchill Livingstone, Elsevier, Edinburgh, 2013. ISBN 978-0-7020-4601-8. Hardcover 258 pages. RRP \$102 (www.fishpond.co.nz).

Part three is the only section that does not follow suit, possibly due to the topics not being the main focus of the book; thus the authors did not make reference to the current evidence base. Whilst it remains informative and visually pleasing the precedent set by the previous sections makes this section feel a little lacking in content.

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This book has been published at a time where there are a number of arguments for and against the use of dry needling as a therapeutic modality. The editors aimed to address these arguments and bring together all current evidence, as well as giving the reader a point of reference for technique and application. The quantity of information is broken down into easily manageable sections. The text gives an excellent background and step-by-step approach allowing an easy read for even the inexperienced therapist.

The text is split into three parts. Part 1 outlines the neurological and physiological effects of myofascial trigger point dry needling on both the connective tissue and fascia; effortlessly incorporating current research. A comprehensive section on safety and practical application then follows. Part one ends with the editor outlining a balanced argument for the use of dry needling; which is again adequately referenced.

In part two the use of trigger point dry needling on certain body parts for specific clinical presentations is presented. Each section begins with the author discussing the prevalence and aetiology of certain trigger points and then the evidence base for the use of dry needling. Some of the sections go into more detail than others on the current evidence base. Each muscle in that region is then detailed separately stating: anatomy, function, innervation, referred pain, needling technique and precautions. This is combined with clear photographs of each technique.

Part three focuses on other types of dry needling, stating their physiological benefits, clinical application and practical considerations. These approaches include: superficial dry needling, medical acupuncture, Gunn's intramuscular stimulation, for use in patients who present with neuropathy and Fu's subcutaneous needling, for the treatment of myofascial pain. Fu's subcutaneous needling uses a trigger point approach but with added dimensions, such as using a 'reperfusion approach' which has origins in Chinese acupuncture.

With the exception of the medical acupuncture approach, which provides current evidence based guidelines, the authors for the other three approaches discussed have not included current references.

Overall this book combines scientific explanations with practical applications and an in-depth look at the current evidence base, making this work clinically very applicable. The sections are easy to read and well set out whilst incorporating a wealth of information.