

## Effectiveness of Dry Needling on Pain and Pressure Point Threshold in Cervicogenic Headache

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**Abstract :** Headache disorders are one of the 10 most disabling conditions for men and women. Headache that originated from upper cervical spine and referred to the one side of the head and/or face is known as cervicogenic headache (CH) which constitute 15% to 20% among all the headaches. In our best knowledge manual therapy is often advocated for managing CH, but very little focus given on muscle system although it is a musculoskeletal disorder. In this study, 75 patients with CH were selected and divided into two groups Group A: Manual therapy and Group B: dry needling along with manual therapy group. Assessment was done using NPRS (0-10) for pain, wide spread pressure pain threshold using an algometer at the beginning and end of the study. There is a consistent reduction in pain and tenderness in both the group but significant improvement was shown in combined group. Outcome of the study has explored that the effectiveness of dry needling along with Mulligan is more beneficial in patients with cervicogenic headaches.

**Keywords :** cervicogenic headaches, dry needling, NPRS, pressure point threshold

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