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### This month in the news..

Welcome to the June 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.

## 28/05/2010 - Immediate effects of acupuncture on strength performance: a randomized, controlled crossover trial.



The present study investigated the immediate efficacy of acupuncture compared to sham acupuncture and placebo laser acupuncture on strength performance. A total of 33 recreational athletes (25.2 +/- 2.8 years; 13 women) were randomized to receive acupuncture, sham acupuncture (needling at non-acupuncture points) and placebo laser acupuncture (deactivated laser device) in a double-blind crossover fashion with 1 week between trials.

Assessment included bipedal drop jumps for maximum rebound height and quadriceps maximum isometric voluntary force (MIVF). Furthermore, surface electromyography (EMG) was used to measure the EMG activity of the rectus femoris muscle during a 30-s sustained MIVF of the knee extensors.

Mean power frequency (MPF) analysis was applied to characterize muscular endurance. Measurements were performed at baseline and immediately after treatment by a blinded investigator. Repeated measures ANOVA and post hoc paired-sample t

test with Bonferroni-Holm correction were used for statistical analysis.

The difference in the mean change in MIVF from baseline between acupuncture (46.6 N) and sham laser acupuncture (19.6 N) was statistically significant ( $p < 0.05$ ), but no significant difference was found between acupuncture (46.6 N) and sham acupuncture (28.8 N). ANOVA did not show statistically significant treatment effects for drop jump height or MPF.

## 28/05/2010 - Immediate effects of acupuncture on strength performance: a randomized, controlled crossover trial.

The present study shows that a single acupuncture treatment was efficacious for improving isometric quadriceps strength in recreational athletes. These results might have implications not only for athletic performance enhancement, but also for rehabilitation programs aimed at restoring neuromuscular function.

**Country:** Germany. **Institute:** Department of Sports Medicine, Goethe-University Frankfurt, Ginnheimer Landstrasse 39, 60487, Frankfurt, Germany, m.huebscher@sport.uni-frankfurt.de. **Author(s):** Hübscher M, Vogt L, Ziebart T, Banzer W.. **Journal:** Eur J Appl Physiol. 2010 May 25

## Events Calendar for June 2010

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### **Brunswick - Jap Acupuncture for Diabetes and Pancreas**

When: 9.00am - 5.00pm, Where: 103 Evans Street

Contact: Australian Shiatsu College on (03) 9387 1161 or [info@australianshiatsucollege.com.au](mailto:info@australianshiatsucollege.com.au)

This is a multi-day event ending on the 20/06

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### **Sydney - Jap Acupuncture for Diabetes and Pancreas**

When: 9.00am - 5.00pm, Where: Sydney Institute of Chinese Medicine Level 5, 25 Dixon St

Contact: Helio Supply Company on (02) 9698 5555 or [tchianese@heliosupply.com.au](mailto:tchianese@heliosupply.com.au)

This is a multi-day event ending on the 27/06

## 30/05/2010 - Acupuncture-ameliorated menopausal symptoms: single-blind, placebo-controlled, randomized trial.



**Objectives:** To evaluate the effects of acupuncture and sham-acupuncture on women with menopausal symptoms as reflected in the intensity of their hot flushes and the Kupperman Menopausal Index (KMI).

**Method:** This was a randomized, single-blind, placebo-controlled, cross-over trial with 81 patients assigned to two groups: Group 1 received 12 months of acupuncture, then 6 months of sham-acupuncture treatment (n = 56) and Group 2 received 6 months of sham-acupuncture, then 12 months of acupuncture treatment (n = 25). The needles were inserted in a harmonic craniocaudal manner at a depth of about 2 cm, and each session lasted approximately 40 min. The efficacy of acupuncture in ameliorating the climacteric symptoms of patients in postmenopause was determined through the KMI and the intensity of hot flushes. The analysis of variance method for two factors and repeated measures was applied.

**Results:** The baseline values of the women in both groups were similar for the KMI score and number of hot flushes. At the end of 6 months, the values for the KMI and hot flushes for the women in Group 1 were lower than those of the women in Group 2 ( $p < 0.05$ ). After 12 months, the KMI and hot flush data were similar in both groups. After 18 months, the values of the KMI and hot flushes for the women in Group 2 for were lower than those of the women in Group 1 ( $p < 0.05$ ).

**Conclusion:** Acupuncture treatment for relieving menopausal symptoms may be effective for decreasing hot flushes and the KMI score in postmenopausal women.

**Country:** Brazil. **Institute:** Medical School of University of São Paulo, Obstetrics and Gynecology, São Paulo. **Author(s):** Castelo Branco de Luca A, Maggio da Fonseca A, Carvalho Lopes CM, Bagnoli VR, Soares JM, Baracat EC. **Journal:** Climacteric. 2010 May 24.