13. Diseases of the Musculo Skeletal System and Connective Tissue

Reference

1. Objectives
To evaluate the effect of concurrent treatment with Sacro Occipital technique (SOT) and conventional acupuncture on lower back pain and physical functioning.

2. Design
Randomized controlled trial (RCT).

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

4. Participants
Patients with lower back pain (n=72).

5. Intervention
Arm 1: Category 1 treatment + acupuncture (n=13).
Arm 2: Category 2 treatment + acupuncture (n=24).
Arm 3: Category 3 treatment + acupuncture (n=19).
Arm 4: Acupuncture (n=16).
The application of SOT blocks was determined from the results of posture analysis. Category is determined according to the individual structural characteristics of the pelvis and leg length in osteopathy. Acupuncture needle application was not described in detail.

6. Main outcome measures
Pain rated on a visual analogue scale (VAS), Oswestry Disability Index (ODI).

7. Main results
Treatments in Arm 2 and Arm 3 were more effective than in Arm 4 between the first and second sessions. The improvement in physical functioning (ODI score) was significant between the first and third sessions in Arm 2, but not in Arm 3. There were no between-group differences in pain relief (pain VAS score).

8. Conclusions
SOT blocking concomitant with acupuncture showed efficacy in patients receiving category 2 treatment.

9. Safety assessment in the article
Not mentioned.

10. Abstractor’s comments
This study evaluated the effectiveness of SOT block therapy for lower back pain and physical functioning. SOT block therapy was used with categorization. The division of participants into 4 groups was complicated and the number of subjects in each group was small. Better results could be obtained if categories 2 and 3 were studied first.

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