

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

#### Reference

Jung EY, Na SS, Lee KN. Clinical effect of Gigong therapy by measuring ABR-2000 on neck stiffness patients. *Daehan-Uilyo-Gigong-Hakhoeji (Journal of Korean Academy of Medical Gigong)* 2003; 7(1): 61–76 (in Korean with English abstract).

#### 1. Objectives

To evaluate the effect of Gigong therapy (氣功外氣療法) on neck stiffness measured by ABR-2000.

#### 2. Design

Randomized controlled trial (RCT).

#### 3. Setting

One Oriental hospital (Wolgol Korean Clinic), Republic of Korea.

#### 4. Participants

Patients with neck stiffness (age= over 18 years, n=22).

#### 5. Intervention

Arm 1: Hand acupuncture treatment followed by Gigong therapy, flaming cupping therapy, and Gigong-flaming cupping therapy, and Gigong-manual remedy therapy (n=11).

Arm 2: Hand acupuncture cupping therapy (n=11).

#### 6. Main Outcome Measures

Stress measured by stress analyzer ABR-2000 (Meridian Co., Ltd., Seoul, Korea).

#### 7. Main Results

Treatment eliminated chronic symptoms sooner and had a greater effect on regulation and activity subscores in Arm 1 than Arm 2.

#### 8. Conclusions

Gigong therapy acts on the autonomic nervous system and reduces strain.

#### 9. Safety assessment in the article

Not mentioned.

#### 10. Abstractor's comments

This study showed that adding Gigong therapy to general acupuncture and cupping therapy improves their effect on neck stiffness. The effect of Gigong therapy was impressive, but use of ABR-2000 to evaluate the effect is questionable.

#### 11. Abstractor and date

Nam HJ, 21 August 2010.