


Study Aims to Get to the Point of Dry Needling for Knee Pain


Many swear by it, experts launch study to see how it may ease pain, prevent injuries

The Ohio State University Wexner Medical Center

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SUGGESTED TEASE	STILL TO COME, IT MAKES SOME PEOPLE CRINGE, OTHERS SWEAR BY IT. THE GROWING POPULARITY OF DRY NEEDLING, AND WHAT EXPERTS ARE DOING TO BETTER UNDERSTAND IT, NEXT IN HEALTH NEWS.
ANCHOR LEAD	IF THE THOUGHT OF NEEDLES MAKES YOU A LITTLE UNEASY, THE POPULAR TREND KNOWN AS DRY NEEDLING MAY NOT BE FOR YOU. BUT A GROWING NUMBER OF PEOPLE SWEAR BY IT - INSISTING IT NOT ONLY EASES PAIN, BUT MAY BE ABLE TO PREVENT INJURIES. NOW, RESEARCHERS ARE PUTTING DRY NEEDLING TO THE TEST WHEN IT COMES TO KNEE PAIN TO SEE IF THERE IS ANY POINT TO IT. TO EXPLAIN HOW IT WORKS AND WHAT RESEARCHERS HOPE TO LEARN, HERE'S CLARK POWELL.
	(Nats -Alex on treadmill) :02
CG: Courtesy: The Ohio State University Wexner Medical Center Shots of Alex running on treadmill	AFTER RUNNING HER FIRST HALF MARATHON, ALEX PIERCE EXPECTED TO HAVE SORE MUSCLES. BUT SHE WAS CONCERNED WHEN HER BODY WASN'T RECOVERING AS QUICKLY AS SHE THOUGHT IT WOULD. :08
CG: Alex Pierce Receives dry needling	"I would try and run, and I could not get for probably 30 seconds or a minute more before it was just really bad pain" :06 / :14
Shots of Alex getting dry needling	SO, ALEX MET WITH PHYSICAL THERAPIST MATT BRIGGS OF THE OHIO STATE UNIVERSITY WEXNER MEDICAL CENTER, WHO PERFORMED A THERAPY CALLED DRY NEEDLING :07
	(Nats - Briggs:"you didn't feel that did you?") :02 / :23
Shots of Alex getting dry needling	IT'S A GROWING TREND THAT USES SMALL, SOLID NEEDLES TO STIMULATE TISSUE,

Shot of muscle twitch	RELEASE TIGHT MUSCLES AND ALLEVIATE PAIN. UNLIKE MASSAGE THERAPY, IT CAN DO ALL THOSE THINGS IN A FRACTION OF THE TIME. :12 / :35
CG: Matt Briggs, PT Ohio State's Wexner Medical Center	"Rather than using your hands or a foam roller, this is using the needle and actually, you're directly going to to the site of dysfunction." :09 / :43
Shots Briggs doing dry needling	ACUPUNCTURE USES NEEDLES IN ONE PART OF THE BODY TO INFLUENCE OTHER AREAS. NOT DRY NEEDLING. IN A NEW STUDY, EXPERTS HERE ARE INSERTING NEEDLES DIRECTLY INTO PROBLEM AREAS HOPING TO HELP WITH A CONDITION KNOWN AS RUNNER'S KNEE - A PAINFUL AND PERSISTENT PROBLEM WITH FEW TREATMENT OPTIONS. BRIGGS SAYS WHILE MANY PATIENTS INSIST THAT IT WORKS, HIS TEAM IS LOOKING FOR PROOF. :20 / 1:03
Matt Briggs (CG'd earlier)	"There's theory that it changes the way the nerves function, and it changes the way the muscle functions, that it changes the way the signals reach the spinal cord, and what signals reach the spinal cord, and how people perceive pain." :12 / 1:15
Shots of dry needling	WHILE RESEARCHERS TEST THOSE THEORIES, ALEX SAYS SHE HAS ALL THE PROOF SHE NEEDS - BECAUSE JUST A FEW NEEDLES IN HER KNEE IS ALL IT TAKES TO GET HER BACK ON HER FEET. :08 / 1:23
Alex Pierce (CG'd earlier)	"This procedure will help you keep gaining fitness. If you want to train for something, it's not going to sideline you during training. And hopefully you'll recover faster afterwards. That's a big deal." :12 1:35
Shots of dry needling	AT OHIO STATE'S WEXNER MEDICAL CENTER, THIS IS CLARK POWELL REPORTING. :03 / 1:38
ANCHOR TAG	IF YOU'RE WONDERING, IT'S CALLED <i>DRY</i> NEEDLING BECAUSE THERE ARE NO STEROIDS OR MEDICATIONS INVOLVED. HOLLOW NEEDLES THAT ARE USED TO INJECT PATIENTS WITH MEDICINES OR PAIN KILLERS ARE REFERRED TO AS <i>WET</i> NEEDLES. IN THIS STUDY, RESEARCHERS WILL FOLLOW 150 PATIENTS TO DETERMINE HOW WELL DRY NEEDLING WORKS TO ALLEVIATE PAIN AND EVEN PREVENT INJURIES.
 Share it! Suggested tweet:	Physical therapists @OSUWexMed put dry needling to the test for sore knees. bit.ly/1ZdaoRW

 Suggested post:	<p>In an effort to relieve knee pain, physical therapists are inflicting a little pain of their own using a popular therapy known as dry needling. Researchers The Ohio State University Wexner Medical Center say many patients swear by it, but they are looking for proof that it works when it comes to relieving runner's knee - a painful and persistent problem common in active adults. To see how dry needling works, click here: bit.ly/1ZdaoRW</p>
	Extra Bites
<p>CG: Matt Briggs, PT Ohio State's Wexner Medical Center</p>	<p><i>Briggs talks about what dry needling can do for muscles -</i> "It's used to change the way the muscles are firing. Sometimes you have tight muscles, and it can help the muscles relax, which then also can help reduce pain. The end goal of using dry needling is to facilitate function in movement."</p> <p><i>Briggs talks about what happens when a needle is inserted -</i> "You insert that into the soft tissue, most often muscle, to try and change pain, try to change the way the muscles function and fire, and hopefully trying to change the way people move, and improve their function and quality of life."</p> <p><i>Briggs talks about individualizing each patient's session -</i> "You can put the needle in and manipulate it and pull it out pretty quickly. There might be times where we actually leave the needles in for up to five, 10, maybe even 30 minutes to allow the body to accommodate to that, and the tissues to respond and muscles to relax."</p>
<p>CG: Alex Pierce Receives dry needling</p>	<p><i>Alex talks about benefits of dry needling over a massage -</i> "I didn't realize how knotted my legs were before I got that and how much deeper a needle can go rather than just like you massaging your own legs. It made a big difference just as far as relaxing those muscles and helping them re-strengthen themselves."</p> <p><i>Alex talks about how it feels to receive dry needling -</i> "It only feels odd, I think, because we're not making our muscles move, and they're just moving on their own. So it's just, it's more different than anything. It's not painful, by any means."</p> <p><i>Alex talks about how a physical therapist helps target tight areas -</i> "There are just points the foam roller's just not going to get to. And what's nice is he can feel himself and figure out where some of those areas might be that I might not be able to realize on my own."</p>

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