Can Acupuncture Treat Knee Pain?
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**Can acupuncture treat chronic knee pain?**

**Can we consider acupuncture as a first-line treatment option for chronic knee pain?**

**Is acupuncture better than placebo?**

**Does acupuncture work for knee pain?**

**Summary of 2014 Australian Acupuncture Trial for Knee Pain: The trial was originally designed to test laser treatment using several public interest groups to promote its merits (authors vs. placebo vs. laser acupuncture) and recommend the physical therapy to the patients.**

**Conclusion: The trial re-design and unblinding of the patients has been taken advantage of the strength of the Zelen design, and hence it has no limitations.**

**The authors concluded that patients with knee pain cannot be randomized to laser acupuncture.**

**A recent study published by the National Center for Complementary and Integrative Health (NCCH) of NIH states acupuncture may help reduce pain and improve joint mobility for osteoarthritis.**

**Summary of NIH Study: Acupuncture for Knee Pain**

- **Acupuncture Protocol:**
  - Needling at specific points on the knee, with use of laser light stimulation.
  - Needling at specific points on the knee, without use of laser light stimulation.

- **Control Group:**
  - Placebo needling at specific points on the knee, with use of laser light stimulation.
  - Placebo needling at specific points on the knee, without use of laser light stimulation.

**Results:**

- **Placebo group:**
  - No improvement in symptoms reported.
  - No change in joint mobility.

- **Acupuncture group:**
  - Significant improvement in symptoms reported.
  - Improved joint mobility.

**Conclusion:**

Acupuncture may be an effective treatment option for knee pain, especially for those with osteoarthritis. Further research is needed to confirm these findings and determine the optimal treatment protocol.

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**References:***
