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for treatment of Carpal Tunnel **P.1**

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National Registration

As most people would know by now Acupuncture and Chinese Medicine as a profession is to become governed by one body starting in July 2012.

If you are a practitioner and have not registered for the national scheme yet it is advised that you do so as soon as possible to avoid any complications.

For more information contact your Acupuncture association.

AACMA Conference

The 2012 annual AACMA conference is fast approaching and occurs towards the end of next month.

The conference this year is to be held in Brisbane.

Not only is the conference packed with seminars and workshops it is also a great opportunity to interact with other practitioners.

RCT comparing Acupuncture with Placebo Acupuncture for the treatment of Carpal Tunnel Syndrome



22nd March 2012

blinded study.

OBJECTIVE: To investigate the efficacy of acupuncture for the treatment of mild to moderate carpal tunnel syndrome (CTS).

SETTING: Single-center study.
PARTICIPANTS: Forty-one acupuncture-naïve adult subjects with mild to moderate CTS enrolled in the study. Thirty-four subjects completed the study.

DESIGN: Prospective, randomized, placebo-controlled, double-

METHODS: Clinical diagnosis of CTS was supported by electrodiagnostic findings. Subjects were randomly assigned to either (1) acupuncture (n = 21) or (2) placebo acupuncture (n = 20) with use of Streitberger placebo acupuncture needles. Both groups received weekly sessions of acupuncture for 6 weeks. Wrist braces were provided to both groups to wear at night, and compliance was monitored.

MAIN OUTCOME MEASUREMENTS: The primary outcome measurement was subject-reported change in the Carpal Tunnel Self Assessment Questionnaire (CTSAQ) Symptom and Function scales immediately after and 2 weeks and 3 months after the final treatment. The secondary outcomes included tip and key pinch strength and combined sensory index.

RESULTS: Compared with pre-treatment baseline values, subjects in the acupuncture group had 0.58 improvement (P = .03) on the CTSAQ Symptom scale score at 3 months after the last treatment, whereas 0.81 improvement (P = .001) was noted in the placebo acupuncture group. No statistically significant difference was found between the groups treated with acupuncture and placebo acupuncture with respect to improve-

ment in CTS symptoms, function, tip/key pinch, or combined sensory index.

CONCLUSIONS:

To our knowledge, this study is the first randomized, placebo-controlled, double-blinded prospective study of traditional acupuncture for CTS. Both the treatment and placebo groups demonstrated improvements from baseline. Acupuncture was not shown to be superior to placebo acupuncture when used in conjunction with bracing for patients with mild to moderate CTS.

Country: USA

Institute: Department of Physical Medicine & Rehabilitation, University of California, Davis Medical Center, Sacramento, CA.

Author(s): Yao E, Gerritz PK, Henricson E, Abresch T, Kim J, Han J, Wang K, Zhao H.

Journal: PM R.

Upcoming Events

April - International GOLD STANDARD FACIAL ACUPUNCTURE™ Certification Series (Date TBA)

When: 9:00am - 5:00pm, Where: TBA Contact: Mary Elizabeth Wakefield, L. Ac., M. S., M. M. on (USA) 866-831-9149, x 2444

April 9 - Hangzhou, China Acupuncture Training in China

When: 8:30am - 4:30pm, Where: 548 Hubin Road
Contact: James Spears on 17072067473 or james.spears@ihso-society.com

This is a multi-day event ending on the 20/04

May 18 - Southport, Gold Coast Holistic TCM Cosmetic Microneedling Training

When: 9.00am - 3.00pm
Contact: Anthony Kingston on +441295251914 or info@whitelotus.com.au

This is a multi-day event ending on the 18/05

May 20 - Sydney Holistic TCM Cosmetic Microneedling Training

When: 9.00am - 3.00pm
Contact: Anthony Kingston on +441295251914 or info@whitelotus.com.au

This is a multi-day event ending on the 20/05

AACMAC BRISBANE **2012**

Australasian Acupuncture & Chinese Medicine Annual Conference

May 25 - Brisbane AACMAC Brisbane 2012 - AACMA Annual Conference

When: 9.00am - 5:00pm, Where: Brisbane Convention and Exhibition Centre, Grey Street, South Brisbane (Southbank)
Contact: AACMA on (07) 3324 2599

This is a multi-day event ending on the 27/05

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