



May 2008 Newsletter

Welcome to the May edition of the Acupuncture.com.au newsletter. If you have any articles you wish to contribute to the newsletter for publication you can submit them via email to info@acupuncture.com.au

We hope you enjoy this edition of the newsletter.

Research: Single-point acupuncture and physiotherapy for the treatment of painful shoulder: a multi-centre randomized controlled trial.

Objective. Evaluate the efficacy of acupuncture associated with physiotherapy for patients with painful shoulder.

Methods. In a multicentre controlled randomized study, participants were recruited with a clinical diagnosis of unilateral subacromial syndrome from six rehabilitation medicine departments belonging to the Public Health System in two Spanish regions. All participants received 15 sessions of physiotherapy during the 3 weeks that the treatment lasted and were randomized to additionally receive, once a week, acupuncture or mock TENS (transcutaneous electrical nerve stimulation). The primary outcome measure was the change in the Constant-Murley Score (CMS) for functional assessment of the shoulder, at 4 weeks after randomization. This study is registered as an International Standard Randomized Controlled Trial, number ISRCTN28687220. **Results.** A total of 425 patients were recruited. The mean score (s.d.) on the CMS had increased by 16.6 (15.6) points among the acupuncture group, compared with 10.6 (13.5) points in the control group, and the mean difference between the two groups was statistically significant (6.0 points; 95% CI 3.2, 8.8 points; $P < 0.001$). By the end of the treatment, 53% of

the patients in the acupuncture group had decreased their consumption of analgesics, compared with a corresponding 30% among the control group ($P < 0.001$).

Conclusions. Single-point acupuncture in association with physiotherapy improves shoulder function and alleviates pain, compared with physiotherapy as the sole treatment. This improvement is accompanied by a reduction in the consumption of analgesic medicaments.

Country: Spain

Institute: Pain Treatment Unit, Healthcare Centre Doña Mercedes, Dos Hermanas, Seville, Rehabilitation Medicine Department, Infanta Elena Hospital, Huelva, Rehabilitation Medicine Department, Infanta Margarita Hospital, Cabra, Cordoba, Rehabilitation Medicine Depart

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Acupuncture and TCM events for May 2008

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Melbourne - Constitutional Facial Acupuncture Renewal

When: 9.30am - 5.30pm, Where: Southern School of Natural Therapies, 39 Victoria Street, Fitzroy

Contact: Dr Kylie O'Brien on 0412 077 689 or sartorimedicine@gmail.com

This is a multi-day event ending on the 11/05

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Brisbane - Constitutional Facial Acupuncture Renewal

When: 9.30am - 5.30pm, Where: The Ministry Centre, 23 Victoria Street, Clayfield

Contact: Peter Delaney on 0411 537398 or pdelaney@uq.net.au

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

For detailed information on any of these events or if you would like to add your own event to our calendar for free, visit us online at the following address.

www.acupuncture.com.au/events

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