

ABSTRAKT BAKALÁŘSKÉ PRÁCE V AJ

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Title: Dry needling in the therapy of functional disorders of the musculoskeletal system

Subtitle: Myofascial trigger points

Abstract: This bachelor's thesis has a research character and concerns the application of dry needling in the therapy of functional disorders of the musculoskeletal system. The objective of this thesis is to provide a comprehensive summary about the topic of myofascial trigger points, which are considered to be the most common cause of myofascial pain and dry needling, which presents one of the therapy options. A part of the topic summary is dedicated to the Czech legislation concerning the application of dry needling in the physiotherapy practice. The main objective of this thesis is to create a systematic research of clinical studies, which compare the efficacy of dry needling to standard methods of physiotherapy. The research includes 22 randomized clinical studies, which compare the efficacy of dry needling to manual therapy, physical therapy and a combination of physiotherapy methods. Some follow the inclusion of dry needling application into a multimodal program. The results of this research show that the effect of dry needling is at least similar or even better in comparison to the other methods.

Key words: trigger point, myofascial pain syndrome, myofascial pain, functional disorder, dry needling