

International Conference and Exhibition on  
**Pain Medicine**

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### Trigger point dry needling: An evidence-informed treatment for patients with chronic pain

The use of trigger point dry needling (DN) is one technique that has a growing body of evidence demonstrating its usefulness in many pain conditions, including fibromyalgia, headaches, migraines, shoulder pain, pelvic pain, and plantar fasciitis. TrPs have been established as persistent sources of nociceptive input contributing to local and referred pain, and peripheral and central sensitization. TrPs can also contribute to restrictions in range of motion, loss of muscle strength, and altered movement activation patterns. Participants will learn the neuro-physiological basis for DN in the context of pain sciences and recognize how dry needling can be of benefit for many different patient populations with long-standing pain issues. While the focus will be on pain management and DN of myofascial trigger points (TrPs), DN can also be used to treat fascial adhesions, scar tissue, tendons, enthesopathies, and ligaments, among others.

#### Biography

Michelle Layton is full-time clinician working at Bethesda Physiocare and a senior instructor for the dry needling seminars through Myopain Seminars. She became certified in dry needling in 2009 and shortly after became involved with the courses as an examiner and lab instructor. She is also a board certified clinical specialist in orthopedics and a certified cervical and temporomandibular therapist. In 2013 she had a chapter published, *Deep Dry Needling of the Trunk Muscles*, In: *Trigger Point Dry Needling: An Evidenced and Clinical-Based Approach* and she is co-author of the dry needling seminar work book for Myopain Seminars. She is a contributing co-author for a new quarterly review column for the *Journal of Bodywork and Movement Therapies*. She is involved in writing book reviews through the Orthopedic section of the APTA and *Journal of Musculoskeletal Pain*. She also serves as a manuscript reviewer for the *Journal of Manual and Manipulative Therapy*. Since 2006 she has been actively involved with the Federation State Boards of Physical Therapy as an item writer for the national physical therapy exam, the orthopedic practice review tool and other areas of need. She has also presented on the topic of dry needling at several conferences and to the Pennsylvania physical therapy board.

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