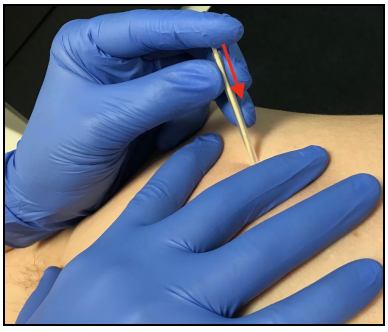
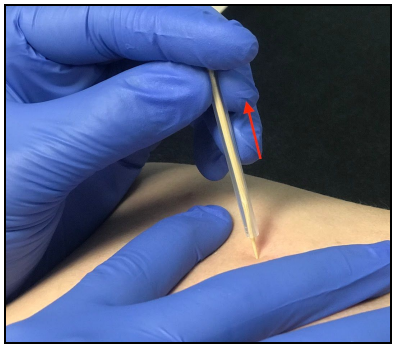
Appendix II. Sham TPDN procedures

1. Materials used include a guide tube from a 0.30 mm x 30 mm Seirin J-type disposable, stainless steel needle (Seirin Corp., Shizuoka, Japan) and a toothpick with one blunt end.

2. After a myofascial trigger point (MTrP) has been identified, gloves are donned and the skin prepped just as it would for an actual dry-needling procedure using clean technique. The guide tube with the toothpick in it is then placed firmly against the skin. The toothpick is kept away from the skin by pressing it against the guide tube using the index finger.



3. The toothpick is released by removing the index finger from the toothpick allowing it to fall against the patient's skin. The clinician then taps the blunt end of the toothpick to mimic the sensation of an actual needle penetrating the skin.



4. While maintaining downward pressure on the blunt end of the toothpick, the clinician lifts the guide tube from the skin using the other fingers of the same hand. Care is taken in this step to ensure a uniform pressure between the toothpick and the skin.

5. While maintaining downward pressure on the blunt end of the toothpick, the blunt end is moved in a circular fashion for approximately 10 - 15 seconds prior to lifting the toothpick from the skin without touching the guide tube to the skin again.

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