13. Diseases of the Musculo Skeletal System and Connective Tissue

Reference

Kim CY, Kwon NH, Shin YJ, et al. Randomized controlled trial: Effect of master Dong's acupuncture in chronic shoulder pain patients. *Daehan-Chimgu-Hakhoeji* (*Journal of Korean Acupuncture & Moxibustion Society*) 2007; 24(6): 89–96 (in Korean with English abstract).

1. Objectives

To evaluate the effect of Dong's acupuncture on chronic shoulder pain.

2. Design

Randomized controlled trial (RCT).

3. Setting

One Orienal hospital (Kyunghee University Medical Center), Republic of Korea.

4. Participants

Office workers who performed more than 3 hours of computer work a day and complained of chronic shoulder pain (n=40, age: 20–60 years).

5. Intervention

Arm 1: Dong's acupuncture (n=20).

Arm 2: No treatment (self-administered exercise only) (n=20).

Yangxi (LI15, 陽谿), Jianliao (TE14, 肩髎), and Jianjing (GB21, 肩井) on the affected side and Dong's acupuncture points Gyun-joong (肩中) and Shin-guan (腎關) on the non-affected side were used for treatment.

Among 40 subjects enrolled, 4 subjects (2 subjects in each arm) dropped out of the study

6. Main Outcome Measures

Scores on Constant Shoulder Assessment (CSA), Shoulder Pain and Disability Index (SPADI), pain evaluated on a visual analogue scale (VAS).

7. Main Results

CSA, SPADI, and VAS scores were significantly improved with treatment for 4 weeks in Arm 1 ($P<0.05$), and only the CSA score was significantly improved without treatment in Arm 2 ($P<0.05$). The improvement in CSA and SPADI scores after 4 weeks of treatment was significantly greater in Arm 1 than Arm 2 ($P<0.05$).

8. Conclusions

Dong's acupuncture for 4 weeks improves shoulder pain and disability.

9. Safety assessment in the article

Not mentioned.

10. Abstractor's comments

This study evaluated the effect of Dong's acupuncture on chronic shoulder pain in office workers who have lots of mental stress. The randomization method and inclusion criteria were properly described, but reasons for patient withdrawal early in the trial should have been included with the description of the statistical analysis.

11. Abstractor and date

Kim HJ, 17 August 2010.