



### **Acupuncture and neck pain 19.06.2004**

New research has found that office workers who suffer from chronic neck and shoulder pain felt the benefits for 3 years following a course of acupuncture treatment

Norwegian researchers from the University of Oslo took a group of 24 women office workers who had suffered for several years with chronic neck and shoulder pain with related headaches. Half were treated with acupuncture and half became the control group (who received a sham acupuncture).

The 12 women who had acupuncture received it ten times in a three to four week period, and had fewer headaches and greatly reduced neck and shoulder pain. These improvements were still noticeable three years on.

The study was published in Pain. Vol. 109(3)(pp 299-307), 2004.

<http://www.acupuncture.org.uk/content/news/news.asp?id=27>



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