

Western acupuncture & dry needling in spinal regions

McCutcheon LM

Combined Health Acupuncture and Dry Needling Education

Research Fellow School of Medicine, Griffith University

Physiotherapists in 'western' countries, including Australia, the UK, New Zealand, Canada, the US and South Africa are increasingly using Dry Needling and Western Acupuncture. Western Acupuncture has its foundations in neurophysiological clinical reasoning and combines local, segmental and extra-segmental needling points. Even though traditional acupuncture points are used with this style of needling Western Acupuncture is not viewed as Traditional Chinese Medicine (TCM) as no paradigms or traditional assessment methods are adopted from TCM. Dry needling in the spinal region will be discussed considering Travell & Simons, Gunn and Baldry approaches. Clinical reasoning combining both Western Acupuncture and Dry Needling will be presented along with relevant literature from the current evidence base for needling in spinal regions.