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## Effectiveness of acupuncture in cervical dystonia

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Cervical dystonia, also called spasmodic torticollis, is a painful condition in which your neck muscles contract involuntarily, causing your head to twist or turn to one side. Cervical dystonia can also cause your head to uncontrollably tilt forward or backward. A rare disorder that can occur at any age, even infancy, cervical dystonia most often occurs in middle-aged people, women more than men. Symptoms generally begin gradually and then reach a point where they don't get substantially worse. The most common treatment for spasmodic torticollis is the use of botulinum toxin type A (Botox). Over the years, we developed a method of treatment to be more successful in the clinic with oriental medicine. Last year I joined a group of patients to develop a clinical report of 22 successful cases of cervical dystonia using Gua sha, cupping, acupuncture, and moxibustion. The union of therapies in favor of successful treatment were involved. 16 cases who had previously used Botox injections (botulinum toxin), and 8 cases where only this treatment method is used is considered. The results are a reduction of muscle pain and spasm relief, reducing inflammation and strengthening the muscle tone. 92% of cases the relief of muscle pain is immediate, and 40% strengthening muscle tone is in 6 weeks. Patients were diagnosed with cervical dystonia more than a year and who had been treated with regular injections of Botox were diagnosed for over a year and a half. They were directed to our method of treatment to control pain and muscle spasms, and improve muscle tone. After the excellent results after 6 months of treatment, 60% still retain regular treatments every 2 weeks. Only 2 cases returned to using Botox injections.

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