



RECOMMENDED ARTICLES

Available online Jan 6, 2012

In this issue of the journal, recommended articles are selected from the *Korean Journal of Acupuncture* (ISSN: 1229-7933) and from the *Journal of Pharmacopuncture* (ISSN: 1226-4849), which were published in the Korean language.

(1) Korean Journal of Acupuncture, Vol. 28, No. 3, pp. 1 ~ 12, 2011

High-intensity Laser for Laser Acupuncture Application

Chang-Sop Yang, Seung-Ho Sun, In-Soo Jang

Abstract

Objectives: The purpose of this study is to review laser acupuncture studies to investigate the possibility for applying high-intensity lasers to acupuncture and moxibustion treatment.

Methods: Papers were searched using the search engines of five electronic databases, including Pubmed, Thomson ISI, EMBASE, ScienceDirect, and EBSCO, from inception to May 2011 without language limitation. Inclusion criteria were clinical studies with humans, randomized controlled trials (RCTs), case-control studies, and case reports. Papers were selected based on title and abstract in the first step, the full text was scrutinized in the second step, and then the extracted data were analyzed by two authors independently. The methodological quality for RCTs was evaluated using Jadad's scale.

Results: A total of 8 papers (3 RCTs, 5 controlled studies, and 1 case report) were finally selected. One paper each addressed surgical argon and CO₂ lasers, two addressed GaAs lasers and four addressed new GaN semiconductor lasers. The output range was from 110 mW to 15 W. The diseases studied were alcohol addiction, knee osteoarthritis, bronchopneumonia and asthma for children, and circulation. All studies reported positive effects. The methodological quality in all RCTs was low, below 3 points, and all studies had few subjects.

Conclusions: We suggest that high-intensity lasers can be applied to acupuncture and moxibustion. Further rigorous and well-designed studies will be needed for various diseases. The Oriental Medical Society needs to take active measures to study the clinical applications of high-intensity lasers to acupuncture and moxibustion treatment.

Key Words: laser; laser acupuncture; high-intensity laser; high level laser

doi:10.1016/j.jams.2011.11.007

(2) Korean Journal of Acupuncture, Vol. 28, No. 3, pp. 13 ~ 23, 2011

Analysis of the Effect of Using Combined Stimulation with PEMFs and LEDs on Muscle Fatigue Recovery at LR9

Na-Ra Lee, Jung-Yoon Kim, Sun-Woo Park, Soo-Byeong Kim, Hee-Young Lee, Soon-Jae Ahn, Young-Ho Kim, Yong-Heum Lee

Abstract

Objectives: The aim of this study was to develop a combined medical stimulus system consisting of the PEMFs (pulsed electromagnetic fields) and LEDs (light-emitting diodes) for the stimulation of local points such as acupoints and trigger points.

Methods: To evaluate the therapeutic effect of the combined stimulation system on musculoskeletal disorders and the possibility of its use as an alternative to manual acupuncture, we compared the fatigue recovery of two groups by analyzing the EMGs and peak torques (non-stimulation and, stimulation groups) after strenuous knee exercise. We chose LR9 as the stimulation point.