

Orthological/Neurological Pain

Electroacupuncture, Laser Therapy Relieve Arthritis Pain

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A Norwegian research study has found that people with osteoarthritic knee pain may experience relief through electroacupuncture, low-level laser therapy, or electrical nerve stimulation.

Dr. Jan M. Bjordal and his team at Bergen University College analyzed data from 33 studies looking into the use of non-drug treatments for arthritis-related knee pain. Patients who received these three treatments showed significant improvements in their experience of pain. The treatment benefits were sustained for as much as 8 weeks following treatment, as well.

Bjordal pointed out that unlike drug treatments, these three types of therapy have fewer and less severe side effects than the more commonly used drug treatments for osteoarthritic knee pain, such as non-steroidal anti-inflammatory drugs (NSAIDs).

Source: BMC Musculoskeletal Disorders, *June 2007*