13. Diseases of the Musculo Skeletal System and Connective Tissue

Reference

1. Objectives
To evaluate the effect of Dong’s acupuncture on chronic shoulder pain.

2. Design
Randomized controlled trial (RCT).

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

4. Participants
Office workers who performed more than 3 hours of computer work a day and complained of chronic shoulder pain (n=40, age: 20–60 years).

5. Intervention
Arm 1: Dong’s acupuncture (n=20).
Arm 2: No treatment (self-administered exercise only) (n=20).
Yangxi (LI15, 阳谿), Jianliao (TE14, 肩髎), and Jianjing (GB21, 肩井) on the affected side and Dong’s acupuncture points Gyun-joong (肩中) and Shin-guan (腎關) on the non-affected side were used for treatment.
Among 40 subjects enrolled, 4 subjects (2 subjects in each arm) dropped out of the study.

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

7. Main Results
CSA, SPADI, and VAS scores were significantly improved with treatment for 4 weeks in Arm 1 ($P<0.05$), and only the CSA score was significantly improved without treatment in Arm 2 ($P<0.05$).
The improvement in CSA and SPADI scores after 4 weeks of treatment was significantly greater in Arm 1 than Arm 2 ($P<0.05$).

8. Conclusions
Dong’s acupuncture for 4 weeks improves shoulder pain and disability.

9. Safety assessment in the article
Not mentioned.

10. Abstractor’s comments
This study evaluated the effect of Dong’s acupuncture on chronic shoulder pain in office workers who have lots of mental stress. The randomization method and inclusion criteria were properly described, but reasons for patient withdrawal early in the trial should have been included with the description of the statistical analysis.

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