

Self-administered acupressure reduces knee pain with suspected osteoarthritis

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Self-administered acupressure (SAA) is an efficacious and cost-effective approach to relieve knee pain in middle-aged and older adults with probable knee osteoarthritis (OA), according to a study published online April 19 in *JAMA Network Open*.

Wing-Fai Yeung, Ph.D., from the Hong Kong Polytechnic University,

and colleagues evaluated the effectiveness of SAA taught via a short training course on reducing knee OA pain in middle-aged and [older adults](#) (aged 50 years and older). The analysis included 314 participants randomly assigned to acupressure twice daily for 12 weeks or a control education session on knee health.

The researchers found that at week 12, the [intervention group](#) had a significantly greater reduction in a numerical rating scale pain score (mean difference, -0.54 points) and higher enhancement in the Short Form 6 Dimensions utility score (mean difference, 0.03 points) versus the [control group](#). However, there were no significant differences in the Western Ontario and McMaster University Osteoarthritis Index, Timed Up and Go, or Fast Gait Speed tests. There was >90 percent probability that the intervention is cost-effective at a willingness-to-pay threshold of 1 GDP per capita.

"It was noteworthy that participants showed high acceptability and compliance with the SAA training program," the authors write. "Our cost-effectiveness analysis indicated that the SAA was a cost-effective intervention."

One author disclosed ties to AstraZeneca and Boehringer Ingelheim.

More information: Wing-Fai Yeung et al, Self-Administered Acupressure for Probable Knee Osteoarthritis in Middle-Aged and Older Adults, *JAMA Network Open* (2024). [DOI: 10.1001/jamanetworkopen.2024.5830](#)

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