

19. Injury, Poisoning and Certain Other Consequences of External Causes

Reference

Lee DY, Kim SJ. Clinical study on the ankle joint traction therapy for ankle sprain. *Hanbang-Jaehwal-Uihakgwa-Hakhoeji (Journal of Oriental Rehabilitation Medicine)* 2005; 15(4): 39-46 (in Korean with English abstract).

1. Objectives

To evaluate the effect of ankle joint traction therapy on ankle sprain.

2. Design

Randomized controlled trial (RCT).

3. Setting

One Oriental hospital (Semyung University Oriental Medicine Hospital), Republic of Korea.

4. Participants

Patients who visited Se-Myung Oriental Hospital between 1 June 2005 and 31 August 2005 with less than second degree lateral ankle sprain at onset within 48 hours (n=24).

5. Intervention

Arm 1: Treatment group. Acupuncture applied to the Qiuxu (GB40, 丘墟), Zulinqi (GB41, 足臨泣), Shenmai (BL62, 申脈), Kunlun (BL60, 崑崙), Xuanzhong (GB39, 懸鐘), Zusanli (ST36, 足三里), Yanglingquan (GB34, 陽陵泉), Shangqiu (SP5, 商丘), Zhaohai (KI6, 照海), Taixi (KI3, 太溪), Sanyinjiao (SP6, 三陰交), Yinlingquan (SP9, 陰陵泉), and Yingu (KI10, 陰谷) acupoints +Ankle joint traction (n=12).

Arm 2: Control group. Acupuncture applied to the Qiuxu (GB40, 丘墟), Zulinqi (GB41, 足臨泣), Shenmai (BL62, 申脈), Kunlun (BL60, 崑崙), Xuanzhong (GB 39 懸鐘), Zusanli (ST36, 足三里), Yanglingquan (GB34, 陽陵泉), Shangqiu (SP5, 商丘), Zhaohai (KI6, 照海), Taixi (KI3, 太溪), Sanyinjiao (SP6, 三陰交), Yinlingquan (SP9, 陰陵泉), and Yingu (KI10, 陰谷) acupoints (n=12).

6. Main Outcome Measures

Sprain severity evaluated on a visual analogue scale (VAS).

7. Main Results

The between-group difference in VAS was significant at the second and third but not the first round of treatment. The decrease in VAS was significantly greater between first and third rounds in Arm 1 than Arm 2.

8. Conclusions

Ankle joint traction therapy combined with acupuncture is more effective than acupuncture only for ankle sprain.

9. Safety assessment in the article

Not mentioned.

10. Abstractor's comments

In traditional Korean medicine, ankle sprain includes foot pain, foot muscle pain, ankle pain, foot distress, accompanied by ache due to swelling caused by extravasated blood and ache due to reddish swelling and bluish bruise. Ankle pain in traditional Korean medicine is treated by HaengKiWhalHyeol (行氣活血, conducting Ki and activating blood) and TongGeyungWhalRak (通經活絡, restoring menstrual flow and activating collateral flow), and SeoGeunWhalRak (舒筋活絡, relaxing muscles and activating collateral flow).

This study evaluated the effect of ankle joint traction on ankle sprain. This treatment combined with acupuncture reduced sprain severity VAS. The reduction in VAS score was significant after the second round of treatment. However, the number of subjects was small, and it is hard to conclude that only 1 week of treatment is effective. Additional study with a large number of patients for a longer term is needed. Moreover, the rehabilitation therapy and strategies for recurrence prevention should be studied.

11. Abstractor and date

Cho SH, 13 July 2010.