

Bibliographic Data	
Authors	Liu L, Huang QM, Liu QG, et al.
Title	Effectiveness of Dry Needling for Myofascial Trigger Points Associated With Neck and Shoulder Pain: A Systematic Review and Meta-Analysis
PMID	
Citation	Archives of Physical Medicine and Rehabilitation 2015; 96:944-55.
Other information if relevant	Not registered.

Methods	
Aim of study	To evaluate current evidence of the effectiveness of dry needling of myofascial trigger points (MTrPs) associated with neck and shoulder pain.
Design	Systematic Review and Meta-Analysis

Reasons not to cite as evidence
<ul style="list-style-type: none"> - Only 4 long-term studies (2-6 months) were included. The meta-analyses included only one or 2 of these studies for each of 3 comparisons. - In addition, the 4 included studies were all quite small with only one study containing more than 20 participants per group. - Dry needling and acupuncture studies were analyzed together. Of the 4 studies, 2 were on acupuncture and 2 were on dry needling. These 2 treatments need to be analyzed in separate meta-analyses. This produces a great deal of heterogeneity in the analyses which was evident in the high I^2 values (88% and 58%) and makes interpretation difficult. It also makes it nearly impossible to distinguish the beneficial effects of each treatment separately. Too few studies were available for each modality to combine into meta-analyses and produce meaningful results. - The authors' results were inconclusive and it was recommended that the findings be interpreted with caution. This was an inadequate systematic review.

Additional references or comments if relevant
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