



# SUPERFICIAL VS DEEP ACUPUNCTURE FOR LUMBAR MYOFASCIAL PAIN

## WHY EXAMINE LUMBAR MYOFASCIAL PAIN?

Low back pain is a very common condition and people who experience low back utilize higher levels of healthcare services. Low back pain also contributes to a person's years lived with disability.

The aim of this study was to evaluate therapeutic effect differences between deep and superficial acupuncture needle insertion for people experiencing lumbar myofascial pain.

### INCLUSION CRITERIA

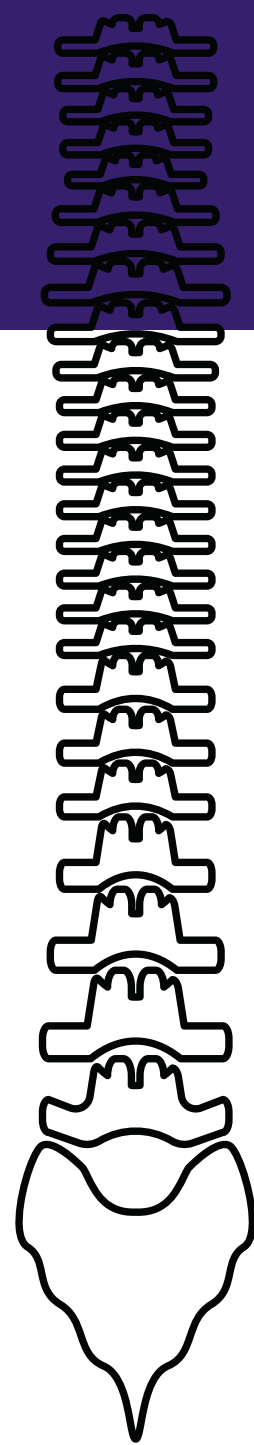
Patients with continuous pain greater than 3 months OR pain that reoccurred at least 1 month prior to the study and had not been resolved through drug therapy.

### PATIENT DESCRIPTION

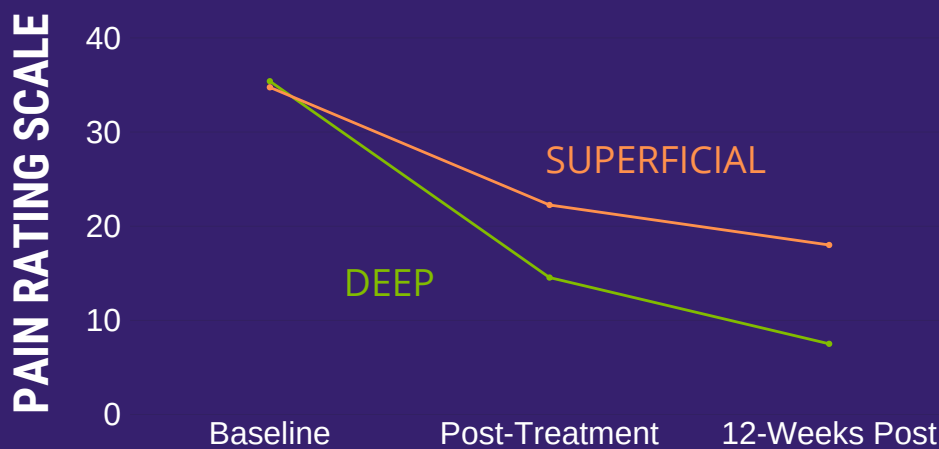
42 individuals were in either **A. Deep treatment** or **B. Superficial treatment**. There were no differences in intensity of initial pain or duration of pain at baseline.

### TREATMENT DESCRIPTION

**Superficial Group:** had needles inserted to a depth of 2.0 mm  
**Deep Group:** had needles inserted to 1.5 cm  
**Session:** lasted 20 minutes for 4 initial sessions (within 2 weeks) followed by 4 sessions (1 per week for 4 weeks)



## SELF-REPORTED PAIN CHANGES



**McGill Pain Questionnaire** is a scale commonly used to evaluate chronic pain. The patients rate their perceived level of pain, where 0 is no pain and 50 is the highest rating of pain.

## TAKE HOME POINTS

Both treatments decreased pain. However, the deep acupuncture group had slightly greater decreases in self-reported pain.

The sample size was low for this study but the results are promising to show that acupuncture, regardless of deep or superficial technique, can reduce self-reported low back pain.



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Ceccherelli 2002  
Clinical Journal of Pain