



Additional Resources

In recent years a number of controlled clinical evaluations have indicated that acupuncture treatment of hemiplegia due to cerebral infarction gave better results than conventional medication and physiotherapy (1-4). In addition, acupuncture treatment has been proven effective to the treatment of aphasia (5-7), depression (8), insomnia (9), and fatigue (10) in post stroke patients.

1. Tang X. et al. Effect of scalp acupuncture combined with body acupuncture on limb function in subacute stroke patients. *Acupuncture research.* 2012 Dec;37(6):488-92
2. Jiang ZY et al. Clinical study on needling jiaji (EX-B2) in the treatment of thalamic spontaneous pain induced by stroke. *Journal of Traditional Chinese Medicine,* 1997, 38(10):599-601
3. Liu YJ et al. Needling scalp points in treating cerebrovascular diseases: a report of 78 cases. *International Journal of Clinical Acupuncture,* 1997, 8(3):231-234.
4. Si QM et al. Effects of electroacupuncture on acute cerebral infarction. *Acupuncture and Electro-Therapeutics Research,* 1998, 23(2):117-124.
5. Sun Y. et al. Acupuncture therapy on apoplectic aphasia rehabilitation. *J Tradit Chin Med.* 2012 Sep;32(3):314-21
6. Ji X. et al. Simple motor aphasia caused by cerebral infarction treated with blood-pricking at Yamen (GV 15) combined with language training. *Chinese acupuncture & moxibustion.* 2011 Nov;31(11):979-82.
7. Zheng H. et al. Efficacy observation of Thoroughfare Vessel theory in acupuncture for post-stroke dysphasia. *Zhongguo Zhen Jiu.* 2011 Dec;31(12):1067-70
8. Youn JI et al. Effects of Electro-Acupuncture Therapy on Post-Stroke Depression in Patients with Different Degrees of Motor Function Impairments: a Pilot Study. *J Phys Ther Sci.* 2013 Jun;25(6):725-728. 2013 Jul 23.
9. Lee SY et al. Intradermal acupuncture on shen-men and nei-kuan acupoints improves insomnia in stroke patients by reducing the sympathetic nervous activity: a randomized clinical trial. *Am J Chin Med.* 2009;37(6):1013-21
10. Zhou Y. et al. Clinical observation on the therapeutic effect of electroacupuncture combined with cupping on post-stroke fatigue]. *Acupuncture research.* 2010 Oct;35(5):380-3.

In the recent clinical trials, it has been proven that rehabilitation therapy combined with acupuncture can lessen pain, reduce swelling around the knee, hip joints, and other local operating area. It can also improve range of motion during the rehabilitation process for knee & hip replacements and other orthopedic surgery patients. It also enhances the endurance capacity and motivation to carry out rehabilitation training (1 & 2). A systematic review and meta-analysis of randomized trials for the efficacy of nonsurgical interventions for anterior knee pain and hip pain suggests that acupuncture should be considered as one of required assistant therapies for post orthopedic operative care (3).

1. Mikashima Y. et al. Efficacy of acupuncture during post-acute phase of rehabilitation after total knee arthroplasty. *J Tradit Chin Med.* 2012 Dec;32(4):545-8
2. Chen G. et al. The application of electroacupuncture to postoperative rehabilitation of total knee replacement. *Chinese acupuncture & moxibustion.* 2012 Apr;32(4):309-12
3. Collins NJ, et al. Efficacy of nonsurgical interventions for anterior knee pain: systematic review and meta-analysis of randomized trials. *Sports Med.* 2012 Jan 1;42(1):31-49.