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This month in the news..

Welcome to the July Issue of the Acupuncture.com.au monthly newsletter.

If you wish to contribute a story or article about Acupuncture or Traditional Chinese Medicine please contact the Acupuncture.com.au team through the web.

28/06/2011 - Effect of Acupuncture depth on muscle pain.

BACKGROUND: While evidence supports efficacy of acupuncture and/or dry needling in treating musculoskeletal pain, it is unclear which needling method is most effective. This study aims to determine the effects of depth of needle penetration on muscle pain.



METHODS: A total of 22 healthy volunteers performed repeated eccentric contractions to induce muscle soreness in their extensor digital muscle. Subjects were assigned randomly to four groups, namely control group, skin group (depth of 3mm: the extensor digital muscle), muscle group (depth of 10mm: the extensor digital muscle) and non-segmental group (depth of 10mm: the anterior tibial muscle). Pressure pain threshold and electrical pain threshold of the skin, fascia and muscle were measured at a point 20mm distal to the maximum tender point on the second day after the exercise.

RESULTS: Pressure pain thresholds of skin group (depth of 3mm: the extensor digital muscle) and muscle group (depth of 10mm: the extensor digital muscle) were significantly higher than the control group, whereas the electrical pain threshold at fascia of muscle group (depth of 10mm: the extensor digital muscle) was a signifi-

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cantly higher than control group; however, there was no significant difference between the control and other groups.

CONCLUSION: The present study shows that acupuncture stimulation of muscle increases the PPT and EPT of fascia. The depth of needle penetration is important for the relief of muscle pain.

Author(s): Itoh K, Minakawa Y, Kitakoji H. / **Journal:** Chin Med. 2011 Jun 22;6(1):24.

Upcoming Events Calendar for July/August 2011

July 16 - Webinar - Safe and Effective Chinese Herbal Formulas for Pets

When: 9.00am, Pacific Time - 6.00pm, Pacific Time / Contact: Donna Chow on (866) 905-6887 or info@elotus.org

July 17 - Webinar - Principles of Herbal Efficacy, Part II

When: 9.00am, Pacific Time - 6.00pm, Pacific Time
Contact: Donna Chow on (866) 905-6887 or info@elotus.org

August 21—Webinar - Allergy, Stress, and Depression: Pulse Dx & Herbal Tx

When: 9.00am, Pacific Time - 6.00pm, Pacific Time, Where:
Contact: Donna Chow on (866) 905-6887 or info@elotus.org