

# INPLASY

## Effect of traditional Chinese medicine combined with massage in the treatment of lumbar spinal stenosis: A systematic review and meta-analysis

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### ADMINISTRATIVE INFORMATION

**Support** - None.

**Review Stage at time of this submission** - Data analysis.

**Conflicts of interest** - None declared.

**INPLASY registration number:** INPLASY202430071

**Amendments** - This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 16 March 2024 and was last updated on 16 March 2024.

### INTRODUCTION

**Review question / Objective** The purpose of this study is to compare the differences in the therapeutic effect of lumbar spinal stenosis between traditional Chinese medicine combined with massage and massage alone.

**Condition being studied** Rich book resources, multi-person division of labor and cooperation, efficient learning ability.

### METHODS

**Participant or population** The studies included in this analysis were all randomized controlled trials (RCTs) focusing on lumbar spinal stenosis as the disease of interest. The intervention group received a combination of traditional Chinese medicine and massage therapy, while the control group received massage therapy. Outcome measures assessed

included Total clinical effectiveness, visual analogue score (VAS score), Japanese Orthopaedic Association Scores(JOA score), Oswestry Dability Index (ODI) , walking distance , whole blood high-shear viscosity , Inflammatory cytokines level ,Non-RCT publications were excluded from this study, along with RCTs that had inconsistent interventions.

**Intervention** The patients in the control group were treated with traditional Chinese medicine combined with massage.

**Comparator** The patients in the experimental group were treated with massage.

**Study designs to be included** RCTS.

**Eligibility criteria** Symptoms include lower back pain, leg pain, paresthesia, muscle weakness, and difficulty walking. MRI and CT imaging

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examinations show lumbar spinal stenosis, which is consistent with the symptoms and radiology.

**Information sources** The Cochrane Library, PubMed, Embase, VIP, CBM, CNKI and WF Data were searched for randomized controlled trials (RCTs).

**Main outcome(s)** The Total clinical effectiveness, visual analogue score (VAS score), Japanese Orthopaedic Association Scores (JOA score), Oswestry Disability Index (ODI) .

**Quality assessment / Risk of bias analysis** Cochrane Manual of Systematic Reviews 5.3.

**Strategy of data synthesis** The meta-analysis was conducted using RevMan V5.4 software. Continuous outcomes were presented as mean difference (MD) with 95% confidence interval (CI). P 50%. Otherwise, a fixed effects model was utilized. Subgroup analysis was performed based on different control methods.

**Subgroup analysis** None.

**Sensitivity analysis** Review Manager software was used for sensitivity analysis, and the sensitivity of a certain article was reflected by the change of heterogeneity after the exclusion of a certain article.

**Country(ies) involved** China.

**Keywords** traditional Chinese medicine ,massage , lumbar spinal stenosis: meta-analysis.

#### **Contributions of each author**

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