Card news for Clinical practice guidelines for traffic injury

Traffic injury # Korean Medicine # Car accident
Clinical practice guideline

한의표준임상진료지침 개발사업단

Traffic injury

As the impact of an accident is transmitted to the body, various ligaments and muscles around the spine are damaged, causing various musculoskeletal symptoms such as neck pain, stiffness, back pain, numbness, headache, dizziness, fatigue, and depression.

The goal of Korean medicine treatment is to recover the damaged area by removing the blood stagnation (瘀血).

What is the **satisfaction level** of patients who received **Korean medicine treatment** after a traffic injury?

228 (27%) of 845 patients were extremely satisfied with Korean medicine treatment, 468 (55.4%) were satisfied, 138 (16.3%) were normal, 4 (0.5%) were dissatisfied, and 6 (0.7%) were extremely dissatisfied

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*Source: Clinical Practice Guideline for Traffic Injury in Korean Medicine

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Electroacupuncture

evidence level ★★★★☆

Grade 👍👍👍👍👍

Neck pain intensity change in 4 weeks

Neck disability index improvement in 4 weeks

- Electroacupnucture was **effective** for neck pain and functional improvement after traffic injury

- **Analgesic effect** through electroacupuncture stimulation

*Source: Clinical Practice Guideline for Traffic Injury in Korean Medicine

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Motion-style acunpuncture technique

evidence level ★★★★☆ Grade 👍👍👍👍👍

MSAT and concurrent Korean medicine treatment were combined, pain alleviation and recovery of the neck's range of motion were decrese faster than when concurrent Korean medicine treatment performed alone.

MSAT

Motion-Style Acupuncture Technique (MSAT) is one of the acupuncture techniques used to reduce musculoskeletal pain in Korean oriental medicine, which combines simultaneous breathing and exercise activities in acupuncture treatment.

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*Source: Clinical Practice Guideline for Traffic Injury in Korean Medicine

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Pharmacopuncture

evidence level ★★★★☆

Grade

Neck pain intensity change

Neck disability index improvement

Pharmacopuncture is effective for neck pain and function improvement with traffic injury!

*Source: Clinical Practice Guideline for Traffic Injury in Korean Medicine

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Chuna maunal therapy

evidence level ★★★☆☆ Grade 👍👍👍👍👍

Changes pain intensity

Chuna manual therapy is effective in decreasing pain intensity and improving function of low back after traffic injury.

*Source: Clinical Practice Guideline for Traffic Injury in Korean Medicine

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Pharmacopuncture + chuna manual therapy

Evidence level ★★★★☆

Grade

When acupuncture and chuna treatment were combined, it was more effective in reducing neck pain and improving functions than treating acupuncture only

*Source: Clinical Practice Guideline for Traffic Injury in Korean Medicine

After traffic injury,

Acupuncture, electroacupuncture, pharmacopuncture, chuna, etc. are effective!

Acupuncture | Electro-Acupuncture | Pharma-copuncture | Chuna Manual Therapy | Moxibustion | Pharmacopuncture + Chuna manual Therapy

Cupping | Herbal medicine

Cupping and herbal medicine treatment are also effective!

If you feel pain and have limited movement after a car accident, visiting the nearest korean medicine clinic/hospital for counseling is the shortcut to a quick return to daily life!

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Get treatment at a Korean medicine clinic/hospital from now on!

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