

*Trigger Point Dry Needling: An Evidenced and Clinical-Based Approach*  
Jan Dommerholt and Cesar Fernandez-de-las-Peñas  
Churchill Livingstone, 2013, 280 pp.,  
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While trigger point dry needling is becoming a popular treatment choice for myofascial pain within North America, there are few texts that adequately present this topic in a research driven format while maintaining a clinical approach. With *Trigger Point Dry Needling: An Evidenced and Clinical-Based Approach*, Jan Dommerholt and Cesar Fernandez-de-las-Penas accomplish both.

Part one of this text presents the basic concepts and theories that surround myofascial trigger points, offering the theorized mechanisms of dry needling from a basic science and clinical research perspective. This section reviews adverse events as well as offering guidelines to improve safety for both the patient and the clinician (aiming to reduce needle stick injury risk).

Part two of this text reviews commonly treated muscles within six regional areas, each introduced with clinical research. Excellent photography and detailed instruction helps to illustrate the practical application of dry needling techniques.

Part three reviews alternate approaches to dry needling techniques, such as superficial dry needling and intramuscular stimulation (IMS). A chapter presenting dry needling from a western medical acupuncture perspective adds depth and balance to the text as a whole.

I would recommend this text to clinicians seeking a reference manual in this technique. The text is well written and referenced, proving to be helpful in answering questions surrounding the clinical rationale and theories around dry needling as well as offering an excellent instructional review of the technique itself.

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