

Does acupuncture/dry needling treatment improve scar pain and itch in adults with abnormal scars following trauma or surgery?

ACTRN12617000355370

Status RECRUITING
Sponsor Catherine Smith
Enrollment 86 participants

Plain Language Summary

This study is testing whether acupuncture and dry needling combined with scar massage can reduce pain and itching in people who have scars from injury or surgery. Both groups receive scar massage and acupuncture, but the type of acupuncture used will differ. Treatment lasts 4 weeks with follow-up at 1 and 2 months afterward.

You may be eligible if:

- You are 18 years of age or older
- You have a scar from an injury or surgery that is between 6 weeks and 12 months old
- You rate your scar pain or itch at least 3 out of 10

You may NOT be eligible if:

- You have a keloid or atrophic (sunken) scar
- You are currently pregnant
- You are already receiving physical scar treatment (massage, acupuncture, or injections)
- You have uncontrolled medical conditions such as high blood pressure or epilepsy
- You have no feeling in the area to be treated
- You have lymphedema in the affected limb
- You are allergic to stainless steel or are needle-phobic
- You are a trained acupuncturist yourself

Talk to your doctor about whether this trial might be right for you.

Key Eligibility Criteria

Inclusion (2)

- Score of at least 3/10 on numerical rating scale for pain or itch prior to enrolment.
- Scar from 6 weeks to 12 months following injury.

Exclusion (11)

- Keloid scar
- Atrophic scar
- Current Pregnancy
- Currently receiving physical scar treatment (massage, acupuncture, injection therapy)
- Unstable Medical conditions (uncontrolled blood pressure, uncontrolled epilepsy)
- ... and 6 more (see full listing online)

Locations (1 total)

WA,VIC, Australia

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12617000355370>

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