

The historical roots of dry needling go back to the first half of the 20th century. According to huge spread of issues connected with myofascial trigger points in society, dry needling is together with other therapeutic methods more and more on the front burner all around the world. This bachelor thesis is theoretical and introduces dry needling as possible treatment of myofascial pain and myofascial pain syndrome. The first part is focused on characteristic of myofascial trigger points, in the next part is written detailed description of dry needling. Emphasis is put on explanation of mechanism of dry needling, its description, safety principles and possible contraindications. Different techniques, that can be used, and possible effects, including side effects, are described afterwards. Next part is devoted to case report of patient, who could be recommended for dry needling. In the annex is added schematic diagram, which describes possible proposal of procedure, when the dry needling is indicated.