

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

#### Reference

Song SC, Jung DU, Yeo KC, et al. A study on the effectiveness and relation of the Sacro Occipital technique blocking with acupuncture treatment. *Daehan-Chimgu-Hakhoeji (Journal of Korean Acupuncture & Moxibustion Society)* 2008; 25(2): 27–40 (in Korean with English abstract).

#### 1. Objectives

To evaluate the effect of concurrent treatment with Sacro Occipital technique (SOT) and conventional acupuncture on lower back pain and physical functioning.

#### 2. Design

Randomized controlled trial (RCT).

#### 3. Setting

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

#### 4. Participants

Patients with lower back pain (n=72).

#### 5. Intervention

Arm 1: Category 1 treatment + acupuncture (n=13).

Arm 2: Category 2 treatment + acupuncture (n=24).

Arm 3: Category 3 treatment + acupuncture (n=19).

Arm 4: Acupuncture (n=16).

The application of SOT blocks was determined from the results of posture analysis.

Category is determined according to the individual structural characteristics of the pelvis and leg length in osteopathy.

Acupuncture needle application was not described in detail.

#### 6. Main outcome measures

Pain rated on a visual analogue scale (VAS), Oswestry Disability Index (ODI).

#### 7. Main results

Treatments in Arm 2 and Arm 3 were more effective than in Arm 4 between the first and second sessions. The improvement in physical functioning (ODI score) was significant between the first and third sessions in Arm 2, but not in Arm 3. There were no between-group differences in pain relief (pain VAS score).

#### 8. Conclusions

SOT blocking concomitant with acupuncture showed efficacy in patients receiving category 2 treatment.

#### 9. Safety assessment in the article

Not mentioned.

#### 10. Abstractor's comments

This study evaluated the effectiveness of SOT block therapy for lower back pain and physical functioning. SOT block therapy was used with categorization. The division of participants into 4 groups was complicated and the number of subjects in each group was small. Better results could be obtained if categories 2 and 3 were studied first.

#### 11. Abstractor and date

Kim HJ, 17 August 2010.