13. Diseases of the Musculo Skeletal System and Connective Tissue

Reference

1. Objectives
To evaluate the effect of Dong-Si (董氏) acupuncture point stimulation on meridian muscle tension.

2. Design
Randomized controlled trial (RCT).

3. Setting
One Oriental hospital (Kyunhhee 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.