

# HEALTH REPORT

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## ACUPUNCTURE HELPS SHOULDER IMPINGEMENT BETTER THAN PT

The benefits of Acupuncture in treating Shoulder Impingement Syndrome have been confirmed in a 2005 study conducted by researchers in Sweden. The results showed Acupuncture to provide enhanced healing over traditional ultrasound therapy when administered over a like period of time.

Shoulder Impingement Syndrome is due to irritation to or a tear in the rotator cuff, or an inflammation of the bursa in the area of shoulder bones. (A bursa is a fluid-filled sac that provides a cushion between a bone and tissues such as skin, ligaments, tendons, and muscles. An inflammation of the bursa is called bursitis.) This occurs mainly in individuals participating in sports or work activities requiring extensive and repeated overhead action, such as in the sports of tennis or swimming or the occupations as painting or construction. Pain occurs when the arm is lifted above shoulder height; the pain often travels down from the shoulder extending as far as the elbow joint.

85 adults, aged 30-65, who were identified as suffering from some degree of Shoulder Impingement Syndrome for at least 2 months were qualified for the study. Randomly, they were allocated to receive either Acupuncture or ultrasound.

The acupuncture group received 10 treatment sessions over a 5-week period. The ultrasound group received ultrasound therapy twice weekly over the same 5 weeks. Additionally, a home exercise program was regularly performed and logged by both groups. The aim of the exercise was stimulation of increased circulation and strength conditioning of rotator cuff muscles.

Testing of the patients at the end of the 5-week period demonstrated more rapid improvement in the Acupuncture group. And, while members of both groups continued to improve in tests conducted in the year to follow, the Acupuncture group continuously showed greater improvement.

Researchers concluded, "Acupuncture is advocated before ultrasound, in addition to home exercises, for patients with Impingement Syndrome."

SOURCE: *Acupuncture Today*. <http://www.acupuncturetoday.com/archives2006/mar/03shoulder.html>