CHAPTER 6

CONCLUSION

After the treatment of this study, both 2 groups experienced a statistically significant decrease in the severity of pain ($p<0.01$). The reduction rate of pain in experimental group is 68.75%; The reduction rate of pain in control group is 35.41%. According to Table 4.6, a statistical significant difference ($p=0.001$) of pain reduction were seen between 2 groups.

Both 2 groups have also experienced a statistical significant increase ($p<0.01$) in quadriceps muscle power after the treatment. The increase rate of quadriceps muscle power in experimental group was 6.25%, in control group was 11.15%. But there was no statistical significant difference ($p=0.5569$) between 2 groups.

From the results of this study, it can be concluded that:

1. Acupuncture therapy combined with physical therapy can decrease the severity of patellofemoral pain caused by patellar chondromalacia by 33.34% compared with conventional physical therapy alone in the athletic population.

2. Acupuncture therapy combined with physical therapy can not increase the quadriceps muscle activity by 10% compared with physical therapy alone.

Therefore, acupuncture therapy is effective to relieve the patellofemoral pain caused by patellar chondromalacia in sports population; Acupuncture therapy has no effect to increase the quadriceps muscle power.

Acupuncture should be considered as a simple, economical and effective treatment modality. Furthermore, acupuncture therapy should be combined with Western medicine aimed at improving the treatment of not only sports medicine diseases but also other public health problems in the future.