13. Diseases of the Musculo Skeletal System and Connective Tissue

Reference

1. Objectives
To evaluate the effect of Chuna treatment on neck pain in patients with hypolordotic cervical spine.

2. Design
Randomized controlled trial (RCT).

3. Setting
One Oriental hospital (Chuncheon Oriental Hospital), Republic of Korea.

4. Participants
Neck pain patients with hypolordotic cervical spine (n=20).

5. Intervention
Arm 1: Acupuncture + Chuna treatment (n=10).
Arm 2: Acupuncture only (n=10).

6. Main outcome measures
Pain self-assessed on a visual analogue scale (VAS), change in cervical curvature.

7. Main results
There was a statistically significant between-group difference in VAS score after 3 and 5 rounds of treatment. There was no statistically significant between-group difference in the rate of recovery from cervical lordosis after 5 rounds of treatment.

8. Conclusions
Chuna treatment combined with acupuncture is more effective than acupuncture only for neck pain in patients with hypolordotic cervical spine. However, short-term Chuna treatment does not promote the recovery of the hypolordotic cervical spine.

9. Safety assessment in the article
Not mentioned.

10. Abstractor’s comments
This study evaluated the effectiveness of Chuna treatment for neck pain. This study was meaningful insofar as efficacy was objectively evaluated using radiological criteria. Although the hypolordotic cervical spine was not improved, treatment resulted in pain relief. However, the randomization method was improper.

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