13. Diseases of the Musculo Skeletal System and Connective Tissue

Reference

1. Objectives
To compare the efficacy of Eastern medical treatment with that of Western medical treatment for frozen shoulder.

2. Design
Randomized controlled trial (RCT).

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

4. Participants
Patients with frozen shoulder and shoulder pain. Index cases enrolled in clinical trial (n=39, male/female=16/23).

5. Intervention
Arm 1: Eastern treatment (acupuncture) (n=22).
Arm 2: Western treatment (nerve block) (n=17).
Suprascapular nerve block (steroid mixed with 1% lidocane 5 ml), subacromial injection, and trigger point injection (0.5 – 2 ml topical anesthetic) for Western treatment.
Jianyu (LI15, 肩髃), Jianliao (TE14, 肩髎), Jianjing (GB21, 肩井), and Dong-si (董氏) acupuncture points (Shin-guan and Gyun-joong) twice a week for 4 weeks in acupuncture group.

6. Main Outcome Measures
Scores on Constant Shoulder Assessment (CSA), Shoulder Pain and Disability Index (SPADI), and pain evaluated on a visual analogue scale (VAS).

7. Main Results
CSA and SPADI scores were significantly improved (P<0.05) in both groups, but these improvements were not significantly different between groups. At the end of the trial, pain (VAS) was less in Arm 1 (5.67 vs. 7.73 [Arm 2]).

8. Conclusions
Both treatments are equally effective.

9. Safety assessment in the article
Not mentioned.

10. Abstractor’s comments
The development of standard treatment guidelines for each disease is very important. The objective of this study was to compare the efficacy of Eastern with that of Western medical treatment for frozen shoulder. Using these small clinical trials as a basis, it is thought that standard treatment guidelines will be developed in the near future.

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