Laser Acupuncture in Chronic Neck Pain Management

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Abstract

Neck pain is a very common condition that causes considerable disability losses. Chronic neck pain is defined as any continuous pain in the cervical spine region, lasting at least 3 months and usually accompanied by reduced cervical movement. There are now alternative acupuncture techniques available that do not use needles, such as laser acupuncture (LA), which combines use of the traditional acupuncture points with stimulation by laser light energy. The objective of this work was to compare the results of laser acupuncture versus placebo laser acunpucture in manejament of chronic neck pain. This work is a randomized, controlled clinical trial with 56 individuals, between 18 and 60 years old, with neck pain for more than 3 months and no other chronic disease, who were equally and randomly distributed into two groups: LA (who received the treatment with laser 808 nm; 100mW; 10J per point - Recover® laser, MMO) and Sham-LA (who received the intervention with placebo laser, 0mW). Subjects received both interventions in the same at specific points for neck pain (Tianzhu; Fengchi; Jianjing; Jianzhongshu). The analgesic capacity of the therapies in reducing neck pain at rest was analyzed using the numerical pain scale (NPS), measured immediately before and after the LA and Sham-LA interventions. Our results show that there was a significant reduction in neck pain ($P<0.001$), after the application of LA in comparison with Sham- LA, measured by NRS. Conclusions: The was efficient in reduction of neck pain when compared to placebo, these results can benefit individuals who feel chronic neck pain.

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Biography

Prof. Rafaela Peron is a neuroresearcher. Doctoral candidate in Physiotherapy at the Federal University of São Carlos, where researches resources in neurorehabilitation, chronic neck pain and psychosomatic pain. Master at the Federal University of São Carlos in Gerontology, where researched neurodegenerative diseases, analyzing the effects of the ADAM10 protease as a biomarker in Alzheimer's disease. Specialist in Psychosomatic Medicine by the Brazilian Association of Psychosomatic Medicine - ABMP, in Clinical Neuropsychoanalysis by University of Minas, in and in Chinese Medicine by Hermínio Ometto University. Has national and international training: Neuroscience and Scientific and medicinal bases of natural and herbal products by the Institute of Nutrition and Technology of Food (INTA) Universidad de Chile – UCHILE; Cultivating Immunotherapy by the Instituto Israelita de Ensino e Pesquisa - Hospital Albert Einstein; Cortellis Drug Discovery Intelligence (CDDI); Conducting a Biosafety Risk Assessment - Public Health Agency of Canada.

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Notes/Comments: