

Q&A – Fibromyalgia
Ask the Physical Therapist
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Q: I was diagnosed with fibromyalgia several years ago. My doctor suggested I find a physical therapist that performs dry needling. What is dry needling? And can it help me?

A: Dry needling is a skilled intervention that uses a thin needle to stimulate myofascial trigger points, muscular, and connective tissues. Because trigger points are a constant source of painful input, over time the nervous system becomes hypersensitive. This sensitivity is well documented in fibromyalgia and trigger points are involved in nearly every pain syndrome. While trigger points may not be the cause of fibromyalgia, they have been shown to contribute to, magnify, and perpetuate symptoms. Generally, dry needling diminishes symptoms very quickly and can be a very effective addition to the overall management of your pain.

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