

### 13. Diseases of the Musculo Skeletal System and Connective Tissue

#### Reference

Lee SH, Cheong BS, Yun HS, et al. Therapeutic effect of Weizhong (BL40) venepuncture on low back pain. *Daehan-Chimgu-Hakhoeji (Journal of Korean Acupuncture & Moxibustion Society)* 2002; 19(1): 65–75 (in Korean with English abstract).

#### 1. Objectives

To evaluate the therapeutic effect of Weizhong (BL40, 委中) venepuncture on low back pain.

#### 2. Design

Randomized controlled trial (RCT).

#### 3. Setting

One Oriental hospital (National Medical Center), Republic of Korea.

#### 4. Participants

Patients with low back pain who visited the hospital (n=46).

#### 5. Intervention

Arm 1: Weizhong (BL40, 委中) venepuncture + acupuncture treatment (n=25).

Arm 2: Acupuncture treatment (n=21).

Acupuncture needles were inserted into the low back local acupuncture points once and retained for 20 minutes.

#### 6. Main Outcome Measures

Pain rating score (PRS).

#### 7. Main Results

PRS (as well as subscores for pain intensity, duration, frequency, and aggravation) were significantly improved by treatment in both arms, and the improvement was significantly greater in patients with an exposed vessel around the Weizhong (BL40) than patients without this exposed vessel. This result suggests that the exposed vessel around the Weizhong (BL40) may be an important indication for venepuncture.

#### 8. Conclusions

Weizhong (BL40) venepuncture is effective for low back pain in patients with an exposed vessel around the Weizhong (BL40), i.e., in the popliteal area.

#### 9. Safety assessment in the article

Not mentioned.

#### 10. Abstractor's comments

Weizhong (BL40) venepuncture has been widely used to treat low back pain in traditional Korean medicine, but few studies have demonstrated its efficacy. This study fails to meet certain requirements of clinical trials such as randomization, and use of inclusion and exclusion criteria. Moreover, adverse events are not mentioned, though adverse events related to venepuncture are known.

#### 11. Abstractor and date

Kim HJ, 17 August 2010.