

DISSERTATION DEFENSE: MARIANNA DE MELO SALEMI

DATE: November 30, 2020

TIME: 2:00 pm

PLACE: Google Meet

TITLE: Effect of cupping therapy on pain and functional disability in individuals with persistent nonspecific low back pain: a sham controlled randomized controlled trial

Key words: Low Back Pain. Cupping therapy, Disability and Physiotherapy

WORDS: 317

ABSTRACT:

Cupping therapy is a method used to treat various musculoskeletal conditions, including low back pain. The aim of the study is to evaluate the effect of dry encapsulation on pain and functional disability in persistent nonspecific low back pain. It is a randomized controlled clinical trial, participants were allocated to the suction cup (n = 19) or sham (n = 18) group, being reported to five visits. All were obtained at baseline, after treatment and at the follow-up period (4 weeks after treatment) using the Visual Analogue Scale (VAS) and Oswestry Disability Index (ODI). The comparison between the groups was made by the analysis of covariance (ANCOVA), which modeled the result in the post-treatment and follow up considering the baseline values of each variable. The effect size was completed using Cohen's d. The suction cup group has a lower average of VAS when compared to sham after treatment (mean difference: -2.36; EP: 0.58; 95% CI: -3.55 to -1.173.38; p <0.001; size of the "large" effect: -0.94) and without follow-up (mean difference: -1.71; EP: 0.81; 95% CI: -3.37a -0.06; p <0.042; effect size "Large": -0.83). The mean ODI score was also lower in the suction cup group when compared to the sham after treatment (mean difference: -4.68; EP: 1.85; 95% CI: -8.45 to -0.90; p: 0.017; size of the "large" effect: -0.87), but without follow-up there was no difference between the groups (mean difference: 4.16; PR: 2.97; 95% CI: -10.209 to 1.878; p: 0 , 17; "moderate" effect size: -0.70). Dry cupping wind therapy can be used to treat persistent nonspecific low back pain, considering

acupoints correlated with emotional factors (C3 and E36) associated with local (VG4, BL23, BL24, BL25 and B30) and distal (BL40 and BL58) points related to low back pain. The treatment was shown to be safe, in which few adverse results were found.

EXAMINATION BOARD:

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