

## 19. Injury, Poisoning and Certain Other Consequences of External Causes

### Reference

Hwang JS, Lim DJ, Hwang JH, et al. Study of the effect of blood-letting cupping treatment for acute ankle sprain: A randomized controlled trial. *Daehan-Chimgu-Hakhoeji (Journal of Korean Acupuncture & Moxibustion Society)* 2005; 22(3): 243–52 (in Korean with English abstract).

### 1. Objectives

To evaluate the effect of blood-letting cupping on acute ankle sprain.

### 2. Design

Randomized controlled trial (RCT).

### 3. Setting

One Oriental hospital (Bundang Oriental Hospital of Dongguk University), Republic of Korea.

### 4. Participants

Patients with obvious trauma, excluding fracture, who visited the hospital within 1 week and received no other treatment (n=29).

### 5. Intervention

Arm 1: Blood-letting cupping.

Arm 2: Control.

Out of 29 patients, 19 (11 in Arm 1, 8 in Arm 2) were finally included for analysis.

### 6. Main Outcome Measures

Scores on the Ankle-Hindfoot Scale (AHS) and Numerical Rating Scale (NRS).

### 7. Main Results

Treatment resulted in significantly greater improvement in Arm 1 than Arm 2 (AHS, NRS:  $P=0.041$ ,  $0.026$ ).

### 8. Conclusions

Treatment by blood-letting cupping is effective for acute ankle sprain.

### 9. Safety assessment in the article

Not mentioned.

### 10. Abstractor's comments

This study was a randomized, controlled trial conducted in patients who visited the hospital with acute ankle sprain within 1 week. Patients were allocated to treatment and control groups, and sprain severity was evaluated using AHS and NRS scores. Blood-letting cupping had a significant effect on acute ankle sprain relief, but the small number of subjects is a limitation of this study.

### 11. Abstractor and date

Cho SH, 13 July 2010.