

19. Injury, Poisoning and Certain Other Consequences of External Causes

Reference

Ahn CK, Seo JW, Kim SJ. The effect of the 4 imageries of Alexander technique in traffic accident patients with whiplash injuries. *Hanbang-Jaehwal-Uihakgwa-Hakhoeji (Journal of Oriental Rehabilitation Medicine)* 2006; 16(4): 61–72 (in Korean with English abstract).

1. Objectives

To evaluate the effect of the Alexander technique on patients with whiplash injuries.

2. Design

Randomized controlled trial (RCT).

3. Setting

One Oriental hospital (Conmaul Oriental Medical Hospital), Republic of Korea.

4. Participants

Patients with neck sprain due to traffic accident trauma, hospitalized in Conmaul Oriental Medical Hospital, Department of Oriental Rehabilitation Medicine, between April 2006 and August 2006 (n=23).

5. Intervention

Arm 1: Treatment group. Acupuncture applied to the A-shi, Fengchi (GB20, 風池), Jianjing (GB21, 肩井), Dazhui (GV14, 大椎), Fengfu (GV16, 風府), and Fengmen (BL12, 風門) acupoints + Oriental medicine (Whallak-Tang [Huoluotang {活絡湯}])) + Cupping therapy + hot pack + Ultrasound + Interferential Current Therapy (ICT) + Alexander technique (employing 4 images) (n=10).

Arm 2: Control group. Acupuncture applied to the A-shi, Fengchi (GB 20, 風池), Jianjing (GB 21 肩井), Dazhui (GV14, 大椎), Fengfu (GV16, 風府), and Fengmen (UB12, 風門) acupoints + Oriental medicine (Whallak-Tang (Huoluotang {活絡湯})) + Cupping therapy+ hot pack + Ultrasound + ICT (n=13).

6. Main Outcome Measures

Neck Disability Index (NDI), pain evaluated on a visual analogue scale (VAS 100 mm).

7. Main Results

Treatment significantly decreased NDI and VAS scores in Arm 1 and VAS ($P<0.05$) but not NDI score in Arm 2. There were no between-group differences in these measures.

8. Conclusions

The Alexander technique is effective.

9. Safety assessment in the article

Not mentioned.

10. Abstractor's comments

This study evaluated the efficacy of the Alexander technique (using 4 images) for neck pain from traffic accident trauma. During the 7-day acupuncture treatment, patients in Arm 1 but not Arm 2 were trained to perform the Alexander technique using 4 images (10 minutes/session, total of 5 sessions). Treatment significantly decreased NDI and VAS scores in Arm 1, but there was no significant between-group difference. It is hard to attribute increased pain reduction to the Alexander technique, but it is thought that the Alexander technique had some effect. In the future, more study is needed with large number of subjects to evaluate the effect of mind-body therapy on the musculoskeletal system.

11. Abstractor and date

Cho SH, 13 July 2010.