9. Cardiovascular Diseases

Reference

1. Objectives
To evaluate the effect of ginger herbal acupuncture and bee venom acupuncture on hemiplegic shoulder pain after stroke.

2. Design
Randomized controlled trial (RCT).

3. Setting
One Oriental hospital (Oriental Medical Hospital of Dongeui University at Busan and Ulsan), Republic of Korea.

4. Participants
Hemiplegic patients three weeks after stroke onset and shoulder pain with Manual Muscle Test (MMT) grade 1 - 4 (n=23).

5. Intervention
Treatment at the Jianyu (LI15, 肩髃), Jianliao (TE14, 肩髎), Jianjing (GB21, 肩井), and Naoshu (SI10, 臓兪) acupuncture points, one round every 2 days for 2 weeks, 6 rounds in total.

Arm 1: Conservative therapy + ginger herbal acupuncture (n=12).
Arm 2: Conservative therapy + bee venom acupuncture (n=11).

6. Main outcome measures
Upper extremity muscle strength measured by Manual muscle test (MMT) score, pain on shoulder movement measured on a visual analogue scale (VAS), and passive range of motion (ROM).

7. Main results
1) Both ginger herbal and bee venom acupuncture significantly improved muscle strength and reduced shoulder pain (P<0.05).
2) Bee venom acupuncture significantly improved every aspect of range of motion (abduction, adduction, flexion, and extension: P=0.005, 0.024, 0.007, and 0.007, respectively), but ginger herbal acupuncture significantly improved only adduction and flexion (adduction and flexion: P =0.043 and 0.027, respectively).
3) There were no between-group differences in pain intensity after one and two weeks of treatment, but there was significant improvement in pain intensity between one and two weeks of treatment with bee venom acupuncture (P<0.032).

8. Conclusions
Ginger herbal acupuncture and bee venom acupuncture are both effective for shoulder pain in patients with hemiplegia after stroke. Bee venom acupuncture is more effective.

9. Safety assessment in the article
Not mentioned.

10. Abstractor’s comments
This study evaluated the effect of ginger herbal acupuncture and bee venom acupuncture on shoulder pain after stroke, and the bee venom acupuncture had more efficacy. Insofar as the sample size is small and study period is short, the need for additional clinical study is suggested.

11. Abstractor
Go HY, 18 July 20