

Efficacy of tiaokou and foot-linqi acupuncture supplement for frozen shoulder

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Abstract

Frozen shoulder, also known as adhesive capsulitis, is a condition of connective tissue surrounding the glenohumeral joint of the shoulder. Due to this condition connective tissue becomes inflamed and stiff, greatly restricting motion and causing chronic pain that often causes great frustration for patients. Movement of the shoulder is severely restricted. Pain is usually constant, worse at night, and when the weather is colder; and along with the restricted movement can make even small tasks impossible. Certain movements or bumps can cause sudden onset of tremendous pain and cramping that can last several minutes. This condition is believed that it may have an autoimmune component, with the body attacking healthy tissue in the capsule. According to the traditional Chinese Acupuncture therapy, several body acupoints have been mentioned to treat frozen shoulder condition. As a special supplement Tiaokou punch with Yang polarity and Foot-Linqi punches in Yin polarity. In this clinical study two groups were selected as A and B, with 15 patients in to each from Anton Jayasuriya Hospital. Group A was treated with normal body acupuncture points and group B was treated with the points which were used in group A together with supplement of Tiaokou and Foot-Linqi with manual stimulation. Ten needles were used for 30 minutes per day during the treatment period of three weeks. Motion of the affected joint by abduction of the upper limb from the shoulder joint in every 5 days was measured. According to the results obtained Group B was able to make 85% improvement in abduction from 45° to 180°. Group A was able to make their improvement in 15% in abduction. Therefore it can be concluded that the selected supplement in this study is an effective treatment for frozen shoulder.

Keywords: Frozen shoulder, Pain, Supplement, Acupuncture, Abduction

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