

# Observation Study of Acupuncture Treatment in Neck Type Cervical Spondylosis

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## ABSTRACT

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The objective of this study is to observe the clinical efficacy of simple acupuncture treatment in Neck type Cervical Spondylosis based on literature review study. Jing Jia Ji, Hou Xi and Feng Chi are chosen as main points for the acupuncture treatment. 9 cases who meet the standard of inclusion criterion are collected. Each acupuncture treatment spend 30 minutes, 10 treatments for 1 course. Participants are evaluate by Short-form McGill Pain Questionnaire (Appendix 3) and Neck's physical sign and symptoms score chart before and after 1 course of treatment (Appendix 4). The result is analyzed to evaluate the clinical efficacy by referring to "Standard of diagnosis and therapeutic effect of TCM diseases". The result obtain shows average SF-MPQ decrease rate is 66.49%, while average clinical effective rate is 69.81%. There are 5 cases in "markedly improved" category, 4 cases in "Effective" category, total effective rate is 100%. Acupuncture treatment using Jing Jia Ji, Hou Xi and Feng Chi is effective in Neck type Cervical Spondylosis.

Key word: Neck type Cervical Spondylosis, Hou Xi, Jing Jia Ji, Feng Chi, acupuncture