

THE EFFECTIVENESS OF ACUPUNCTURE THERAPY USING INTEGRATED NEUROMUSCULAR ACUPOINT SYSTEM TO REDUCE SHOULDER PAIN

Fatimah Wahyu¹⁾, Joko Tri Haryanto²⁾, Maria Dewi Christiyawati²⁾

¹⁾Masters Program in Public Health, Universitas Sebelas Maret

²⁾School of Health Polytechnics, Ministry of Health Surakarta

ABSTRACT

Background: Chronic shoulder pain (CSP) is a common type of musculoskeletal pain. Disorders of the shoulder muscles and tendons (rotator cuff) are thought to be the most common causes of the pain. Conservative management often includes nonsteroidal anti-inflammatory drugs (NSAIDs), physiotherapy, or acupuncture to relieve pain and stiffness and to improve function. However, studies investigating the efficacy of these conservative interventions for shoulder pain have had varied result. This study aimed to determine the effectiveness of acupuncture therapy using integrated neuromuscular acupoint system to reduce shoulder pain.

Subject and Method: This was a quasi experimental study with no control group. The study conducted in Surakarta, Central Java, from September 2020 to April 2021. A sample of 40 patients with shoulder pain. The dependent variable was shoulder pain. The independent variables were acupuncture therapy using the integrated neuromuscular acupoint system. Shoulder pain was measured by visual analog scale (VAS). Mean different before and after intervention was tested by paired t-test.

Results: Mean of shoulder pain after acupuncture therapy using the integrated neuromuscular acupoint system (Mean= 1.40; SD =0.62) was lower than before (Mean= 2.80; SD = 0.99) with Effect Size= -0.24 ($p < 0.001$).

Conclusion: Acupuncture therapy using the integrated neuromuscular acupoint system can be used to reduce shoulder pain.

Keywords: shoulder pain, acupuncture, integrated neuromuscular acupoint system.

Correspondence:

Fatimah Wahyu. Masters Program in Public Health, Universitas Sebelas Maret. Jl. Ir. Sutami 36A, Surakarta, Central Java 57126, Indonesia. Email: Fatimahwahyu88@gmail.com. Mobile: 085640237587.