Long-Term Efficacy Of Bone Decompression Technique Combines With Myo-Facia Decompression Technique In Cervicogenic Headache

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Background
Cervicogenic headache (CGH) has always been considered important because of the impact on the quality-of-life and long period of illness. Therefore, the use of efficacious and safe techniques that can speed up the healing process of the disease and maintain long-term effect is important.
Bone decompression technique by using Type T bone decompression needle and facia decompression technique by using acupotomy are newly developed technique for treatment of degenerative disease and soft tissue pain. And wildly used in China.

Aim
The purpose of this study is to evaluate the therapeutic effect of Bone decompression technique combine with myo-facia decompression technique for the treatment of Cervicogenic headache (CGH).

Method
Decompression group received Bone decompression technique by using Type T bone decompression needle combine with facia decompression technique by using acupotomy once a week for 8 weeks. The drilling tip of Type T Bone Decompression Needle is 1mm in diameter, and it penetrated into the skull bone in 5mm. The width of Zhendao instrument’s blade for the practice of acupotomy is 0.4mm. The control group received acupucture therapy once a week for 8 weeks. On the follow-up period, changes in the amount of pain were assessed by the VAS. Data obtained were analyzed using SPSS software.

Results
Variance analysis revealed a difference in the mean pain and disability score of the VAS questionnaire between two groups before and 1 week($P < 0.05$), 1 month($P < 0.05$), 1year ($P < 0.05$) after the therapy. Improvement was more satisfactory in the decompression group.

Conclusion
The use of bone decompression technique combines with myo-facia decompression technique seems to have positive long-term effects on treatment of Cervicogenic headache.

Efficacy Of Bone Decompression Technique on Migraine

Background

Migraine has always been considered important because of the impact on the quality-of-life and long period of illness. Bone decompression technique by using Type T bone decompression needle are newly developed technique for treatment of Migraine.

Aim
The purpose of this study is to evaluate the therapeutic effect of Bone decompression technique combine for the treatment of migraine.

Method
Decompression group received Bone decompression technique by using Type T bone decompression needle once a week for 8 weeks. The drilling tip of Type T Bone Decompression Needle is 1mm in diameter, and it penetrated into the skull bone in 5mm. The control group received acupucture therapy once a week for 8 weeks. On the follow-up period, changes in the amount of pain were assessed by the VAS. Data obtained were analyzed using SPSS software.

Results
Variance analysis revealed a difference in the mean pain and disability score of the VAS questionnaire between two groups before

and 8 week($P < 0.05$), 6 month($P < 0.05$) after the therapy.
Improvement was more satisfactory in the bone decompression group.

Conclusion
The use of bone decompression technique seems to have positive long-term effects on treatment of migraine.