

13. Diseases of the Musculo Skeletal System and Connective Tissue

Reference

Ryu HS, Jeon SH, Park DS, et al. Clinical study for Chuna treatment on neck pain patient with hypolordotic cervical spine. *Cheokchu-Singyeong-Chuna-Ui-Hakhoeji (The Journal of Korea Chuna Manual Medicine for Spine and Nerves)* 2006; 1(2): 11–20 (in Korean with English abstract).

1. Objectives

To evaluate the effect of Chuna treatment on neck pain in patients with hypolordotic cervical spine.

2. Design

Randomized controlled trial (RCT).

3. Setting

One Oriental hospital (Chuncheon Oriental Hospital), Republic of Korea.

4. Participants

Neck pain patients with hypolordotic cervical spine (n=20).

5. Intervention

Arm 1: Acupuncture + Chuna treatment (n=10).

Arm 2: Acupuncture only (n=10).

6. Main outcome measures

Pain self-assessed on a visual analogue scale (VAS), change in cervical curvature.

7. Main results

There was a statistically significant between-group difference in VAS score after 3 and 5 rounds of treatment. There was no statistically significant between-group difference in the rate of recovery from cervical lordosis after 5 rounds of treatment.

8. Conclusions

Chuna treatment combined with acupuncture is more effective than acupuncture only for neck pain in patients with hypolordotic cervical spine. However, short-term Chuna treatment does not promote the recovery of the hypolordotic cervical spine.

9. Safety assessment in the article

Not mentioned.

10. Abstractor's comments

This study evaluated the effectiveness of Chuna treatment for neck pain. This study was meaningful insofar as efficacy was objectively evaluated using radiological criteria. Although the hypolordotic cervical spine was not improved, treatment resulted in pain relief. However, the randomization method was improper.

11. Abstractor and date

Kim HJ, 17 August 2010.