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Efficacy of acupuncture versus night splinting for carpal tunnel syndrome: a randomized clinical trial.

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Abstract

OBJECTIVE: To compare the efficacy of acupuncture with night splinting for carpal tunnel syndrome (CTS).

MATERIAL AND METHOD: Sixty one mild-to-moderate degree CTS patients, aged 27-67 were randomly assigned to acupuncture (Acu) and night splinting (NS) groups. The Acu group received 10 sessions of electro-acupuncture twice a week. The NS group received prefabricated volar neutral wrist splint during the night for 5 weeks. Outcomes were assessed at baseline and the end of treatment protocol by Boston Carpal Tunnel Scale comprising symptom severity scale (SSS) and functional status scale (FSS). Pain was measured by 100 mm visual analog scale (VAS).

RESULTS: VAS decreased more in Acu than in the NS group ($p = 0.028$) whereas improvements in SSS and FSS were not significant between both groups.

CONCLUSION: Electro-acupuncture was as effective as night splinting in respect of overall symptoms and functions in mild-to-moderate degree CTS. However, pain was reduced more by electro-acupuncture than night splinting.

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