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.