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Exploring the Efficacy of Dry Needling in Fibromyalgia: A Comprehensive Narrative Review

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ABSTRACT

Fibromyalgia is a chronic pain condition that affects muscles and soft tissues, fibromyalgia causes exhaustion,fatigue, sleep disturbances, and generalised pain. Despite the limited efficacy of pharmaceutical therapies, dry needling has viable substitute. Thin needles are inserted into myofascial trigger points during dry needling in order to reduce discomfort and enhance muscular function. In order to evaluate the effectiveness of dry needling in treating fibromyalgia symptoms, this narrative review emphasizes Randomised Controlled Trials (RCTs). A systematic search was conducted in PubMed, Scopus, Cochrane and Google Scholar databases published between 2014 and 2024 using the terms “dry needling”, “fibromyalgia”, “myofascial pain”. Studies included only RCTs in English and that assessed dry needling’s effect on pain intensity, muscle stiffness and quality of life in fibromyalgia patients were selected. A total of 185 research underwent screening. 8 studies that satisfied the eligibility conditions were selected for consideration after duplicate entries were eliminated and the inclusion criteria was applied. These studies offer more important information about how well dry needling works to lessen the severity of pain, increase functional capacity and improve quality of life.Dry needling hold promise as effective component in management of fibromyalgia, offering pain relief and functional improvement.

Keywords: Muscle stiffness, Myofascial pain, Pain management, Quality of life.