13. Diseases of the Musculo Skeletal System and Connective Tissue

Reference

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

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.