

# Srinivas University

Mangalore - India



## Atomic Research Centre (ARC)

Centre for Community Physiotherapy



**Coordinator**

**Aishwarya Nitin Sonwane**

**Assistant Professor**

**Institute of Physiotherapy**

### 1. Purpose of ARC:

Myofascial trigger point dry needling (MTP-DN) is evident in several conditions such as, headache, neck, shoulder, back pain etc. Dry needling (DN) is an invasive technique performed using a stainless-steel needle which penetrates through the skin to the MTP without introducing any drug thus deactivating the MTP in treating various neuromusculoskeletal conditions. This concept includes the assessment, management and is proved to be effective in suppressing pain during Primary Dysmenorrhea (PD). The research Centre in dry needling mainly focuses on the association and prevalence of PD with myofascial pain and musculoskeletal disorders, it was found that occurrences of MTP was highly related to the menstrual pain.

### 2. Objective of ARC:

- The objective of this research centre is to provide a scientific evidence and to discuss advancements in the domain of primary dysmenorrhea Research.
- To identify the immediate effect of MTP-DN on in rectus abdominis, internal and external obliques, quadratus lumborum and para spinalis muscles in reducing dysmenorrhea
- To guide students in the recognition and treatment of dysmenorrhea with the help of dry needling
- Identify the immediate effect of sham needling on dysmenorrhea
- To find the immediate effect of DN v/s sham needling in reducing dysmenorrhea
- To develop Evidence based physiotherapy management plan for a patients with primary dysmenorrhea.

### 3. Description on Proposed Research:

Research planed under this cell aims to find the possible effects of dry needling on primary dysmenorrhea conditions which will help in establishing a better treatment program for the patients.

**5. List of the Team Members:**

- Dr. Aishwarya Sonwane
- Dr. Aysha fidha

**6. List of Working Papers:**

- Immediate Effect of dry needling v/s sham needling on primary dysmenorrhea – a randomized sham-controlled trial