Combination of acupuncture with cupping increases life quality of patients of osteoporosis

Zhao R, Liu ZL, Wang JM, Xie GD.

Department of Acupuncture, The First Affiliated Hospital of Yunnan College of TCM, Kunming 650200, China. kmzhaorong@hotmail.com

OBJECTIVE:

To observe therapeutic effect of "general regulation" acupuncture and cupping therapy on osteoporosis.

METHODS: Sixty cases of primary osteoporosis were treated with the "general regulation" acupuncture-cupping therapy: warming needle moxibustion, plum-blossom needle, moving cupping and retaining the cup, thrice each week, for 3 months.

The therapeutic effect was assessed by modified life quality scale for the patient of osteoporosis.

RESULTS: Of the 60 cases, 3 cases did not complete the therapeutic course and 48 cases had a significant increase of life quality, the score of the life quality scale decreased from (67.45 +/- 15.67) before treatment to (42.28 +/- 27.89) after treatment with a significant difference (P<0.05).

CONCLUSION: The "general regulation" acupuncture-cupping therapy can effectively increase life quality of the patient with osteoporosis, which is an effective therapy for osteoporosis.