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Mesotherapy for Chronic Low Back Pain

Topic: Pain

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BACKGROUND

Chronic low back pain is a very common condition with multiple functional and quality of life repercussions. Severally therapies including pharmacological, interventional and surgical procedures exist with current tendance to mini-invasive ones. Otherwise, mesotherapy is a medical procedure involving the administration of pharmaceuticals by injections into the superficial layers of the skin, with the aim of delivering a maximum dose with minimum side effects.

METHODS

We reviewed the current literature focusing on randomized controlled trials to define the possible role of mesotherapy in chronic low back pain as a mini-invasive procedure.

RESULTS

Two randomized controlled trials meeting the inclusion criteria were identified. The first one, (RCT1) enrolled 62 patients to receive four weeks of either trigger points or acupoints mesotherapy with lidocaine. The second one included two groups of 30 patients, receiving either six sessions of TENS therapy versus three sessions of a mesotherapy mixture of lidocaine, magnesium, piroxicam and thiocholchicoside. The two trials showed significant improvement in pain and functional scores after mesotherapy sessions. The follow up was up to one year in the first RCT and too short up to one month in the second one.

CONCLUSION

Despite the positive results of these two studies, there is still a clear need for larger and double blinded studies to draw further conclusions on the value of mesotherapy in the management of chronic low back pain.

Statement of Disclosures

None

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