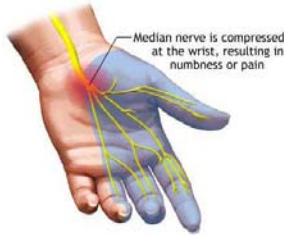


July 2009

Study: Acupuncture & Carpal Tunnel Syndrome



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. [Read Article...](#)

Source: *The Clinical Journal of Pain*. 25(4):327-333, May 2009.
doi: 10.1097/AJP.0b013e318190511c

Acupuncture for Carpal Tunnel Syndrome



Acupuncture is extremely effective at treating carpal tunnel syndrome; eliminating the need for surgery or the use of anti-inflammatory drugs or corticosteroids. In fact, one of the most common reasons that people get acupuncture is for repetitive stress injuries, including carpal tunnel syndrome. Recent studies even suggest that acupuncture may be more effective than corticosteroids when it comes to treating CTS.

Carpal tunnel syndrome (CTS) is one of the most common job-related injuries and is responsible for the highest number of days lost among all work related injuries. It is the reason for over two million visits to physicians' offices and approximately 465,000 carpal tunnel release operations each year, making it the most frequent surgery of the hand and wrist.

- **What is Carpal Tunnel Syndrome?**
- **What are the Symptoms?**
- **How is it treated with Acupuncture?**

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