

Cupping in low back pain - a randomised clinical trial

Summary:

Aim: Cupping is used in various traditional medicine forms to relieve pain in musculoskeletal diseases. The aim of this study is to investigate the effectiveness of cupping in patients with chronic low back pain.

Design: Three armed randomized controlled trial.

Methods: In a three-armed, randomized controlled exploratory pilot study including 90 patients with chronic low back pain and a pain intensity > 40 mm (on a 0-100 mm visual analogue scale (VAS)) will be included into either intervention group (receiving 8 sessions of pulsatile dry cupping within 4 weeks), control group 1 (receiving 8 sessions of non-pulsatile dry cupping, max. 25mbar, within 4 weeks) or control group 2 (receiving no study intervention within the study). For all groups rescue medication of 500mg Paracetamol up to 4 times daily is permitted.

Outcome parameters: Pain intensity measured with a visual analogue scale (VAS), the functional status measured by 'Funktionsfragebogen Hannover Rücken' (FFbH-R), the Cohen's Perceived Stress Scale (PSS), the SF-36 to measure health related quality of life, the assessment of the treatment intervention with a Likert-Scale and the rescue medication score. Outcome parameters will be assessed at baseline, after 4 and 12 weeks.

Principal investigator:

Brinkhaus, MD

Project coordinator:

Teut, MD

Research associate:

Ortiz, MD

Data management:

Binting

Project coordination office:

Cree

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