treated by "Body acupuncture+ time method" showed significantly more decreasing in the absenteeism than body acupuncture alone (P value<0.05). Two groups were not different in relapse of pain, 4 weeks after the end of treatment during follow up visits (P value>0.05). However the group treated by "Body Acupuncture+ time method" showed lower relapse rate after 12 weeks of treatment, compared to the group treated only by Body Acupuncture (P value<0.05).
Conclusion: Applying the time method accompanying the ordinary body acupuncture would enhance the effectiveness of the treatment and the endurance of it in patients with CLBP.
Keywords: *Time method acupuncture; Ling gui ba fa; Chronic Low Back Pain*

Randomized Controlled Trial of Iyengar Yoga for Chronic Neck Pain

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Background: Chronic neck pain is a significant public health problem with only very few evidence-based treatment options. Complementary therapies such as yoga play an important role in the care of patients suffering from neck pain. As there is growing evidence for the effectiveness of yoga for relieving musculoskeletal pain syndromes, we investigated the effect of Iyengar yoga on chronic neck pain.
Methods: 51 patients (mean age 47.8; 42 female) with chronic non-specific neck pain were randomized to either a yoga group or an exercise group. Patients in the yoga group participated in a 9 weeks Iyengar yoga course, 90 minutes once per week. Patients in the exercise group received a self-care manual containing information on exercises designed by a German health insurance company to relieve neck pain. Patients in both groups were instructed to practice at home for 10 minutes each day during the study period.
Before and after this period, neck pain intensity (100mm visual analog scale; VAS), neck pain specific disability (neck disability index; NDI) and pain related to movement (100mm VAS for 6 movement directions) were assessed. Pressure pain threshold was measured at the individual site of maximum pain and bilaterally at 3 anatomically defined sites (m. levator scapulae, m. trapezius, pars descendens and m. semispinalis capitis). The left and right hand served as control sites.
Results: After the study period, patients in the yoga group reported less neck pain intensity (P=0.004) and neck pain specific disability (P=0.006) compared to the exercise group. No differences between groups were found regarding pain related to movement. Pressure pain threshold was elevated at the site of maximum pain (P<0.001) and bilaterally at all 3 anatomically defined sites (P<0.05) only for the yoga group. No differences between groups occurred at the control sites.
Conclusions: The preliminary results suggest that Iyengar yoga is more effective in relieving chronic non-specific neck pain than a self-care manual on exercises. Yoga reduced neck pain intensity and disability, while the changes in pressure pain threshold hint to alterations in pain processing.

Pneumatic Pulsation Therapy for Treating Chronic Neck Pain – a Randomized Controlled Trial on a New Cupping Technique Using a Pulsating Vacuum

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Background: Cupping has been used for centuries in the treatment of musculoskeletal pain syndromes. Pneumatic pulsation therapy (PPT) is a new technique using a mechanically induced pulsating vacuum instead of a constant negative pressure. PPT is thought to combine the effects of cupping with those of massage therapy, both of which have been shown to be effective in the treatment of chronic neck pain.