

Shoulder Bursitis Treatment with Acupuncture

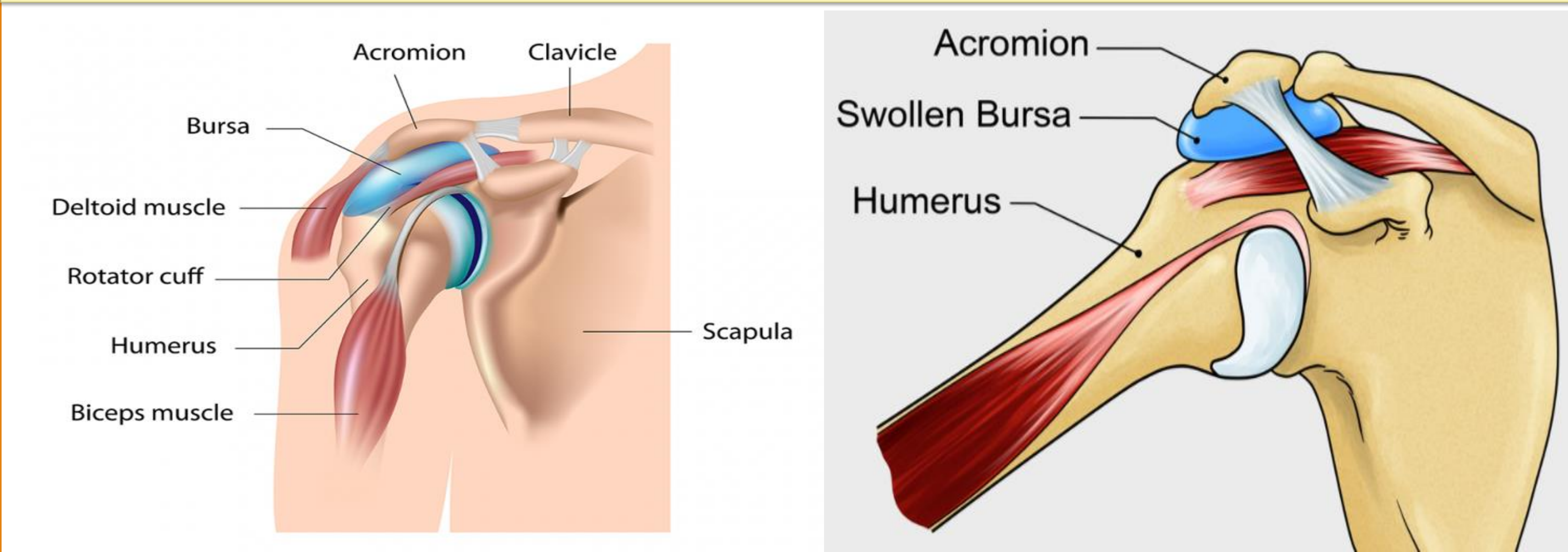
Jihe Zhu¹, Blagica Arsovska², Kristina Kozovska³, Danche Vasileva⁴, Elena Madzirova⁵

1, 2, 3, 4, 5 Faculty of Medical Sciences, University Goce Delcev – Shtip, Republic of Macedonia;
2, Institute of Biology, Faculty of Natural Sciences and Mathematics – Skopje, Republic of Macedonia



INTRODUCTION

- ❖ Shoulder bursitis or inflammation of shoulder bursa is often associated with inflammation of the tendons of the rotator cuff muscles of the shoulder.
- ❖ The causes for this condition can be repetitive motions, direct trauma, muscle weakness or poor muscle coordination, infection and etc.
- ❖ Shoulder bursitis commonly presents with: localized pain, swelling and redness, tenderness, pain with overhead activities, pain while sleeping at night.
- ❖ Patients usually feel pain in the front or in the side of the shoulder and often intensifies at night.

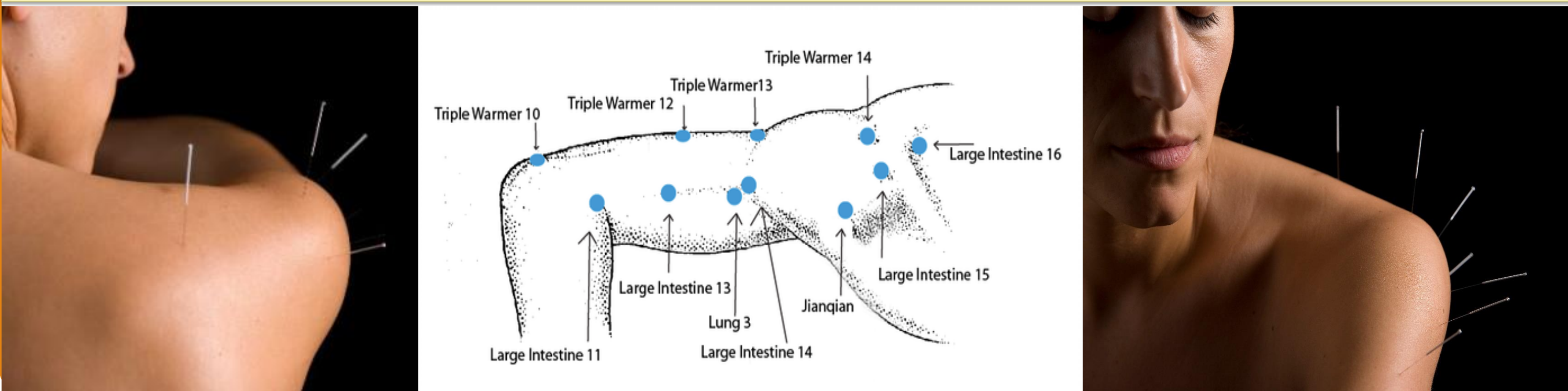


- ❖ According to Traditional Chinese Medicine (TCM), the body is covered by a network of acupuncture meridians. Qi (vital energy) and blood circulate in the body through meridians, connecting internal organs with external organs or tissues.
- ❖ When there is a blockage in the meridian patient is experiencing pain.
- ❖ The acupuncture treatment is used to reduce the inflammation, remove the Qi and blood stasis, relieve rigidity of muscles and stop the pain.



MATERIAL AND METHODS

- ❖ 30 patients, 18 male and 12 female, on age from 18 to 71.
- ❖ Acupuncture treatments were made in a clinic for TCM and acupuncture, by a doctor specialist in acupuncture.
- ❖ All patients were treated with acupuncture, with cold, fire or combined with cold and fire needle.
- ❖ One treatment was made weekly.
- ❖ In all patients were used certain trigger points – Ashi, located on the most painful places in the area of the shoulder.
- ❖ Duration of the fire needle treatment was 5-10 minutes.
- ❖ Duration of cold needle acupuncture was 35-40 minutes.



RESULTS

- ❖ Of the treated patients 18 were male and 12 female. However, according to the studies women suffer from shoulder bursitis more often than men.
- ❖ According to which shoulder is affected, most of the patients had pain in the right shoulder - 17 patients, 11 patients in the left shoulder and 2 patients in both shoulders.
- ❖ According to the age, the most common age group was from 50 to 60 years.
- ❖ According to the number of therapies, most of the patients have made only one therapy - 12 patients.
- ❖ According to how shoulder bursitis was treated, with cold needles or with fire needle, there were 19 patients treated with fire needle (64%), one patient was treated with cold needles (3%) and 10 patients had treatments with cold and with fire needles (33%).
- ❖ Symptoms were: pain with overhead activities, pain while sleeping at night, limited movements and etc.
- ❖ Most of the patients said that the pain was worsened by certain movements, tiredness, activity and hard work.

Table.1. Differentiation by which shoulder is affected

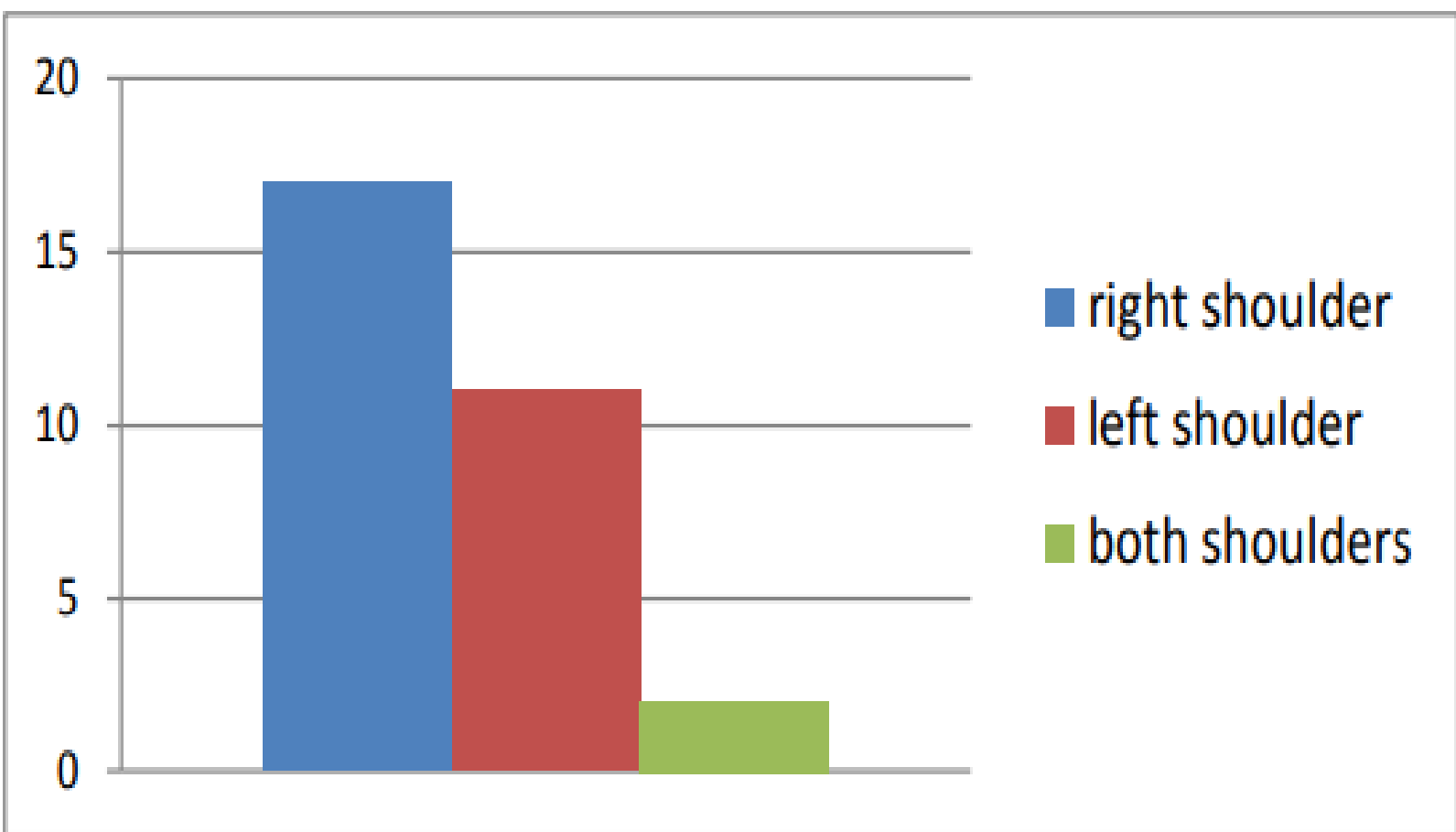


Table.2. Age groups

| Age | Number of patients |
|-------|--------------------|
| 10-20 | 2 |
| 20-30 | 2 |
| 30-40 | 5 |
| 40-50 | 8 |
| 50-60 | 10 |
| 60-70 | 2 |
| >70 | 1 |

DISCUSSION

- ❖ The both treatments are effective in a way, but the difference is that the treatment with fire needles is more effective and gives better results for a shorter time, because the exudate that results in an extracellular fluid of high protein content and is harmful for the body, is physically removed from the body.
- ❖ It is important to treat the symptoms, but more important is to treat the underlying root cause. That is why in Chinese medicine the person is always treated as a whole.
- ❖ Fire needle improves the Qi energy and microcirculation in the body faster, regulates the function of the Zang Fu organs and removes the pain.

Table.3. Number of therapies done

| number of therapies | number of patients |
|---------------------|--------------------|
| 1 | 12 |
| 2 | 11 |
| 3 | 6 |
| 4 | 1 |



CONCLUSION

Acupuncture as a treatment for shoulder bursitis can effectively relieve the pain, ease the stiffness and improve the physical function of the shoulder. The treatment with fire needle gives better and faster results.