

### 13. Diseases of the Musculo Skeletal System and Connective Tissue

#### Reference

Kim KT, Song HS. A randomized controlled double blinding study of bee venom acupuncture therapy on sprain of C-spine. *Daehan-Chimgu-Hakhoeji (Journal of Korean Acupuncture & Moxibustion Society)* 2005; 22(4):189–95 (in Korean with English abstract).

#### 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.