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1. J Integr Med. 2017 Mar;15(2):135-141. doi: 10.1016/S2095-4964(17)60316-9.
Therapeutic effect of acupuncture point injection with placental extract in knee osteoarthritis.

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OBJECTIVE:

This study evaluated the effectiveness of acupuncture point injection (API) with placental extract on pain reduction and joint function in patients with knee osteoarthritis (OA).

METHODS:

Fifty-two patients with knee OA, with an average age of 64, and having a symptom duration of more than 3 months were studied in this report. Placental extract was injected weekly into acupuncture point ST35, BL23, BL24 and BL25 for 5 weeks; 8 mL of placental extract into ST35 on the affected side, and 1 mL of placental extract to BL23, BL24 and BL25 bilaterally.

RESULTS:

After a five-week treatment of API with placental extract, pain was substantially decreased in patients of all Kellgren-Lawrence (KL) grades. Improvement of knee joint swelling was also apparent. Decrease of pain and joint swelling improved daily working productive time among patients of all KL grades.

CONCLUSION:

Study results imply that API with placental extract is a potentially useful therapy to control pain and maintain joint functions in knee OA patients.

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