
Table des matières

1. Systematic Reviews and Meta-Analysis	1
1.1. Liu 2024	1

Cervicogenic Headache

Céphalée cervicogénique

1. Systematic Reviews and Meta-Analysis

1.1. Liu 2024

Liu Z, Gao X, Zhang X, Qu Y. Meta-Analysis of Acupuncture Treatment for Cervicogenic Headache. World Neurosurg. 2024 Sep;189:166-173. <https://doi.org/10.1016/j.wneu.2024.05.084>

Objective	To analyze and evaluate the clinical effect of acupuncture on cervicogenic headache (CEH), and provide evidence-based basis for clinical selection of acupuncture for CEH.
Methods	Databases including China Knowledge Network, Wanfang, VIP Chinese sci-tech journals, Chinese Biomedical, and PubMed were searched to collect clinical randomized controlled trials on the effectiveness of acupuncture in the treatment of CEH until November 2023. Statistical analysis was performed using the RevMan 5.4.1 software, and heterogeneity was assessed using the Q test (P value), allowing for the calculation of the combined effect odds ratio through either the fixed or random-effect model. Sensitivity analysis will be conducted by excluding articles with the highest weight, while the validity of the literature will be evaluated through the creation of a funnel plot to identify any potential biases.
Results	A total of 400 articles were retrieved, and eventually, 20 clinical randomized controlled trials were included in the analysis. Comparing with control, acupuncture exhibited a higher total effective rate in treating CEH. The cure rate was also higher in the experimental group, and improvements in short-term and long-term visual analogue scale scores outcomes were significantly greater than those in the control group. The quality-of-life scores were higher in CEH patients treated with acupuncture. Sensitivity analysis confirmed the stability and reliability of the pooled effect size results. The results of the funnel plot indicated the presence of publication bias.
Conclusions	Acupuncture treatment is effective for CEH relief and worthy of clinical application.

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Last update: 06 Dec 2025 17:45