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

**DATA:**

<table>
<thead>
<tr>
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<th>MCGILL PAIN QUESTIONNAIRE</th>
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<tbody>
<tr>
<td>Baseline</td>
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<tr>
<td>Superficial</td>
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<tr>
<td>Deep</td>
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<td>Post Treatment</td>
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<td>12 weeks</td>
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<td>Superficial</td>
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**N=42**

Deep Needling Group (N-21):
- Depth of 15 mm

Superficial Needling Group (N-21):
- Depth of 2 mm
- Retention Time: 15 min

**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: