

9. Cardiovascular Diseases

Reference

Kim JY, Jung SM, Park CK, et al. The clinical effectiveness of acupuncture at Palsa (BaXie) for hand function in hemiparetic patients after stroke. *Daehan-Chimgu-Hakhoeji (Journal of Korean Acupuncture & Moxibustion Society)* 2008; 25(2): 97–104 (in Korean with English abstract).

1. Objectives

To evaluate the effectiveness of acupuncture at the Palsa (EX-UE9, 八邪) acupuncture point for hand function recovery in hemiparetic patients after stroke.

2. Design

Randomized controlled trial (RCT).

3. Setting

One Oriental hospital (Jungwha Korean Medical Hospital), Republic of Korea.

4. Participants

Stroke patients with hemiparesis more than 8 days from onset (n=62).

5. Intervention

Arm 1: Conservative therapy + acupuncture at the Palsa (EX-UE9, 八邪) acupuncture point (given twice a day for 9 days, 15 minutes per round, 19 rounds in total; n=31).

Arm 2: Conservative therapy only (n=31).

6. Main outcome measures

Change in strength of carpal joint muscles, Fugl-Meyer motor scale, and Motricity Index.

7. Main results

- 1) There were no significant between-group differences in strength change of the carpal joint muscles.
- 2) There was significant between-group differences in the change in grasping power (6.45 ± 3.71 in Arm 1 vs. 4.58 ± 2.91 in Arm 2, $P=0.046$).
- 3) There was no significant between-group difference in Motricity Index.
- 4) There was significant improvement in Fugl-Meyer motor scale score in Arm 1 (4.61 ± 1.65 vs. 3.58 ± 1.91 in Arm 2, $P=0.004$).

8. Conclusions

Acupuncture at Baxie acupuncture point is effective for recovering grasping power and hand function in hemiparetic patients after stroke.

9. Safety assessment in the article

Not mentioned.

10. Abstractor's comments

This study evaluated the effectiveness of acupuncture at the Baxie acupuncture point for hand function recovery. Stimulation of the Palsa acupuncture point strongly balances Ki and blood (氣血) flow, removes obstruction in meridians and collaterals (通經活絡), and alleviates pain (止痛). Thus, it is frequently used for treating arthralgia syndrome or blockage syndrome. Although improvements in grasping power and hand function after acupuncture treatment at the Baxie acupuncture point were observed, the study had no sham acupuncture control group, only a small number of patients, and a short observation period, suggesting the need for additional clinical trials.

11. Abstractor

Go HY, 18 July 2010.