

13. Diseases of the Musculo Skeletal System and Connective Tissue

Reference

Choi SH, Ko KM, Kim KW, et al. The effects of spiral taping therapy—a randomisation controlled trial. *Daehan-Chimgu-Hakhoeji (Journal of Korean Acupuncture & Moxibustion Society)* 2006; 23(2): 165–72 (in Korean with English abstract).

1. Objectives

To evaluate the effect of spiral taping therapy on low back pain or neck pain.

2. Design

Randomized controlled trial (RCT).

3. Setting

One Oriental hospital (Daegu Oriental Hospital of Daegu Hanny University), Republic of Korea.

4. Participants

Patients with low back pain or neck pain (n=26).

5. Intervention

Arm 1: Spiral taping treatment (n=14).

Arm 2: Acupuncture treatment (n=12).

Among 26 subjects, 5 subjects (3 in Arm 1, 2 in Arm 2) dropped out during the study.

Acupuncture was applied to low back local acupuncture points in 6 sessions, two sessions per week, for 15 minutes per session.

6. Main Outcome Measures

Pressure pain threshold, pain assessed on a visual analog scale (VAS), range of motion (ROM).

7. Main Results

There were significant between-group differences in pressure pain threshold ($P<0.01$) and pain VAS ($P=0.003$), but not in ROM. The increase in pressure pain threshold at the affected site and decrease in pain VAS were greater in Arm 1 than Arm 2.

8. Conclusions

The spiral taping therapy is effective for low back pain or neck pain.

9. Safety assessment in the article

Not mentioned.

10. Abstractor's comments

Many studies have evaluated the efficacy of traditional medicine for low back pain or neck pain. The evaluation in this study was limited to subjective measures (VAS, ODI). The objectiveness of this study was increased by its use of pressure pain threshold. The study used proper inclusion-exclusion criteria, methods of grouping and randomization, but failed to mention ethical considerations such as informed consent. It is hoped that more articles are published in English to communicate the results widely.

11. Abstractor and date

Kim HJ, 17 August 2010.