

The adverse effects of dry needling

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The invasive techniques have been used for many years. There is a lot of literature on the advances that have been made, as well as the adverse effects or possible complications that have occurred during the performance of these treatments. Acupuncture and injections (either saline, anesthetics, corticosteroids or botulinum toxin) have reported several cases of complications. Dry needling on the other hand, being minimally invasive and governed by a scientific basis and knowledge of the anatomy is also beginning to have several publications of this type. What's going on? Are not precautions taken, safety steps are omitted, more knowledge of the technique/anatomy to be treated is needed? This oral communication tries to summarize the articles published from PUBMED and MEDLINE databases in relation to adverse effects of dry needling to promote a good practice and knowledge. Original articles in form of randomized controlled trials, case reports and reviews relating adverse effects and possible complications due to this technique have been

selected and synthesized by two authors. There are a huge variety of cases, therapists and incidents to generalize. 40 articles published between January 2000 and December 2018 were found and finally 10 were included. Complications are possible even taking into account all the precautions. Knowing how to react and recognize the adverse effects are necessary. The importance of a good knowledge of the anatomy and its variants, the correct application of this technique and a continuous training of physiotherapists has to be essential.

Biography

Rocio Llamas-Ramos has completed her PhD at the University of Alcalá, Alcalá de Henares, Madrid, Spain. Currently, she is working as a Physiotherapist at FREMAP, Salamanca. She has published several articles in reputed international journals.