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

Reference

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.