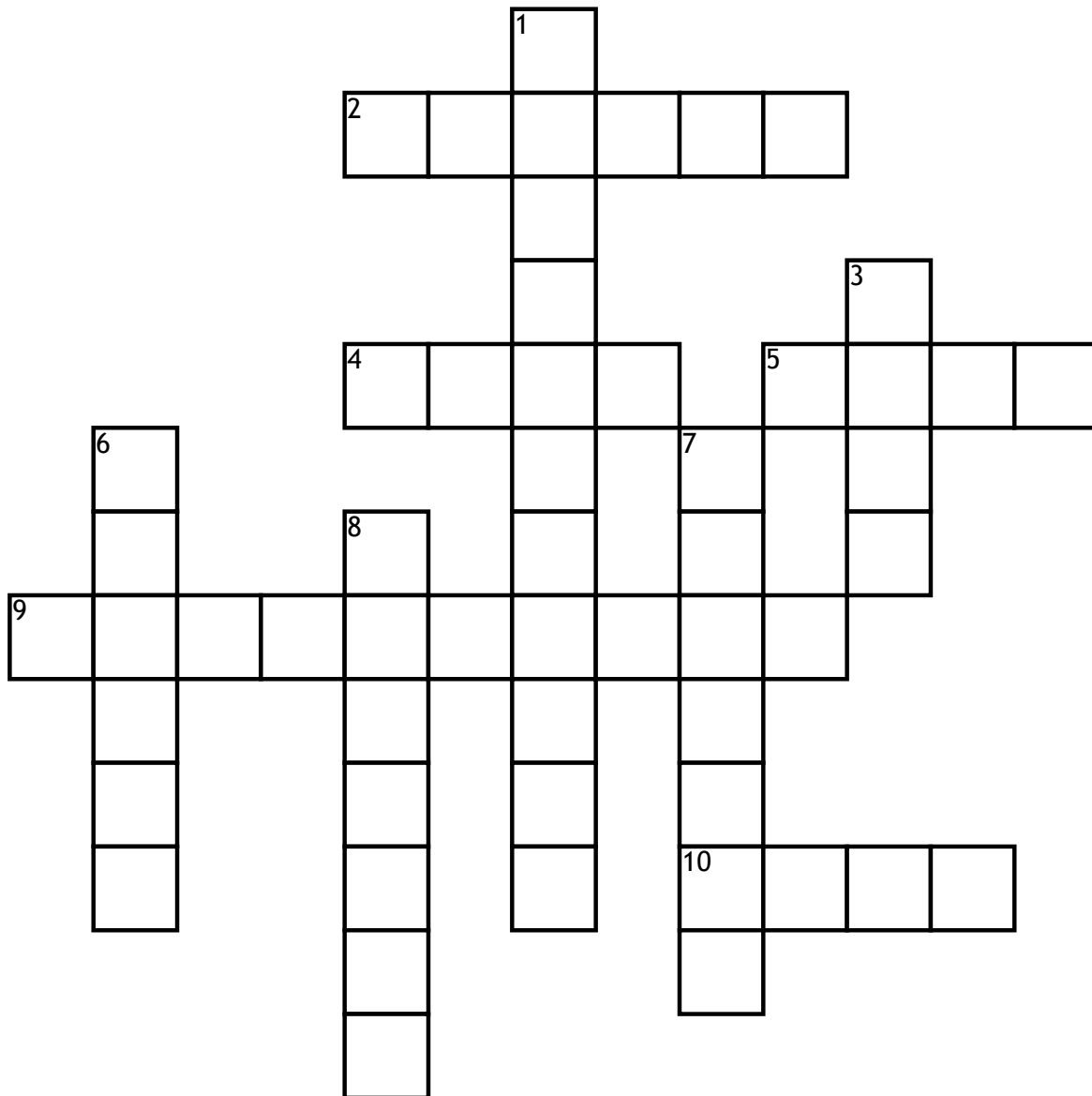


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Dry needling



## Across

2. Deep needling is where the \_ penetrates the muscle belly.
4. There should be a \_ ache felt and should never be sharp or overly painful.
5. Symptoms include impaired mobility, local pain, \_ bands of muscle and sensitivity of muscle.
9. Dry needling has a \_ scientific theory.
10. Dry needling is a cheap manual therapy and is \_ to learn.

## Down

1. Electrical stimulation with needling \_ the muscle causing contraction and stretch.
3. Dry needling can downregulate \_ , normalising tissue response.
6. Dry needling will elicit a \_ response, stretching the muscle fibre.
7. Dry needling has been shown effective for upper-\_ myofascial pain, neck pain and low back pain.
8. Pistoning or sparrow \_ technique are shown to have immediate improvements