



Acupuncture helps back pain 12.05.2009

MailOnline

Acupuncture is 'better at beating a bad back than conventional treatments'

If your back has been needing you for a while, it could be time for a trip to the acupuncturist, for experts have found that the ancient Chinese therapy can relieve a bad back better than anything else. As many as 85 per cent of us are said to feel a twinge or two at some point in our lives. Back pain costs the NHS £500million a year.

A study found that acupuncture, based on the theory that needles can release the body's vital energy, had a better success rate in relieving pain than conventional treatment.



Improvement: A new study shows that the alternative treatment of acupuncture is 'better' for bad backs than conventional methods

For the research, hundreds of adults who suffered from chronic lower back pain were split into four groups.

One received an individual programme of acupuncture; one group standard therapy; a third group had a simulation of acupuncture using toothpicks; and the fourth group had the usual care. After eight weeks, 60 per cent of those having some kind of acupuncture were much improved.



British
Acupuncture
Council

Lindsey Vaughans Acupuncture Clinic
John and Associates
5 High Street
Tattershall
Lincoln, LN4 4LE

T: 01526 342309
E: info@acupuncture-lincolnshire.co.uk



For those having conventional care, it was only 39 per cent. After a year, between 59 and 69 per cent of those treated with acupuncture reported improvements, compared to 50 per cent of those having usual care.

Researcher Dr Daniel Cherkin said all the varieties of acupuncture 'had beneficial and persisting effects on chronic back pain', when compared to usual treatment.

This makes acupuncture appear a promising option for chronic back pain, he explained.

'For clinicians and patients seeking a relatively safe and effective treatment for a condition for which conventional treatments are often ineffective, various methods of acupuncture point stimulation appear to be reasonable options.

'Furthermore, the reduction in long-term exposure to the potential adverse effects of medications is an important benefit.'

However, the findings do not establish whether the treatment actually helps heal or simply makes us think we feel better, said Dr Cherkin, of the Group Health Centre for Health Studies, in Seattle.

Recent studies have suggested that simulated acupuncture, or shallow needling, appears as effective as needles penetrating the skin.

There are several possible explanations, according to the study, published in Archives of Internal Medicine.

Superficial stimulation of acupuncture points may directly stimulate physiological processes that result in reduced pain and improved function.

Or the improvement may simply be down to the patients' belief that acupuncture will make them well.

<http://www.dailymail.co.uk/health/article-1180623/Acupuncture-better-beating-bad-conventional-treatments.html>



British
Acupuncture
Council



Lindsey Vaughans Acupuncture Clinic
John and Associates
5 High Street
Tattershall
Lincoln, LN4 4LE

T: 01526 342309
E: info@acupuncture-lincolnshire.co.uk