13. Diseases of the Musculo Skeletal System and Connective Tissue

Reference

Cho JH, Chung SH, Kim SS. The effect of Dong-Si acupuncture point on the meridian muscle tension of the governor vessel and bladder meridian. *Hanbang-Jaehwal-Uihakgwa-Hakhoeji* (*Journal of Oriental Rehabilitation Medicine*) 2006; 16(3): 83–92 (in Korean with English abstract).

1. Objectives

To evaluate the effect of Dong-Si (董氏) acupuncture pointstimulation on meridian muscle tension.

2. Design

Randomized controlled trial (RCT).

3. Setting

One Oriental hospital (Kyunghee University Medical Center), Republic of Korea.

4. Participants

Healthy subjects (n=30).

5. Intervention

Arm 1: Dong-Si acupuncture at the Linggu (靈骨) and Dabai (大白) acupuncture points + standing up-right for 5 minutes (n=15).

Arm 2: Standing up-right for 5 minutes (n=15).

6. Main outcome measures

Tension of the hamstring determined by the Finger to Floor Method (FFM) and of the erector spinae determined by Back Distance Method (BDM), and muscle tension determined by meridian electromyography (MEMG).

7. Main results

Treatment significantly decreased hamstring tension (P=0.001) but not erector spinae tension in Arm 1 compared with Arm 2. Moreover, MEMG showed significantly decreased muscle tension in Arm 1 compared to Arm 2 (P=0.002 Lt, 0.003 Rt).

8. Conclusions

The Dong-Si acupuncture at the Linggu and Dabai acupuncture points decreases meridian muscle tension.

9. Safety assessment in the article

Not mentioned.

10. Abstractor's comments

This study evaluated the practical use of the Dong-Si acupuncture points (Linggu, Dabai) and was meaningful insofar as electromyography was used to evaluate the effect. Unfortunately, the finger to floor test was used for evaluating hamstring tension. Moreover, the inclusion criteria were not definite, so the number of volunteers and drop-out subjects was not mentioned. Institutional Review Board (IRB) regulations regarding inclusion of subjects should be followed.

11. Abstractor and date

Kim HJ, 17 August 2010.