

Acupuncture for Shoulder Pain After Stroke: A Systematic Review

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Setting the scene

Shoulder pain, for which acupuncture has been used, is a common complication after a stroke that interferes with the function of the upper extremities. The aim of this systematic review is to **summarize and evaluate the effects of acupuncture for shoulder pain after stroke**.

What did they do?

Randomized controlled trials (RCTs) involving the effects of acupuncture for shoulder pain, published between January 1990 and August 2009, were obtained from the National Libraries of Medicine, MEDLINE, CINAHL, AMED, Embase, Cochrane Controlled Trials Register 2009, Korean Medical Database (Korea Institute of Science Technology Information, DBPIA, KoreaMed, and Research Information Service System), and the Chinese Database (China Academic Journal).

Takeaway home message

It was found in this review of reported RCTs that **acupuncture is an effective treatment for shoulder pain after stroke**. Acupuncture can be considered as an adjuvant therapy **in combination with exercise for rehabilitation of the stroke patients who are suffering from shoulder pain**.