

# Acupuncture Helps Relieve Lower Back Pain

A British study published in September 2006 found that acupuncture showed the greatest benefit for patients who suffer pain in the lower back, and is a cost-effective way to treat the problem. Lower back pain is a notoriously common and difficult medical problem to treat.

In the study, one group of patients received 10 sessions of acupuncture over three months, while the other group received none. The acupuncture group reported less pain two years later than did the non-acupuncture group.

In addition, the acupuncture group was more likely to report having no pain at the one-year mark, and reported less worry about their lower back pain and less use of pain drugs to manage it.

Source: BMJ, Sept. 2006