

INPLASY

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

INPLASY202430071

doi: 10.37766/inplasy2024.3.0071

Received: 16 March 2024

Published: 16 March 2024

Corresponding author:

jiangang Li

2223565192@qq.com

Author Affiliation:

Guangzhou University of Chinese Medicine.

Li, JG¹; Wang, ZR²; Hu, RH³; Wang, Q⁴; Zhou, JJ⁵.

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 8 April 2024.

INTRODUCTION

Review question / Objective The objective of this study was to evaluate the effectiveness of traditional Chinese medicine combined with massage in the treatment of lumbar spinal stenosis(LSS).

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 included studies were randomized controlled trials, and the subjects met the diagnostic criteria for LSS.The intervention group was treated with traditional Chinese medicine combined with massage, and the control group was treated with massage or traditional Chinese medicine.

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 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 outcome indicators were total clinical efficiency, VAS score, JOA score, walking distance, and inflammatory factor (TNF- α), adverse reaction.

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). $P > 0.05$. 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

Author 1 - jiangang Li.

Email: 2223565192@qq.com

Author 2 - Zhengrong Wang.

Author 3 - Rihe Hu.

Author 4 - Qi Wang.

Author 5 - Junjie Zhou.