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Comparison of effectiveness of acupuncture thrust-debonding and three acupoints in patients shoulder with subacromial impingement syndrome: A randomized clinical trial**Tu Feng**

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Objective: To explore therapeutic effect of acupuncture in treating Subacromial Impingement Syndrome (SIS), through the comparison of effectiveness of thrust-debonding and three acupoints in patients shoulder.

Method: It is a randomized clinical trial. This study was carried out with 40 patients, who had SIS. Observation group (n=20) had received needle thrust-debonding program in subacromial space, Control group (n=20) was treated with needling three acupoints, which are Jianyu (LI 15), Jianliao (SJ 14), Tianzong (SI 11). All patients received one treatment sessions for four weeks (once a week).

Outcome Measures: The effects were observed after four weeks of treatment, according to the standard of TCM Syndrome Diagnostic efficacy. Pain was evaluated using Constant-Murley Score (CMS) for 1st, 2nd and 4th week.

Results: Cure rate after 4 weeks in observation group was 90%, higher than 55% in control group with statistical meaning ($P < 0.05$). The treatment program of observation group were found to be significantly effective in reduction of pain with CMS ($P < 0.05$) in different period before and after treatment, but the control group showed no significantly effective ($P > 0.05$).

Conclusion: The results of this clinical trial demonstrate that the thrust-debonding program may be the first treatment choice for therapist in managing SAIS.

Biography

Tu Feng, Principal Lecturer of the Teaching and Researching Division, School of Chinese Medicine. Feng Tu won President's Award for Outstanding Performance in Teaching.

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