

Lumbar Myofascial Pain: Superficial VS. Deep Acupuncture Needle Insertion

A Double-Blind Randomized Controlled Study

PURPOSE:

"Compare the therapeutic effect of superficial and in-depth insertion of acupuncture needles in the treatment of patients with chronic lumbar myofascial pain."

KEY INFORMATION:

Chronic Lumbar myofascial pain:
Continuous lumbar pain > 3 months
OR

Recurrent pain that had become acute more than 1 month before study; did not resolve with drug therapy

PROTOCOL:

Frequency: Total 6 weeks

2x week 2 weeks
then

1x week 4 weeks

Needle Manipulation:
Right to Left Rotation
@ 2 Hz

1 min initial, 20 sec every 5 min

N-42

Deep Needling Group (N-21):

Depth of 15 mm

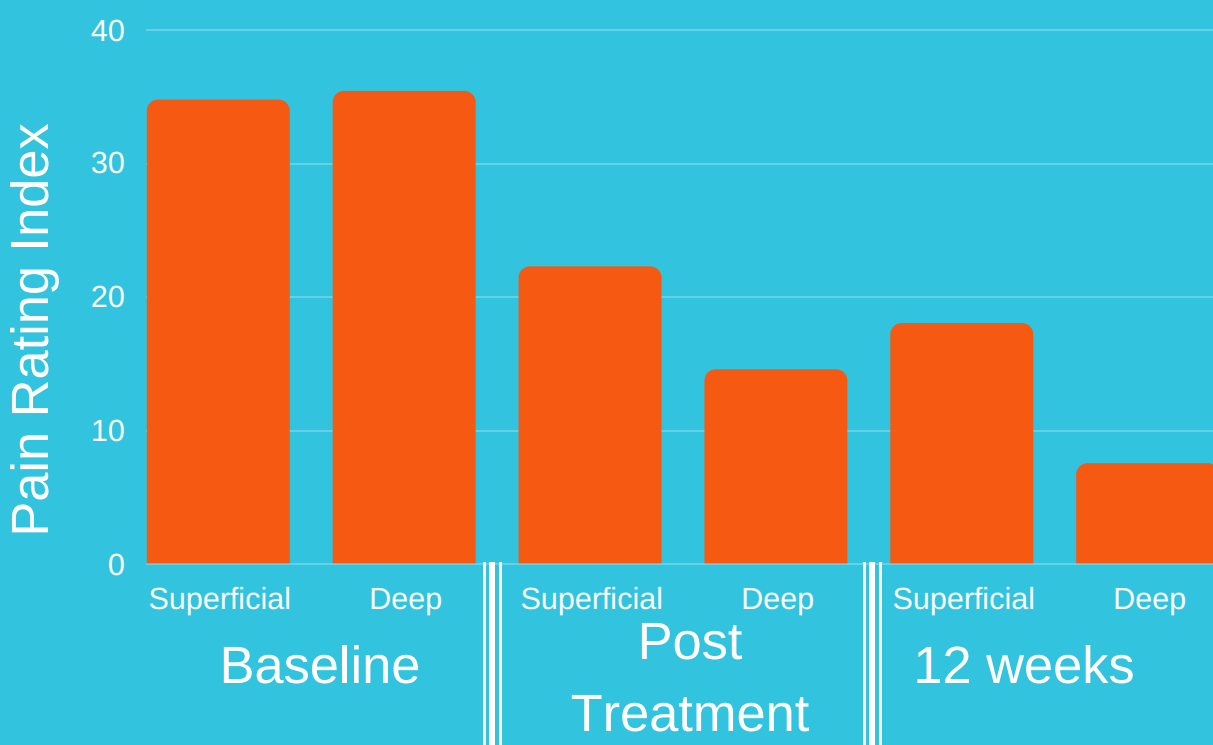
Superficial Needling Group (N-21):

Depth of 2 mm

Retention Time: 15 min

DATA:

MCGILL PAIN QUESTIONNAIRE



CONCLUSION:

Similar treatment effects between superficial and deep acupuncture needling at the end of treatment. **Deep acupuncture needling was significantly more effective 12 weeks after treatments in reducing Pain Rating Index in patients with chronic lumbar myofascial pain.**

LIMITATIONS:

- Limited Power

Curated By:

Article:

Ceccherelli, Francesco, et al. "Comparison of superficial and deep acupuncture in the treatment of lumbar myofascial pain: a double-blind randomized controlled study." The Clinical journal of pain 18.3 (2002): 149-153.

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