

**Title:** The Use of Dry Needling and Myofascial Meridians in a Case of Plantar Fasciitis

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**Abstract**

**Objective:** The purpose of this case report is to describe the use of dry needling based on myofascial meridians for management of plantar fasciitis.

**Clinical features:**

A 53-year-old man presented with bilateral chronic foot pain for more than 2 years. After 2 months of conventional treatment (ultrasound, plantar fascia and Achilles tendon stretching, and intrinsic foot strengthening), symptoms eventually improved; however, symptoms returned after prolonged standing or walking. Almost all previous treatment methods were localized in the site of pain that targeted only the plantar fascia. Initial examination of this individual revealed that multiple tender points were found along the insertion of Achilles tendon, medial gastrocnemius, biceps femoris, semimembranosus, and ischial tuberosity.

**Intervention and outcome:**

Dry needling of the trigger points was applied. After 4 treatments over 2 weeks, the patient felt a 60% to 70% reduction in pain. His pressure pain threshold was increased, and pain was alleviated. The patient returned to full daily activities. The rapid relief of this patient's pain after 2 weeks of dry needling to additional locations along the superficial back line suggests that a more global view on management was beneficial to this patient.

**Conclusion:**

Dry needling based on myofascial meridians improved the symptoms for a patient with recurrent plantar fasciitis.

**Key words:** Plantar fasciitis; Meridians; Myofascial pain syndrome