

9. Cardiovascular Diseases

Reference

Lee SW, Yoon JM, Son JW, et al. The effect of electroacupuncture on upper-extremity spasticity of stroke patients. *Daehan-Hanbang-Naegwa-Hakhoeji (Journal of Korean Oriental Internal Medicine)* 2007; 28(3): 492–501 (in Korean with English abstract).

1. Objectives

To evaluate the effectiveness of treatment with electroacupuncture on upper-extremity spasticity in stroke patients.

2. Design

Randomized controlled trial (RCT).

3. Setting

One Oriental hospital (details not mentioned), Republic of Korea.

4. Participants

Hemiplegic patients with upper-extremity spasticity after stroke (n=20).

5. Intervention

Arm 1: Conservative therapy + electroacupuncture treatment (5 rounds per week for 2 weeks, total 10 rounds, acupuncture for 20 minutes at the Quze (P3, 曲澤), Tianquan (PC2, 天泉), Neiguan (PC6, 內關), and Chize (LU5, 尺澤) acupuncture points; n=10).

Arm 2: Conservative therapy only (n=10).

Two subjects in Arm 2 dropped out during the study.

6. Main outcome measures

Score on the Modified Ashworth Scale (MAS), Fugl-Meyer Assessment (FAM), and H-reflex/M-response (H/M ratio).

7. Main results

1) There was no significant between-group difference in MAS.

2) FMA showed a tendency toward improvement in Arm 1 compared to Arm 2.

3) H/M ratio was significantly decreased after 2 hours in Arm 1 (-34.1 ± 34.4 vs. -54.5 ± 31.2 in Arm 2, $P=0.006$).

8. Conclusions

Electroacupuncture is effective for decreasing spasticity and improving functional recovery.

9. Safety assessment in the article

Not mentioned.

10. Abstractor's comments

This study evaluated the effectiveness of electroacupuncture for upper-extremity spasticity due to stroke. H/M ratio was the only quantitative measure to show significant between-group differences. As the number of subjects were small and evaluation period was short, there is a need for additional clinical trials.

11. Abstractor

Go HY, 18 July 2010.