ABSTRACT

Background: Periarthritis of shoulder (PAS) is a common painful condition of shoulder, which affecting 2% - 3% in general population and 20% in diabetic patients. Acupuncture is a traditional Chinese medicine, recent evidences shows it alleviate the shoulder pain on different needling techniques. Present study is to compare the efficacy of specific (distal) and local (ashi) points on PAS patients with pain and its range of motion.

Methods: Sixty subjects mean aged (53.88 ± 7.64) were randomly assigned into specific points group (SPG, n=30) and local points group (LPG, n=30). Both groups were assessed at baseline and at the end of 12 sessions for Shoulder pain and its disability index (SPADI) and the range of motion (ROM). Intervention was weekly thrice on alternate days for four weeks. Sterile needles were placed on the particular points for 20 min. Specific points are ST-38, GB – 34, GB – 41, UB -11 and Local points are LI – 15, TW – 14,SI – 9, GB – 21.

Results: Both groupsshowed improvements within the group in total SPADI score and ROM. But Specific acupuncture shows significant changes in pain index (P<0.002), disability index (P<0.009), total SPADI score (P<0.003), shoulder flexion (P<0.004), abduction (P<0.002) and external rotation (P<0.04).

Conclusion: Specific and local acupuncture point’s may have similar effect on management of shoulder pain and range of motion, but the specific acupuncture points may have high therapeutic advantage on patient care and for further research studies.

Key words: Periarthritis of shoulder, acupuncture, shoulder pain, SPADI, range of motion.