

Evaluation of the effectiveness of acupuncture at L.I.11 Quchi acupoint on knee pain in Hong Kong distance runners: A randomized controlled trial

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Introduction

Acupoint L.I.11 Quchi alleviates knee pain. The aim of this trial was to investigate the effectiveness of acupuncture at L.I.11 Quchi acupoint in Hong Kong distance runners with knee pain.

Methodology

76 distance runners of age between 18-55 were recruited randomly into Acupuncture Group (as intervention) and Observation Group (as control). Each subject received 30 minutes treatment in each session, twice a week for 4 weeks. The International Knee Documentation Committee (IKDC Questionnaire), Visual Analog Scale (VAS) for pain intensity, knee range of motion (ROM) and muscle strength were measured.

Results and Analysis

In the intervention group, IKDC score increased significantly from 65.20±9.30 to 78.50±10.64 ($p<0.001$), its domains symptoms, sports & daily activities and knee function increased significantly from 25.00±4.75 to 31.50±5.46 ($p<0.001$), 33.00±5.55 to 37.90±5.78 ($p<0.001$) and 7.20±1.46 to 9.11±1.61 ($p<0.001$) respectively, VAS decreased significantly from 6.16 to 0.18 ($p<0.001$), and AROM and PROM of flexion degree increased significantly from 133° to 135° and 137° to 139° respectively ($p=0.023$, $p=0.002$). VAS showed significant decrease after each intervention session, with average percentage changes from

-46.00% to -70.60% ($p<0.001$). On the other hand, IKDC decreased significantly from 66.80±10.00 to 60.20±10.10 ($p<0.001$) and VAS increased significantly from 5.33±2.07 to 7.06±2.07 ($p<0.001$) in the control group.

Discussion and Conclusion

Acupoint L.I.11 Quchi gave pain relief to the knee joint for Hong Kong distance runners. It had positive effects in improving symptoms, sports & daily activities, knee function and reducing knee flexion lack.

Biography

Ms. Audrey H.Y. Chan is the Consultant Director of Chinese Medicine Department and Pain Management Department at the Hong Kong Benevolent Healer Group as well as the Hong Kong Traditional Medicine and Acupuncture Centre. She is a registered Chinese Medicine Practitioner in Hong Kong. She has an MSc in Musculoskeletal Medicine, Rehabilitation and Geriatric Orthopaedics from the Chinese University of Hong Kong and was trained in the Integrative Medical Centre at the Chinese University of Hong Kong. She is member of the Hong Kong T.C.M. Orthopaedic & Traumatic Association and Hong Kong Association of Traditional Chinese Medicine.

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