

CASE REPORT

ACUTE EFFECTS OF DRY NEEDLING ON POSTERIOR SHOULDER TIGHTNESS. A CASE REPORT

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ABSTRACT

Background and Purpose: Posterior shoulder tightness has been associated with numerous shoulder disorders. Methods to increase posterior shoulder mobility may be beneficial. The purpose of this case report is to report the outcomes of a subject with posterior shoulder tightness treated with dry needling as a primary intervention strategy.

Case description: The subject was a 46-year-old man who was referred to physical therapy with primary symptoms of shoulder pain and loss of motion consistent with subacromial impingement syndrome. Clinical findings upon examination revealed glenohumeral internal rotation and horizontal adduction losses of motion and reproduction of pain symptoms upon palpation of the infraspinatus, teres minor, and posterior deltoid. A single treatment of trigger point dry needling was used to decrease pain and improve range of motion.

Outcomes: Following the intervention, clinically meaningful improvements were seen in pain and shoulder range of motion.

Discussion: This case report describes the use of trigger point dry needling in the treatment of a subject with posterior shoulder tightness. The immediate improvement seen in this subject following the dry needling to the infraspinatus, teres minor, and posterior deltoid muscles suggests that muscles may be a significant source of pain and range of motion limitation in this condition.

Level of Evidence: Level 4

Keywords: Dry needling, myofascial trigger point, shoulder pain, subacromial impingement syndrome.

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