

### 13. Diseases of the Musculo Skeletal System and Connective Tissue

#### Reference

Nam DW, Jung IT, Kim JH, et al. Clinical observation of Western medical treatment and acupuncture treatment on frozen shoulder patients. *Daehan-Chimgu-Hakhojeji (Journal of Korean Acupuncture & Moxibustion Society)* 2006; 23(5): 177–85 (in Korean with English abstract).

#### 1. Objectives

To compare the efficacy of Eastern medical treatment with that of Western medical treatment for frozen shoulder.

#### 2. Design

Randomized controlled trial (RCT).

#### 3. Setting

One Oriental hospital (Kyunghee University Medical Center), Republic of Korea.

#### 4. Participants

Patients with frozen shoulder and shoulder pain. Index cases enrolled in clinical trial (n=39, male/female=16/23).

#### 5. Intervention

Arm 1: Eastern treatment (acupuncture) (n=22).

Arm 2: Western treatment (nerve block) (n=17).

Suprascapular nerve block (steroid mixed with 1% lidocaine 5 ml), subacromial injection, and trigger point injection (0.5 – 2 ml topical anesthetic) for Western treatment.

Jianyu (LI15, 肩髃), Jianliao (TE14, 肩髃), Jianjing (GB21, 肩井), and Dong-si (董氏) acupuncture points (Shin-guan and Gyun-joong) twice a week for 4 weeks in acupuncture group.

#### 6. Main Outcome Measures

Scores on Constant Shoulder Assessment (CSA), Shoulder Pain and Disability Index (SPADI), and pain evaluated on a visual analogue scale (VAS).

#### 7. Main Results

CSA and SPADI scores were significantly improved ( $P<0.05$ ) in both groups, but these improvements were not significantly different between groups. At the end of the trial, pain (VAS) was less in Arm 1 (5.67 vs. 7.73 [Arm 2]).

#### 8. Conclusions

Both treatments are equally effective.

#### 9. Safety assessment in the article

Not mentioned.

#### 10. Abstractor's comments

The development of standard treatment guidelines for each disease is very important. The objective of this study was to compare the efficacy of Eastern with that of Western medical treatment for frozen shoulder. Using these small clinical trials as a basis, it is thought that standard treatment guidelines will be developed in the near future.

#### 11. Abstractor and date

Kim HJ, 17 August 2010.