

## Orthological/Neurological Pain

### Study Shows that Acupuncture Effective in Treating Carpal Tunnel Syndrome

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**Acupuncture is as effective as the corticosteroid, prednisone, for the treatment of carpal tunnel syndrome (CTS), according to a new study.**

The randomized, controlled study that was published in the May 2009 issue of *the Clinical Journal of Pain*, investigated the efficacy of acupuncture compared with steroid treatment in patients with mild-to-moderate carpal tunnel syndrome as measured by both nerve conduction studies and symptom assessment surveys.

Seventy-seven patients were randomly divided into 2 groups. One group received eight acupuncture treatments over four weeks, and the other group received oral doses of prednisone, daily, for four weeks. The results showed that acupuncture was just as effective as the corticosteroid for pain, numbness, tingling and weakness. For the symptoms of night time awakening and motor function, the acupuncture group had better results.

The researchers concluded that acupuncture is a safe and effective treatment option for CTS for those who experience side effects to oral steroids or for those who do not opt for early surgery.

**Source:** *The Clinical Journal of Pain*. 25(4):327-333, May 2009.  
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