

13. Diseases of the Musculo Skeletal System and Connective Tissue

Reference

Jung MS. Effectiveness of herbal acupuncture of Carthami semen (Honghwa) vs. its cotreatment with spiral taping for the treatment of acute low back pain: A randomized controlled trial. *Daehan-Yakchim-Hakhoeji (Journal of Pharmacopuncture)* 2002; 5(2): 25–38 (in Korean with English abstract).

1. Objectives

To compare the effectiveness of Carthami semen (紅花, Honghwa) herbal acupuncture with that of Carthami semen herbal acupuncture + spiral taping for acute low back pain.

2. Design

Randomized controlled trial (RCT).

3. Setting

One Oriental clinic (Hwang Oriental Clinic), Republic of Korea.

4. Participants

Patients with acute low back pain and without a history of pain during the last 6 weeks (n=103).

5. Intervention

Arm 1: Carthami semen (紅花,) herbal acupuncture + spiral taping, hot pack (n=52).

Arm 2: Carthami semen (紅花,) herbal acupuncture + hot pack (n=51).

Herbal acupuncture was applied to 18 meridian points in the low back area twice a week.

Elastic Kinesio tapes were applied to the buttocks, low back, and psoas muscle.

6. Main outcome measures

Pain rated on a visual analogue scale (VAS), range of motion (ROM), Oswestry Disability Index (ODI).

7. Main results

Pain was significantly relieved (VAS score declined) by both treatments at all time points during treatment and 3 months after treatment ($P<0.05$). Both treatments significantly improved ODI (Arm 1, $P<0.001$; Arm 2, $P<0.005$). The improvement in VAS and ROM was significantly greater in Arm 1 than Arm 2 ($P<0.05$), but the improvement in ODI was similar in both groups.

8. Conclusions

Both treatments can be effective for acute low back pain, but the treatment with spiral taping is more effective.

9. Safety assessment in the article

Not mentioned.

10. Abstractor's comments

This study evaluated the effectiveness of Carthami semen herbal acupuncture treatment for acute low back pain. The study design called for an evaluation of the effect of Carthami semen herbal acupuncture + spiral taping, but only the efficacy of Carthami semen herbal acupuncture was evaluated. This study was performed in the clinic. Nevertheless statistical analysis and randomization were well performed. However, issues including informed consent were insufficiently addressed.

11. Abstractor and date

Kim HJ, 17 August 2010.