



Therapeutic Efficacy of Knee Acupuncture added Sanyinjiao (SP6) Acupoint for Pain Reduction in Knee Osteoarthritis Patients

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ABSTRACT

Introduction: Osteoarthritis is one of the musculoskeletal changes in the elderly, which is involved in the degradation of the cartilage, and bone remodeling in the affected joint. Inflammation was also associated with osteoarthritis of the knee. Therapeutic strategies that alleviate inflammation could reduce pain and improve knee motion. Previous studies have reported that traditional knee acupuncture could reduce pain and improve knee motion. However, the therapeutic efficacy of traditional knee acupuncture added Sanyinjiao (SP6) acupoint is still unknown.

Objective: This study was to investigate the effects of knee acupuncture added Sanyinjiao (SP6) acupoint on pain, inflammation, and knee joint motions. We hypothesized that acupuncture could reduce pain, inflammation and lead to improved joint motions.

Methods: 15 patients were enrolled. All patients received acupuncture for 10-sessions, 2 times a week for 5 weeks. Pain visual analog scale (VAS), knee motion, and plasma hs-CRP were determined as a baseline and at the end of the treatment protocol.

Results: 78% were female, aged ranging from 60 to 75 years old. After 10 treatment sessions, an improvement in the flexion and extension were found accordingly with a reduction in knee pain. In addition, plasma hs-CRP was significantly decreased (1.64 ± 0.89 mg/dL vs. 4.32 ± 0.56 mg/dL at baseline, respectively).

Conclusion: Knee acupuncture added SP6 point could improve knee motion and decrease pain through a reduction of inflammations.

Keywords: knee osteoarthritis; acupuncture; inflammation; pain; knee motion