13. Diseases of the Musculo Skeletal System and Connective Tissue

Reference

1. Objectives
To evaluate the effect of bee venom acupuncture therapy on C-spine sprain.

2. Design
Double-blinded randomized controlled trial (DB-RCT).

3. Setting
One Oriental hospital (Kyungwon University Orineal Hospital), Republic of Korea.

4. Participants
Patients with C-spine sprain but not radicular pain or organic disease (n=26).

5. Intervention
Arm 1: Bee venom acupuncture + acupuncture (n=13).
Arm 2: Acupuncture (n=13).
Among 26 subjects enrolled, 5 dropped out during the study (3 in Arm 1, 2 in Arm 2).

6. Main outcome measures
Severity of disability self-assessed on a visual analogue scale (VAS) and Neck Disability Index (NDI) score.

7. Main results
Treatment in both groups significantly decreased VAS and NDI scores, but these decreases were greater in Arm 1 than Arm 2.

8. Conclusions
Bee venom acupuncture combined with acupuncture is more effective than acupuncture only for treating C-spine sprain.

9. Safety assessment in the article
Not mentioned.

10. Abstractor’s comments
This study was meaningful inasmuch as bee venom acupuncture is used in treating back pain and C-spine sprain. The reasons for withdrawal were described and blinding was used. However, an evaluation of the adverse events of bee venom acupuncture and statement of the exclusion criteria would have improved this study.

11. Abstractor and date
Kim HJ, 17 August 2010.