Naransammy, Saisha, 2019 Abstract

Dry Needling vs Intramuscular ES On Deltoid Myofascial Trigger Points

Objective
The aim of the study was to investigate the effectiveness of dry needling versus **intramuscular electrical stimulation** (**ES**) in the treatment of shoulder pain attributed to deltoid myofascial trigger points.

Results
The study showed that both treatment approaches were effective and neither proved to be superior to the other. **TENS** therapy is a low-risk procedure with minimal side effects. Whereas dry needling is an invasive procedure with possible contraindications.

Participants and Researchers
A sample of 30 participants between the ages of 18-50 years, participated in the study.

The researcher was Saisha Naransammy for a dissertation for a Masters in Technology (MTech), Chiropractic, at University of Johannesberg, Faculty of Health Sciences, South Africa.

Methods
The voluntary participants were randomly assigned into two groups of 15 participants each. Group 1 received dry needling therapy administered to their deltoid myofascial trigger points and Group 2 received therapy in the form of **intramuscular electrical stimulation** (**TENS**) on deltoid myofascial trigger points Procedure: The trial period included six treatments administered over a period of three to four weeks, together with a seventh visit for measurements only.

For the **transcutaneous electrical nerve stimulation** (**TENS**) on the deltoid muscle a **NeuroTrac MultiTENS** device (Verity Medical) was used, with treatment for ten minutes at a time.

The full abstract can be found at https://ujcontent.uj.ac.za/esploro/outputs/graduate/Dry-needling-versus-intramuscular-electrical-stimulation/9910268107691