

### 13. Diseases of the Musculo Skeletal System and Connective Tissue

#### Reference

Nam DW, Choi YS, Kim HB, et al. Randomized controlled trial of East-West collaborative medical treatment on female chronic shoulder pain patients. *Daehan-Chimgu-Hakhoeji (Journal of Korean Acupuncture & Moxibustion Society)* 2007; 24(6): 113–22 (in Korean with English abstract).

#### 1. Objectives

To evaluate the effectiveness of combinations of Eastern-Western medical treatments for chronic shoulder pain.

#### 2. Design

Randomized controlled trial (RCT).

#### 3. Setting

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

#### 4. Participants

Patients with chronic shoulder pain (n=60). Patients were randomly assigned.

#### 5. Intervention

Arm 1: (Eastern-Western combined treatment; EW): Acupuncture treatment + nerve block treatment (n=20).

Arm 2: (Eastern medical treatment only; E): Acupuncture treatment (n=20).

Arm 3: (control group; C): No treatment (n=20).

Suprascapular nerve block (steroid mixed with 1% lidocaine, 5 ml), subacromial injection, and trigger point injection (0.5–2 ml of topical anesthetic) for Western medical treatment.

Yangxi (LI15, 陽谿), Jianliao (TE14, 肩髃), Jianjing (GB21, 肩井), and Dong-si (董氏) acupuncture points (Shin-guan and Gyun-joong) twice a week for 4 weeks in the acupuncture group.

#### 6. Main Outcome Measures

Score on the Constant Shoulder Assessment (CSA), Shoulder Pain and Disability Index (SPADI), and pain assessed on a visual analogue scale (VAS).

#### 7. Main Results

Patients in Arm 1 and Arm 2 showed significant improvement in CSA, SPADI, and VAS ( $P < 0.05$ ).

There was a significant difference in CSA, SPADI, and VAS between Arm 1 and Arm 3 ( $P < 0.001$ ), and in VAS between Arm 1 and Arm 2 ( $P = 0.012$ ).

#### 8. Conclusions

The combined treatment for chronic shoulder pain is significantly more effective.

#### 9. Safety assessment in the article

Not mentioned.

#### 10. Abstractor's comments

The combining of Eastern and Western remedies is an active topic for discussion in medicine. In this study, the effectiveness of combined treatment for chronic shoulder pain is compared with that of Eastern medical treatment and no treatment. The overall study design, randomization, and inclusion criteria were clearly presented, but it is unfortunate that the Eastern treatment was combined with nerve block treatment (the Western treatment).

#### 11. Abstractor and date

Kim HJ, 17 August 2010.