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The effect of upper trapezius muscle dry needling treatment on sleep quality: A case report

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1     **The effect of upper trapezius muscle dry needling treatment on sleep quality: A case report**

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11  
12    **Abstract:**

13    Myofascial pain syndrome is characterized by trigger points in muscles, resulting in pain,  
14    limitation of motion, muscle weakness and also referral pain. Upper part of trapezius muscle is  
15    one the most common sites in upper quadrant affected by this condition. Among various manual  
16    and non-manual techniques, dry needling is one of the most effective treatment methods, and is  
17    widely used recently by physiotherapists. A 34 year old, female hairstylist with chronic shoulder  
18    pain was admitted to a physiotherapy clinic and was treated with dry needling approach, after  
19    which she found improvement of shoulder symptoms and sleep quality. Results from this case  
20    report can create an interesting and clear precedent for considering dry needling treatment in  
21    future clinical trials.

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