

INVESTIGACIÓN - FISIOTERAPIA

COMPARATIVE ANALYSIS OF TRADITIONAL AND LASER ACUPUNCTURE ON PAIN REDUCTION AND FUNCTIONAL IMPROVEMENT IN INDIVIDUALS WITH CHRONIC NON-SPECIFIC LOW BACK PAIN: A DOUBLE-BLIND RANDOMIZED TRIAL

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Abstract

Aim: To evaluate and compare the effectiveness of traditional acupuncture and laser acupuncture in alleviating pain and enhancing functional capacity in individuals diagnosed with chronic non-specific low back pain.

To evaluate and compare the effectiveness of traditional acupuncture and laser acupuncture in alleviating pain and enhancing functional capacity in individuals diagnosed with chronic non-specific low back pain (CNSLBP).

Methods: This was a double-blind randomized clinical trial, with 44 patients with CNSLBP, randomly assigned into two groups: treated with ACP (n = 22) and

treated with LACP (n=22). Participants received treatment twice a week (total of 10 sessions). The primary outcome was pain measured by an 11-point numeric rating scale (score: 0-10 points). The secondary outcomes were the Patient-Specific Functional Scale (score: 0 to 10), Oswestry Disability Questionnaire, and Finger-to-Floor Distance Test. Participants were assessed pre- and post-treatment and one month after treatment (follow-up).

Results: Analysis was by intention to treat using linear mixed models. No significant difference was found between groups for the primary outcome (NRS) after completion of treatment (Mean difference = -0.53; 95% CI -1.57 to 0.50; $p = 0.31$) and post 1 month (Mean difference = 0.16; 95% CI -0.87 to 1.20; $p = 0.75$) as well as for post-treatment secondary outcomes. In the intra-group analysis, all clinical outcomes indicated significant improvement in relation to the conditions observed pre-treatment for both groups.

Conclusion: ACP and LACP contributed in a similar way to significant improvement in pain and functional capacity in patients with CNSLBP.

Palavras-chave: photobiomodulation; acupuncture; laser acupuncture; low back pain.