

## Research Article

# Acupuncture for Knee Osteoarthritis: A Systematic Review of Randomized Clinical Trials with Meta-Analyses and Trial Sequential Analyses

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**Background.** Knee osteoarthritis (KOA) can cause chronic pain and seriously affect the quality of patient lives. The continued emergence of high-quality RCTs requires us to update the quality of evidence. This study aims to evaluate the efficacy of acupuncture for KOA patients and calculate the required information size (RIS) to determine whether further clinical studies are required. **Methods.** We searched PubMed, Embase, WOS, CBM, CNKI, VIP, WHO ICTRP, ChiCTR, and Grey literature to collect randomized controlled trials (RCTs) of acupuncture for KOA from inception to December 2021. A meta-analysis was performed according to the Cochrane systematic review method by using Review Manager 5.4 and TSA 0.9.5.10 beta, and GRADE was used to evaluate the quality of the evidence. Trial sequential analysis was used to control random errors and calculate the required information size. **Results.** Eleven RCTs with 2484 patients were included in our meta-analysis, meeting the inclusion criteria for the meta-analysis. The meta-analysis indicated that acupuncture had beneficial effect on knee osteoarthritis in reducing pain [ $n = 2387$ ; SMD =  $-0.12$ , 95% CI ( $-0.20$ ,  $-0.04$ );  $I^2 = 0\%$ ] and improved patients function activities [ $n = 2408$ ; MD =  $-1.25$ , 95% CI ( $-1.97$ ,  $-0.53$ );  $I^2 = 0\%$ ], but true acupuncture showed no significant effect in relieve patient's stiffness [ $n = 1337$ ; MD =  $-0.07$ , 95% CI ( $-0.30$ ,  $0.15$ );  $I^2 = 0\%$ ]. We pooled the studies which found no significant difference in improving the quality life of mental [ $n = 1462$ ; SMD =  $0.02$ , 95% CI ( $-0.23$ ,  $0.27$ );  $I^2 = 78\%$ ] and patients physical health (SF-36 or SF-12) [ $n = 1745$ ; SMD =  $1.01$ , 95% CI ( $-0.08$ ,  $2.11$ );  $I^2 = 0\%$ ] compared with sham acupuncture. The pain and function TSA graphs indicated that cumulative Z-curves intersected with the traditional level of statistical favoring acupuncture, and more RCTs will required in the future studies. **Conclusion.** Acupuncture has beneficial effect on pain relief and improves function activities, and this treatment can be recommended as a beneficial alternative therapy in patients with KOA, particularly for chronic patients and those currently undergoing long-term pain and help them increasing quality of life. But it should be further verified through more RCTs in function. Available studies suggested that acupuncture was superior to sham acupuncture in reduce pain and function as verified by TSA.

## 1. Introduction

Knee osteoarthritis (KOA) is a chronically degenerative joint disease which manifests as pain, swelling, stiffness, and dysfunction [1]. The incidence of osteoarthritis is high in the elder population, and an epidemiological study has also found that more than half of people who were younger than 65 years old were suffering from osteoarthritis [2]. Conven-

tional methods for managing KOA such as nonsteroidal anti-inflammatory drugs (NSAID) can reduce pain and alter the disease progression, but it had some adverse side effects [3], such as different degrees of addiction sleep, nausea, appetite drop, and other adverse reactions. Long-term medication may cause problems such as drug dependence with increasing the dosage of drugs and liver and kidney metabolic damage [4].

Acupuncture, as a treatment with fewer side effects which has been practiced for over 2500 years in China, is widely used to manage chronic pain. At the 1997 National Institutes of Health Consensus Conference on acupuncture [5], acupuncture was proposed as an option for reducing the dose of or avoiding the use of medication. Increasing attention has been paid to acupuncture as an alternative strategy for KOA. Several high-quality studies have shown that acupuncture treatment had significant and clinically relevant short-term effects for KOA [6, 7]. Although acupuncture as an affordable and safe treatment, the efficacy of acupuncture in treating KOA patients is still controversial. Some study suggested that acupuncture did not have real effect, that is dismiss, a placebo effect [8]. In recent years, trials [2, 6, 7, 9–17] with relatively high methodological quality and relatively large sample sizes have been published; therefore, this meta-analysis have performed to critically evaluate the effectiveness of true acupuncture compared with sham acupuncture in KOA and thereby reach a more advanced conclusion that acupuncture as an effective treatment can relieve pain and improves symptoms of patients with KOA more than the placebo effect.

Trial sequential analysis (TSA) can help to provide more appropriate interpretation of meta-analysis results; it can reduce early false-positive results due to inaccurate meta-analysis and repeated significance tests [18]. The effectiveness of a treatment can be summarized by successive inclusion in trials and analysis. TSA conducted with both may have the potential to prevent the initiation of unnecessary trials when firm evidence has been obtained [19]. Aiming to clarify whether acupuncture is efficacious in KOA and whether current RCTs were adequately powered to detect the efficacy, we conducted a trial sequential analysis meta-analysis comparing acupuncture with sham acupuncture in the therapy of KOA.

## 2. Methods

**2.1. Protocol and Registration.** The protocol for the meta-analysis is registered with PROSPERO (CRD42021226983). This meta-analysis was reported according to the Preferred Reporting Items for Systematic Review and Meta-Analysis (PRISMA) statement and recommendations [20].

**2.2. Searching Strategies.** This systematic review of RCTs was performed in accordance with the criteria of the PRISMA statement and the current recommendations of the Cochrane Collaboration [21–23]. Nine databases, namely, PubMed, Embase, Web of Science (WOS), China Biology Medicine (CBM), China National Knowledge Infrastructure (CNKI), China Science and Technology Journal Database (VIP), World International Clinical Trials Registry Platform (WHO ICTRP), Chinese Clinical Trial Register (ChiCTR), and Grey literature, were systematically retrieved from inception to December 2021 for correlative randomized controlled trials with no restrictions. These searches were performed using the following keywords: “acupuncture,” “electroacupuncture,” “Knee osteoarthritis,” “KOA,” “Osteoarthritis of knee,” “Randomized controlled trials,” and “RCT,” and two reviewers (HT and LY H) first screened

the literature by scanning the titles and abstracts and then read the full text of potentially eligible trials to decide whether they should be included in the meta-analysis. The search strategy for the database is shown in the Figure 1.

### 2.3. Study Selection

#### 2.3.1. Inclusion and Exclusion Criteria

**(1) Types of Studies.** Only RCTs of acupuncture therapy for KOA were included, and the sample size of every study must be more than ten patients. Observational studies, cross-over studies, animal studies, conference abstracts, and letters were excluded. The studies of unavailable data were excluded. There were no language restrictions.

**(2) Types of Participants.** Participants were diagnosed with KOA according to the American College of Rheumatology clinical criteria [24], but knee arthroplasty has not been included.

**(3) Types of Interventions.** Trials that compared true acupuncture with sham acupuncture control group about acupuncture and electroacupuncture (EA) were included, while trials which focused on laser acupuncture relevant acupuncture treatment without needles were excluded.

**(4) Types of Outcome Measures.** (1) Primary outcomes: Indicators about pain were analyzed. (2) Secondary outcomes: (1) WOMAC function, (2) WOMAC stiffness, (3) Health mental survey (SF-36, SF-12), and (4) Health physical survey (SF-36, SF-12). The outcomes included the numerical rating scale were transformed to a standardized: the WOMAC pain scores (score range, 0–20), WOMAC function subscale (score range, 0–68), average stiffness subscale (score range, 0–8) [25, 26], quality of life using the 12-item Short Form Health Survey (SF-12), and 36-item Short Form Health Survey (SF-36) (score range, 0–100).

**2.3.2. Trial Selection, Data Extraction, and Quality Assessment.** In Table 1 according to search strategy, one author (HT) performed the searches. Two authors (HT and LY H) separately screened the articles and extracted data based on the inclusion and exclusion criteria. Then, we downloaded the full text of the eligible studies to determine the final selection.

Two authors independently extracted data from each study using a predesigned form. The information extracted included participant characteristics like mean age, acupoint, insertion technique, duration, frequency, and program length and the outcome measures. Any disagreements were resolved by rechecking the primary papers and further consultation with the third author (FR L).

**2.4. Assessment of Risk of Bias.** Two independent investigators (HT and LY H) evaluated the risk of bias (ROB) in each included trial according to the Cochrane risk of bias assessment tool [27]. This tool contains seven items of ROB: random sequence generation (selection bias), allocation concealment (selection bias), blinding of participants and

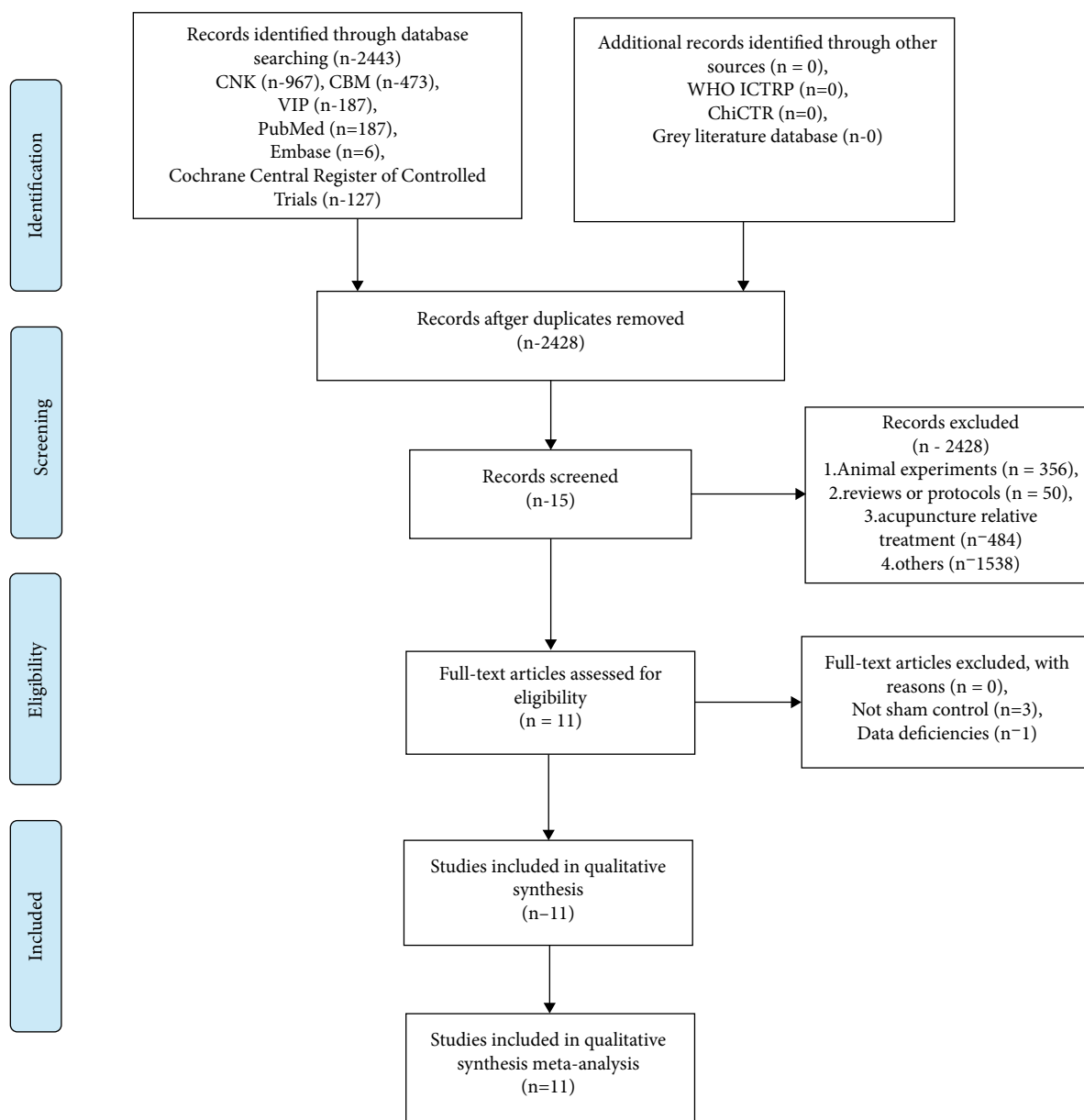


FIGURE 1: The literature retrieval and screening process.

personnel (performance bias), blinding of outcome assessment (detection bias), incomplete outcome data (attrition bias), selective reporting (reporting bias), and other bias. For each item, ROB was graded as high, low, or unclear. The general information of the trials, the epidemiological data of the patients, the characteristics of the intervention, and the control groups according to Standards For Reporting Interventions in Clinical Trials of Acupuncture (STRICTA) checklists [28] and discrepancies were resolved by further discussion with the third author (FR L).

## 2.5. Definitions and Outcomes

**2.5.1. Statistical Methods.** We used Review Manager 5.4 and TSA 0.9.5.10 beta (<https://www.ctu.dk/tsa/>) to manage the analysis. We calculated the effect size of the interventions

in KOA by using standardized mean difference (SMD). We also calculated 95% confidence interval (95% CI) for each SMD. We assessed the heterogeneity between RCTs using the  $I^2$  statistics. SMD have combined using the fixed-effects model (the inverse variance method) when  $I^2 < 50\%$ , or they were combined using the random effect model (DerSimonian and Laird method) when  $I^2 \geq 50$ . We assessed the heterogeneity between RCTs using the  $I^2$  statistics. The accumulated meta-analysis was divided into two parts, one for acupuncture and one for electroacupuncture. The subgroup was analyzed on the primary outcomes.(Table 2). This was accomplished by fitting covariables to participant details (i.e., BMI, duration of diseases, number of treatment sessions, and treatment duration). A descriptive study was conducted on studies due to different statistical methods. We calculated the information size—an estimation of the

TABLE 1: Main characteristics of included RCTs.

Study	Patients (T:S)/(F:M)	Age:mean (SD)	Duration of disease	Body-mass index	Intervention (I) True acupuncture VS sham acupuncture	Control (C) Minimal acupuncture treatment entailed superficial insertion of fine needles at predefined, distant nonacupuncture points	Simulation time	Treatment regime	Adverse events (TA: SA)	Outcomes (final results)
C Witt [7]	294 (149:75)/ 70 (44:26)	T (64.5 ± 6.4) S (63.4 ± 6.6)	T (9.1 ± 8.5) S (9.9 ± 7.6)	T (29.5 ± 4.8) S (28.8 ± 4.6)	ST34,35,36; SP9,10; BL40; KI10; GB33,34; LI8; extraordinary points EX-LE2, Xiyan. Additionally, physicians selected and needled at least two distant points from the following selection. Physicians were instructed to achieve Deqi	Minimal acupuncture treatment entailed superficial insertion of fine needles at predefined, distant nonacupuncture points	30 min	12 sessions of 30 min duration, administered over 8 weeks	A total of nine serious adverse events (3:2)	① T>S ② T>S ③ T>S ④ T>S ⑤ T ≈ S ⑥ S>T
Brian M [14]	381 (142:141)	T (65.2 ± 8.4) S (66.2 ± 8.7)			SP 6, GB34, ST36,40, and extra point Xiyan and 4 distal points (BL 60, GB39, SP9, and KI3) all participants in the treatment group achieved the “Deqi” sensation	Acupuncturists inserted 2 needles into the sham points in the abdominal area, of each point for a total of 20 minutes	20 min	23 true acupuncture sessions over 26 weeks.23 sham acupuncture sessions over 26 weeks	No adverse effects were associated with acupuncture	① T>S ② T>S ③ S ≈ T ④ T ≈ S ⑤ T ≈ S
Tu [15]	291 (145:146)	T (63.0 ± 7.2) S (62.8 ± 7.6)	T (6.3 ± 5.6) S (7.5 ± 6.1)	T (25.1 ± 3.4) S (26.0 ± 3.5)	Five obligatory acupoints and three adjunct acupoints were used in MA groups. The obligatory acupoints included ST35, EX-LE5, LR8, GB33, and an Ashi point	In the SA group, eight nonacupoints which were away from the conventional acupoints without needle manipulation for Deqi	30 min	3 times weekly for 8 weeks	A total of 39 adverse events (22:17)	① T>S ② T ≈ S ③ T ≈ S ④ T ≈ S ⑤ T ≈ S ⑥ T>S
Lin [47]	42 (21:21)	T (59.5 ± 7.555) S (59.05 ± 11.87)	T (5 ± 3.83) S (5.26 ± 3.78)	T (24.2 ± 3.5) S (24.6 ± 2.2)	For each treatment 10 commonly used local points (ST34, 35, 36; EX-LE2, EX-LE5, GB33, 34; SP9, 10; LR8) and between three and four acupuncture points from 11 distal points (GB31, 36, 39, 41, ST40, 41, LR3, BL60, SP6, KI3, and LI4) were selected. We instructed acupuncturists to achieve “Deqi”	0.30 mm × 25 mm needles were inserted vertically about 3–5 mm into non- acupoints without manipulation in the sham acupuncture group.	20 min	Acupuncture and sham acupuncture groups received treatments three sessions per week for eight weeks	A total of three adverse events were recorded: (2:1)	① T ≈ S ② T ≈ S ③ T ≈ S ④ T ≈ S ⑤ T>S
Nadine [12]	227 (112:115)	T (63.1 ± 8.7) S (62.9 ± 9.4)	T (6.5 ± 8.7) S (8.5 ± 8.4)	T (24.2 ± 3.5) S (24.6 ± 2.2)	Local points were SP9, 10, ST34, 35, 36, EX-LE5, GB34, and trigger points. Distal points were LI4, TH5, SP6, LV3, ST44, KI3, BI60, and GB41. Needles were manipulated to achieve the Deqi sensation	Participants randomized to receive advice and exercise plus, nonpenetrating acupuncture	25~35 min	Six treatment sessions over three weeks	Five adverse events were reported (5:0)	① T ≈ S ② T ≈ S ③ T ≈ S
Jorge [10]	97 (48:49)	T (65.7 ± 11.0) S (68.4 ± 9.1)	T (6.5 ± 8.7) S (8.5 ± 8.4)	T (32.4 ± 6.1) S (33.6 ± 5.8)	The local points GB34, SP9, EX-LE5, and ST36. The distal points were KI3, SP6,	The same specialist carried out the placebo acupuncture, at the same		The treatment lasted 12 weeks	Three patients who reported	① T>S ② T>S ③ T>S

TABLE 1: Continued.

Study	Patients (T:S)/(F:M)	Age:mean (SD)	Duration of disease	Body-mass index	Intervention (I) True acupuncture VS sham acupuncture	Control (C) frequency and for the same duration as for the group receiving the true intervention	Simulation time	Treatment regime	Adverse events (TA: SA)	Outcomes (final results)
Ronald [13]	56 (28:28)	T (64.1 ± 1.6) S (66.1 ± 1.9)		T (33.2 ± 6.4) S (30.2 ± 8.1)	LI4, and ST40. A WQ-10D1 electrostimulator was used to stimulate all the needles inserted into the local points	One patient had a flare of synovitis of the study knee and withdrew; the synovitis was not septic	30 min	Two groups received treatment twice weekly, from baseline visit to week five	bruising at one of the acupuncture points (SP9)	②T>S ③T>S
					A combination of local and distal acupuncture points were used: LI 4, SP9, 10, EX-LE4, GB 34, ST36, LI3, BL40, 57. Manual acupuncture treatment was given with the elicitation of Deqi					① T>S ② T ≈ S ③ T ≈ S ④ T ≈ S ⑤ T ≈ S ⑥ T ≈ S
Christos [12]	80 (40:40)	T (62.3 ± 9.9) S (60.1 ± 11.1)	T (10 ± 1.5) S (9.56 ± 1.2)	T (30.5 ± 4.6) S (31.8 ± 4.7)	Local points ST36, 40, SP9, 10, GB34, Ex-LE 2, and Ex-LE5 as well as the distal points LI4, KI3, ST40, and SP6. At each point, the patient confirmed the Deqi sensation (a feeling that indicates effective needling). Starting from the third session, the ES-160 electrostimulator ITO co.	Retractable needles were placed into small adhesive cylinders, so that the needles were supported but did not perforate the skin		This treatment was given biweekly for 8 weeks		①T>S ②T>S ③T>S ④S>T ⑤T ≈ S ⑥S>T ⑦T>S
Lan X [16]	204 (105:109)	T (60.4 ± 11.7) S(60.50 ± 11.1)		T(32.60 ± 8. 06) S(33.30 ± 3.35)	GB34, SP 9, ST 35,36, and EX- LE4 the distal points (located near the ankles) selected were UB 60, GB 39, SP 6, and KI 3 for a total of 9 points until deqi sensation.	The Streitberger non penetrating needle was used in the sham acupuncture.	20 min	Treatment once or twice a week for a maximum of 12 total treatments	Adverse effects were increased pain(n=38), muscle soreness (n=8), and swelling (n=11)	① T ≈ S ② T ≈ S ③ T ≈ S ④ T ≈ S ⑤ T ≈ S ⑥ T ≈ S ⑦ T ≈ S ⑧ T ≈ S
Maria E [17]	226 (75:151)	T (63.5 ± 10.4) S (65.3 ± 9.0)	T (10.0 ± 11.70) S (8.4 ± 9.6)	NA	GB34, SP6, 9 ear-knee, and 1-2 tender Ashi points proximal to the knee. Transcutaneous electrical nerve stimulation (TENS) was applied to outer EX- LE4,5 and SP6,9. Sham acupuncture were inserted at sham points	26 patients had exacerbation of knee pain, 22 had bruising at the needle site, 3 reported muscle cramps, 1 patient reported headache, and 1 patient had infection at the needle site	20 min	Three times a week, the treatment lasted for 6 weeks, 18 times in total weeks	Patients received 2 treatments per week (TCA or sham) for 6 weeks	① T ≈ S ② T ≈ S ③ T ≈ S ④ T ≈ S
Hanns [9]	691 (326:365)	T (62.8 ± 9.9) S (63 ± 10.1)	T(5.47 ± 6.3) S(5.16 ± 5.3)	T(29.6 ± 4.8) S(29.4 ± 4.8)	Obligatory:ST34,36, Xiyan, SP9, SP10, GB34, until deqi. Optional: 1-4 Ahshi points; bilateral	No proximity to traditional acupoints: 3 at the lower limb,1 at the upper limb,	20-30 min	10 acupuncture sessions administered	A total of 285 patients had at least 1	① T ≈ S ② T ≈ S ③ T ≈ S

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① JG true acupuncture; ② SA: sham acupuncture; ③ stomach 34, Liangqiu 35, Dubi 36, Zusanli 40, Fenglong 41, Jixi; ④ spleen 6 Sanyinjiao, 10 Xuehai; ⑤ bladder 40 Weizhiguan, 60 Kulan; ⑥ kidney 10 Yingu; ⑦ gall bladder 31 Fengshi, 33 Xiyanguan, 34 Yanglingquan, 36 Waqiu, 39 Xuanzhong, 41 Zulingqi; ⑧ liver 3 Taichong 8 Ququan, EX-LE4 Hedong, EX-LE4 Waixiyan; ⑨ kidney 3 Taixi; ⑩ large intestine 4 Hegu; ⑪ WOMAC pain, ⑫ WOMAC function, ⑬ WOMAC stiffness, ⑭ WOMAC index, ⑮ SF-36(physical), ⑯ SF-12(physical), ⑰ SF-12(mental), ⑱ Patient Global Assessment, ⑲ Six-Minute Walk ⑳ Numeric Rating Scale for Pain (NRS Pain), ㉑ VAS, ㉒ Quality Of Life (QOL).

① JTG true acupuncture; SA: sham acupuncture; stomach 34, Liangqiu 35, Dubi 36, Zusanli 40, Fenglong 41, Jixie; spleen 6 Sanyinjiao, 10 Xuehai; bladder 40 Weizhong, 60 Kuli; kidney 10 Yingu; gall bladder 31 Fengshi, 33 Xiyangguan, 34 Yanglingquan, 36 Waqiu, 39 Xuanzhong, 41 Zulingqi; liver 3 Taichong 8 Ququan, EX-LE2 Hedong, EX-LE4 Neixiyan, EX-LE5 Waixiyan; kidney 3 Taixi; large intestine 4 Hegu; ① WOMAC pain, ② WOMAC function, ③ WOMAC stiffness, ④ WOMAC index, ⑤ SF-36(physical), ⑥ SF-36(mental), ⑦ SF-12(physical), ⑧ SF-12(mental), ⑨ Patient Global Assessment, ⑩ Six-Minute Walk ⑪ Numeric Rating Scale for Pain (NRS Pain), ⑫ VAS, ⑬ Quality Of Life (QOL).



TABLE 2: Subgroup analyses of pain.

Outcome type	<i>n</i>	Sample size		SMD	95% CI		<i>p</i>	<i>I</i> <sup>2</sup>
		TA	SA		L	U		
Duration of diseases								
8<	3	492	532	-0.20	-0.39	-0.01	0.04	40%
>8	3	579	549	-0.01	-0.22	0.02	0.10	0
BMI								
25<	1	21	21	-0.03	-0.63	0.58	0.93	NA
25~29.9	3	620	586	-0.18	-0.35	-0.01	0.03	45%
>29.9	3	470	514	-0.12	-0.25	0.00	0.05	0
Program length								
6w	3	514	631	-0.06	-0.17	0.06	0.34	0
6~13w	6	785	756	-0.16	-0.26	-0.06	0.002	0
26w	1	142	141	-0.14	-0.35	0.08	0.21	NA
Last observation result	10	1143	1191	-0.15	-0.32	0.02	0.00001	73%

*n*: number of studies; TA: true acupuncture; SA: Sham acupuncture; SMD: standardized mean difference effect size; L: lower; U: upper; *I*<sup>2</sup>: heterogeneity.

optimum sample size for statistical inference from a meta-analysis—after taking heterogeneity of the included RCTs into account. We calculated the required information size (RIS) allowing for a type 1 error of 0.05 and a type 2 error of 0.2, and we presented significance boundaries (adjusting the threshold for statistical significance such that the overall risk of type 1 error maintains under 5%) based on O'Brien-Fleming alpha-spending function. In the TSA software, we set "sample size" as "information axis" and estimated the values of effect type mean, effect type variance, and effect type intervention based on low-bias risk studies. The correction of heterogeneity was based on "model variance." [29]

### 3. Results

**3.1. Characteristics of the Included Trials.** Eleven trials were included in the systematic review. Figure 1 presents the process of screening and selection of these studies. The characteristics of the participants, acupuncture details, controls, outcome measures, and adverse events are shown in Table 1. Among the eleven RCTs, the mean age of all included patients ranged from 45.91 to 68.4 (mean) years. The ethnicity was reported in four trials [13–15, 17, 30]. Eleven RCTs provided details of the treatment acupoints, and all the trials described the insertion technique. The duration of the acupuncture sessions ranged from 20 to 35 min. The frequency of the acupuncture sessions varied from one time weekly to three times weekly over a period of 6 weeks to 13 weeks. Eleven trials used sham acupuncture as a control intervention. The overall risk of bias is presented in Figure 2. The major sources of risk of bias seemed to correlate with blinding of participants and personnel. The individual risk of bias for each trial is presented in Figure 2. Four trials [14–17] had a relatively low risk of bias. Seven trials [2, 7, 9–13, 17] had unclear risk mainly due to the blinding of participants and personnel. One trial had high risk due to other bias [13].

#### 3.2. Results of Meta-Analysis and TSA

##### 3.2.1. Primary Outcomes

**(1) Pain Scores.** The meta-analysis of pain change scores in the 10 RCTs indicated that acupuncture had beneficial effect [ $n = 2387$ ; SMD =  $-0.12$ , 95% CI ( $-0.20$ ,  $-0.04$ );  $I^2 = 0\%$ ] Figure 3(a) supporting acupuncture as an effective therapy for KOA in reduce pain. Ten RCTs showed the results of follow-up, which indicated that acupuncture was superior over sham acupuncture [ $n = 2387$ ; SMD =  $-0.15$ , 95% CI ( $-0.32$ ,  $0.22$ );  $I^2 = 73\%$ ].

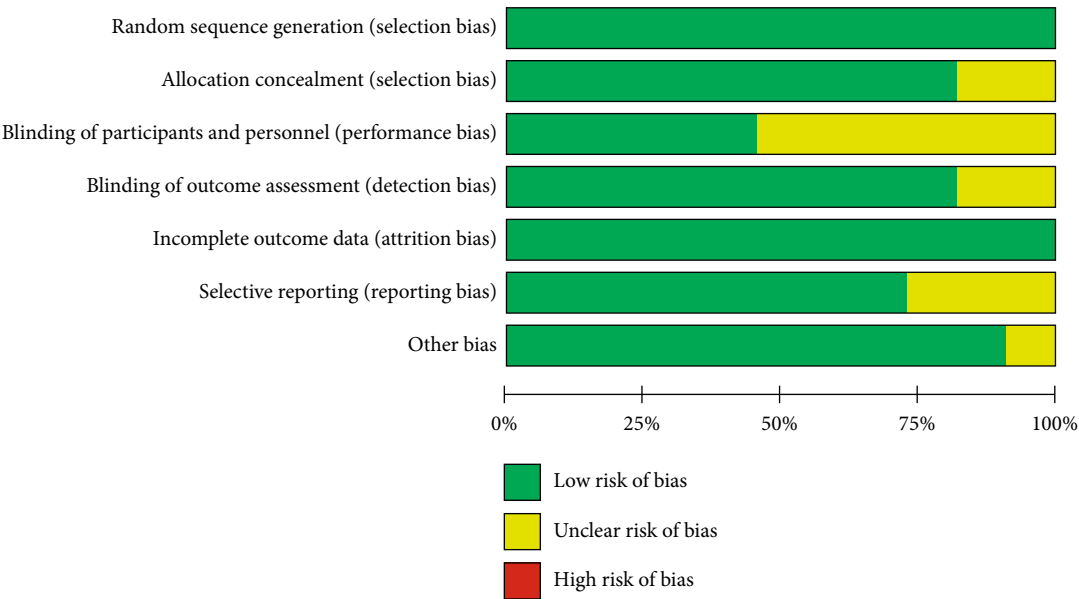
In this comparison for KOA, Z-curve of TSA crossed the traditional level of statistical, and it also intersected with the trial sequential monitoring boundaries significance for the benefit of acupuncture ( $p = 0.05$ ) before we added the study of Hanns [9], and it already reach the vertical line of required information size (RIS = 1809) (Figure 4(a)).

##### 3.2.2. Secondary Outcomes

**(1) WOMAC Function.** The meta-analysis of WOMAC function change scores in the 10 RCTs indicated that acupuncture shown significant effect in improve function activities compared with sham acupuncture [ $n = 2408$ ; SMD =  $-1.25$ , 95% CI ( $-1.97$ ,  $-0.53$ );  $I^2 = 0\%$ ] (Figure 3(b)).

As for TSA results, the cumulative Z-curve crossed the traditional level, before adding the study of Hanns [9], but it has not intersected with trial sequential monitoring boundaries and did not reach the vertical line of required information size (RIS = 4605) (Figure 4(b)).

**(2) WOMAC Stiffness.** The meta-analysis of WOMAC stiffness change scores in the 5 RCTs indicated that acupuncture was not significant effect compared with sham acupuncture [ $n = 1337$ ; SMD =  $-0.07$ , 95% CI ( $-0.30$ ,  $0.15$ );  $I^2 = 0\%$ ] in relieving stiffness of the KOA (Figure 3(c)).



(a)

	Random sequence generation (selection bias)	Allocation concealment (selection bias)	Blinding of participants and personnel (performance bias)	Blinding of outcome assessment (detection bias)	Incomplete outcome data (attrition bias)	Selective reporting (reporting bias)	Other bias
Brian M 2004	+	+	+	+	+	+	+
Christos 2012	+	?	?	?	+	?	+
Cwitt 2005	+	+	?	+	+	+	+
Hanns 2006	+	+	?	+	+	+	+
Jorge 2004	+	+	+	+	+	?	+
LanX 2013	+	+	+	+	+	+	+
Lin 2018	+	+	?	+	+	+	+
Maria 2011	+	+	+	+	+	+	+
Nadine 2007	+	+	?	+	+	+	+
Ronald 2015	+	?	?	?	+	?	-
Tu 2021	+	+	+	+	+	+	+

(b)

FIGURE 2: Risk of bias graph (a); risk of bias summary (b).



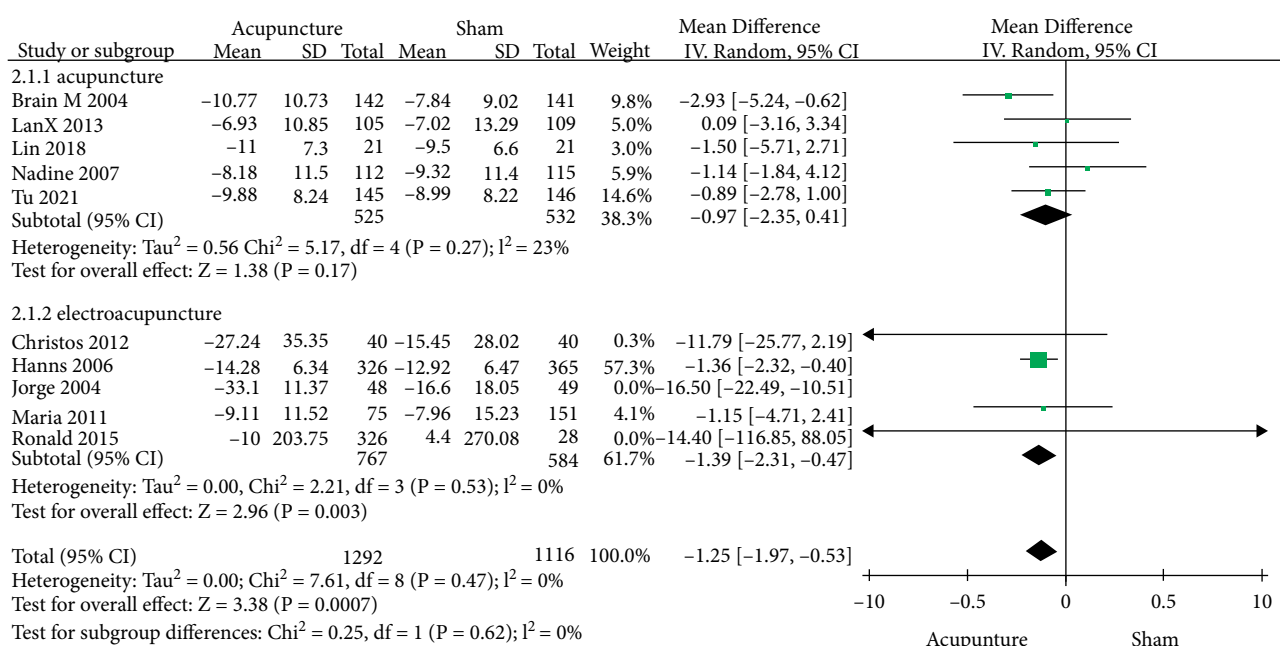
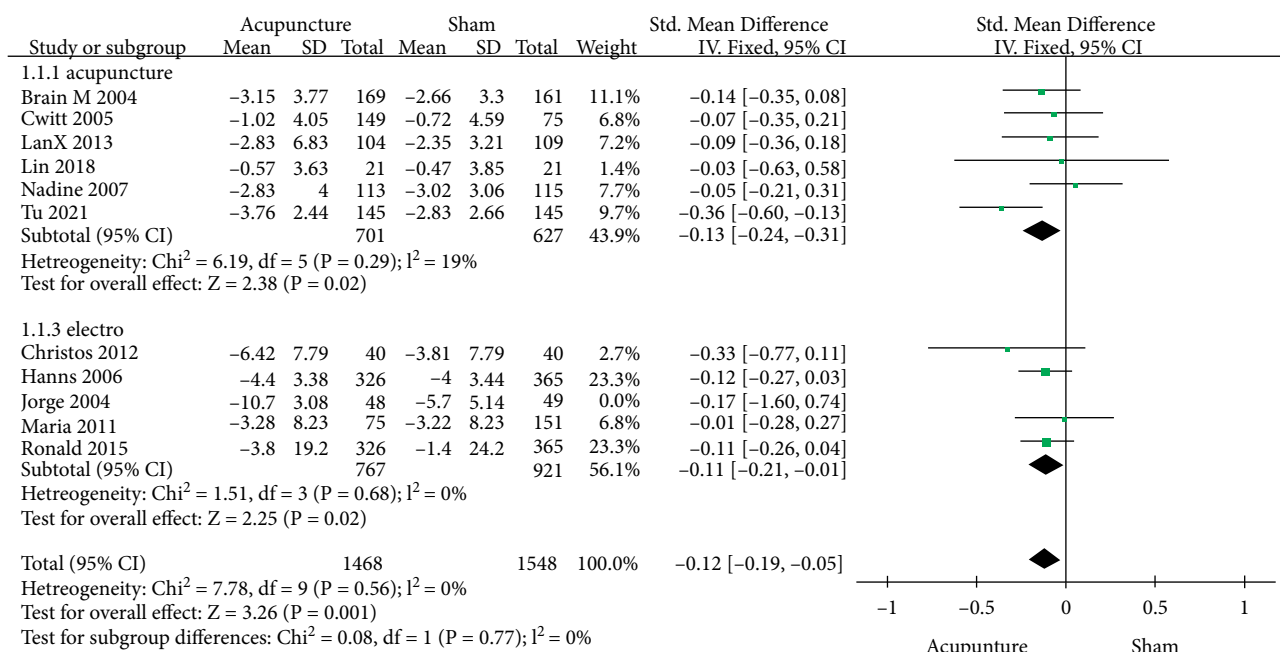


FIGURE 3: Continued.

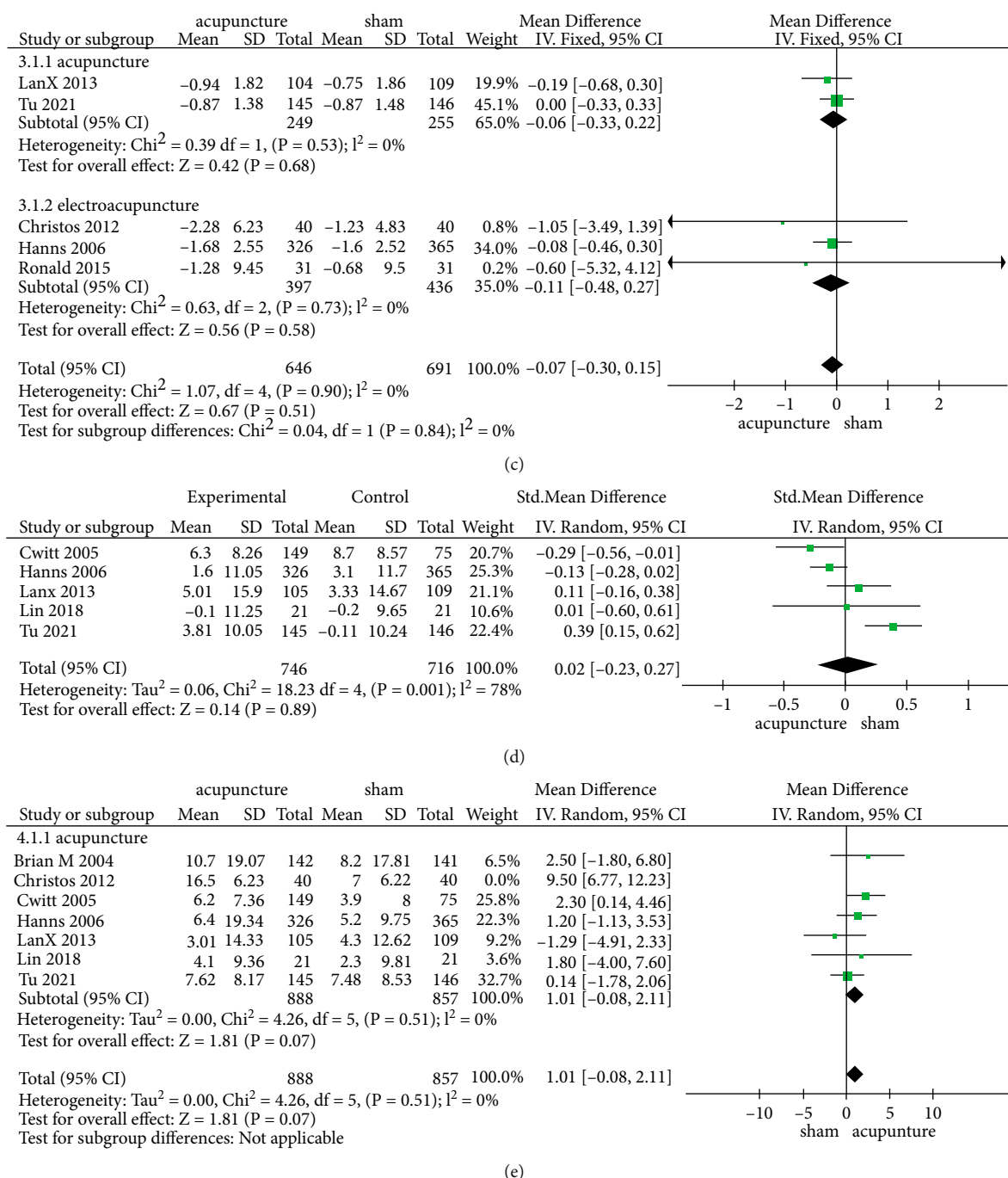


FIGURE 3: Forest plot of true acupuncture compared with sham acupuncture on (a) WOMAC pain; (b) WOMAC function; (c) WOMAC stiffness; (d) health mental survey; (e) health physical survey.

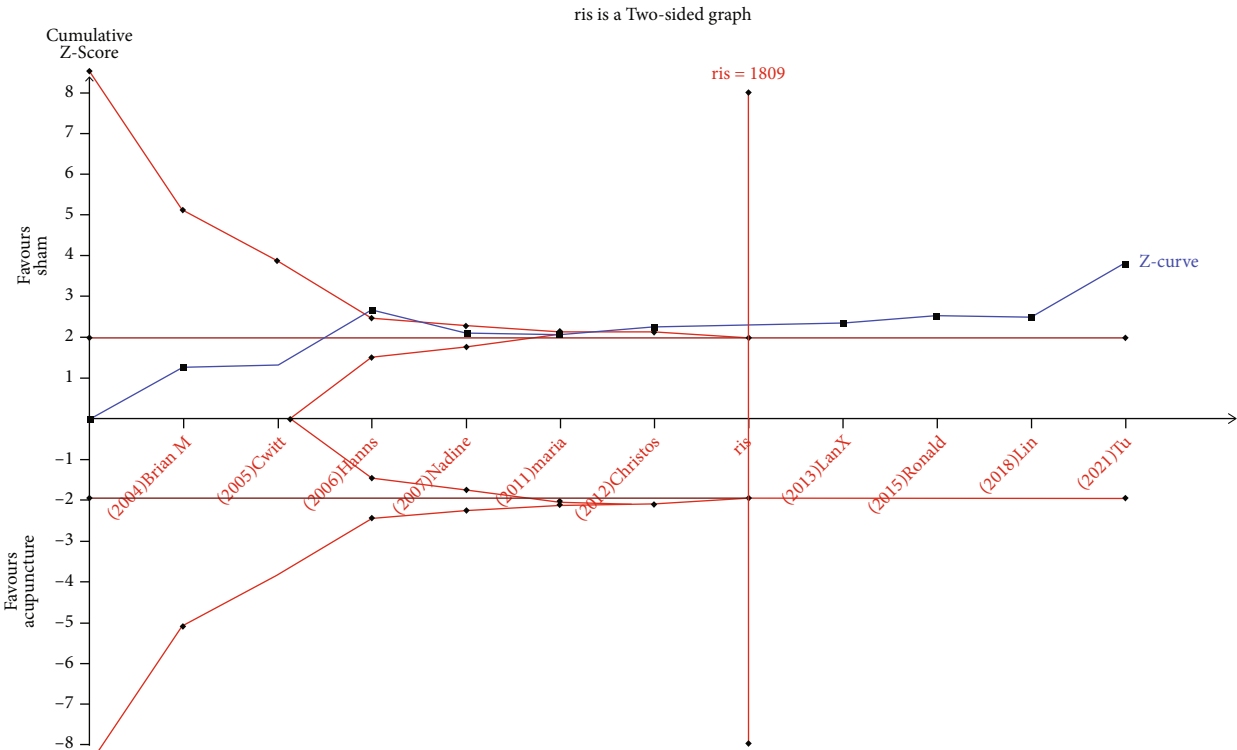
(3) *Health Mental Survey*. The meta-analysis of health mental survey changes scores in the 5 RCTs indicated that acupuncture have showed no statistically significant differences in health mental survey [ $n = 1462$ ; SMD = 0.02, 95% CI (-0.23, 0.27);  $I^2 = 78\%$ ] (Figure 3(d)).

(4) *Health Physical Survey*. The meta-analysis of health physical survey changes scores in the 8 RCTs indicated that acupuncture have showed no statistically significant effect in improve health physical compared with sham acupuncture

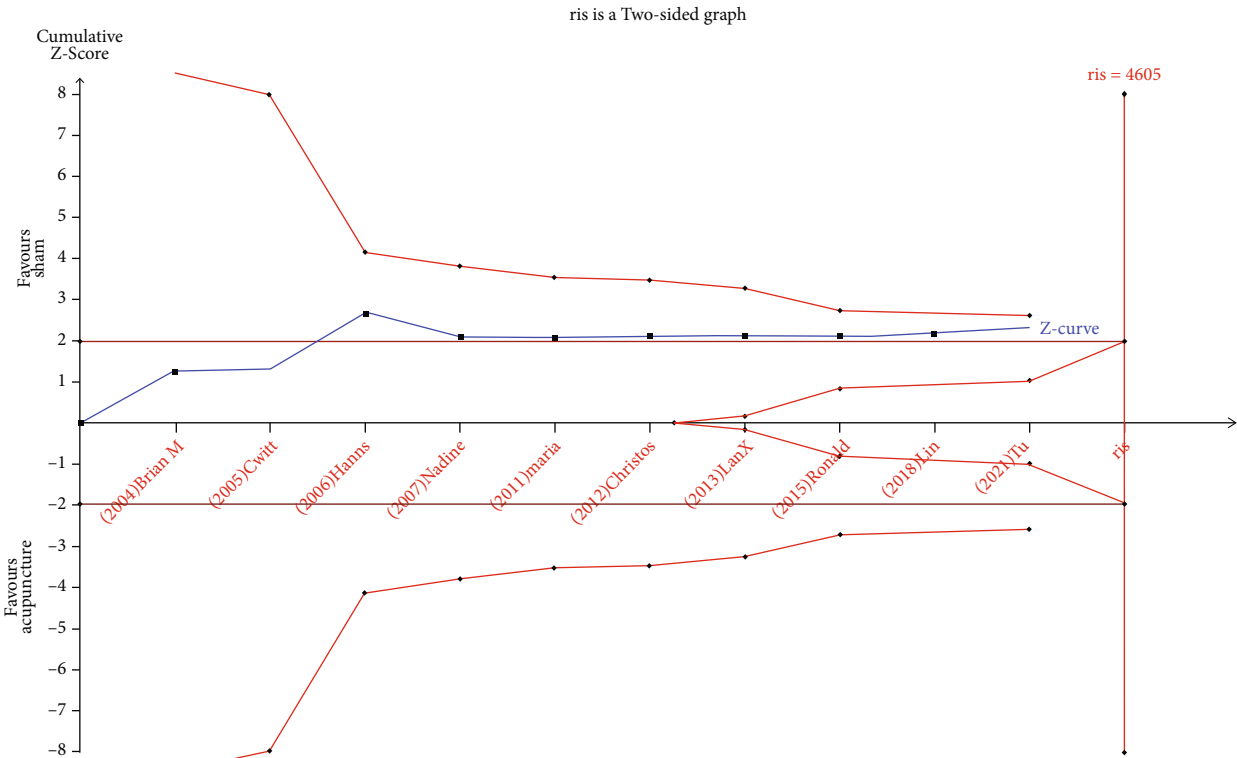
[ $n = 1745$ ; SMD = 1.01, 95% CI (-0.08, 2.11);  $I^2 = 0\%$ ] (Figure 3(e)).

### 3.2.3. Subgroup of Pain

(1) *Duration of Illness*. The meta-analyses of the 3 trials have a duration of illness less than 8 years (mean) [ $n = 1024$ , SMD = -0.20, 95% CI (-0.39, -0.01)] and 3 trials with patients have the duration of the disease more than 8 years (mean) [ $n = 1128$ , SMD = -0.10, 95% CI (-0.22, 0.02)].



(a)



(b)

FIGURE 4: TSA graph: pain: acupuncture vs. sham (a); function: acupuncture vs. sham (b).The blue curve represents the Z-curve, the red curves above and below represent trial sequential monitoring boundaries, the dashed red line represents the traditional level of statistical significance, and the red vertical line represents RIS value; the red lines on the sides closest to the horizontal line are boundaries for futility.

Studies have shown that acupuncture is superior over sham acupuncture compared with sham acupuncture for disease less than 8 years (mean) (Table 2.).

(2)*BMI*. Patient with BMI<25 acupuncture has a no effect compared with sham acupuncture [SMD = -0.03, 95% CI (-0.68, 0.58); NA]. Patient with BMI 25~29.9 indicates that true acupuncture was more effective than sham on pain scores changes [ $n = 1206$ , SMD = -0.18, 95% CI (-0.35, -0.01);  $I^2 = 45\%$ ]; however, it showed no difference in pain changes compared with sham acupuncture at the BMI>29.9 [ $n = 984$ , SMD = -0.12, 95% CI (-0.31, -0.00);  $I^2 = 0\%$ ].

(3)*Program Length*. The study showed that patients treated with acupuncture less than six weeks (including six weeks) [ $n = 1145$ , SMD = -0.06, 95% CI (-0.17, 0.06),  $I^2 = 0\%$ ] have no difference compared with sham acupuncture; however, it showed beneficial effect on pain changes compared with sham acupuncture at 6~13 weeks [ $n = 1541$ , SMD = -0.16, 95% CI (-0.26, -0.06),  $I^2 = 0\%$ ] and program length at 26 weeks [SMD = -0.14, 95% CI (-0.35, 0.08), NA]. Due to differences in statistical methods and combined with medicine, we use descriptive investigation for Jorge study [10]. It showed the WOMAC presented a greater, and significant, reduction in the intervention group than in the control group (mean difference 23.9, 95% confidence interval 15.0 to 32.8, in the pain visual analogue scale (reduction 26.6, 18.5 to 34.8)); the magnitude of the reduction was greater in the subscale of functional activity (17.5, 11.0 to 24.0) [31].

3.3. *Adverse Events*. Nine studies [2, 7, 9–11, 14–17] reported the occurrence of adverse events, and three trials did not report any adverse events; only one [7] serious events was directly correlated with acupuncture (Table 1).

## 4. Discussion

Previously, some meta-analyses have also mentioned the superiority of acupuncture treatments over no-acupuncture, but they have not confirmed whether the sample size was already enough, and our study have some advantages in this regard. We have similar findings to the above studies. When acupuncture was compared to sham acupuncture in reducing pain, the effect was different (SMD = -0.12). The TSA graph of this result, in which the Z-curve have been intersected the trial sequential monitoring boundaries, may confirm significant efficacy of acupuncture. The mechanism of acupuncture in alleviating pain and promoting functional recovery in KOA patients involved (1) inhibiting the overexpression of inflammatory factors such as IL-1 $\beta$ , IL-6, and TNF- $\alpha$ ; (2) suppressing the activity of some signaling pathways such as MAPK signaling pathway [32–39]; (3) promoting the release of antioxidants; and [40, 41] (4) inhibiting hypertrophic differentiation of chondrocytes [40]. Sham acupuncture was placed into small adhesive cylinders, so that the needles will be supported but did not perforate the skin, this leading to sham acupuncture also have the placebo effect [42]. For example, the patient's expectation of acupuncture can also effectively alleviate the patient's condition.

Placebo effect is very common in the field of acupuncture analgesia. The placebo effect of acupuncture analgesia means that positive expectation of acupuncture helps to improve the efficacy of acupuncture in the treatment of pain. And the main mechanism of placebo analgesia is to activate the endogenous opioid system and increase the secretion of endogenous opioids, thus reducing the transmission of pain signals [43, 42]. Amanzio [44] indicates that placebo analgesia can produce well measurable placebo responses. So, acupuncture analgesia and placebo analgesia have similar mechanisms, both of which can be mediated by opioids to comfort pain when it occurs both effect, and acupuncture have analgesic effects, so it is difficult to separate them [45]. But in research, acupuncture has effect in patients improving function [ $n = 2408$ ; SMD = -1.25, 95% CI (-1.97, -0.53);  $I^2 = 0\%$ ].

The TSA graphs proved that both cumulative Z-curves crossed the traditional level of statistical in terms of pain and function scores, and the efficacy of acupuncture was prominent, but the samples were not sufficient (Figures 4 (a) and 4(b)).

According research we found that acupuncture shown no effect in physical health [ $n = 1745$ ; SMD = 1.01, 95% CI (-0.08, 2.11);  $I^2 = 0\%$ ] and mental health [ $n = 1462$ ; SMD = 0.02, 95% CI (-0.23, 0.27);  $I^2 = 78\%$ ]. We think it is because acupuncture pays attention to the adjustment of spirit and the recognition, expectation, attention, preference, and doctor-patient communication of patients. And those are all important factors to improve the therapeutic physical health.

4.1. *In Subgroup of Pain Scores*. The results of one study [14] use descriptive investigation due to the different statistical method of the study. The implementation of acupuncture therapy includes an important element: acupoint selection. According to Table 1, patients were treated by use of at least five local acupuncture points, such as Xiyan and Zusanli, those common points for the treatment of knee arthritis [46]. In addition, the efficacy of acupuncture is related to two factors: the duration of individual diseases and the difference of acupuncture treatment course. The length of the diseases is an important element in the curative effect. For KOA patients, the clinical chronic stage are better than the acute episode stage optimizing. Acupuncture for chronic knee osteoarthritis patients has been beneficial effect [ $n = 1024$ , SMD = -0.20, 95% CI (-0.39, -0.01)] on reducing pain for the duration of diseases for <8 years (mean). How to choose the best treatment time for improving the treatment are also important for improving the treatment. The length of treatment sessions difference can also affect the treatment. The study found that taking acupuncture for 6~13 weeks [ $n = 1541$ , SMD = -0.16, 95% CI (-0.26, -0.06),  $I^2 = 0\%$ ] had beneficial effect compared with sham acupuncture, but when the treatment sessions were less than 6 weeks [ $n = 1145$ , SMD = -0.06, 95% CI (-0.17, 0.06),  $I^2 = 0\%$ ] or on 26 weeks [SMD = -0.14, 95% CI (-0.35, 0.08), NA], there were no statistical difference between true acupuncture and sham acupuncture. In CHEN [16] research, it is pointed out that the acupuncture process consisted of the best

induction period, half-life period, and residual effect period of acupuncture. The junction between the best induction period and the half-life reaches the peak of acupuncture action, which is best treatment time [47]. Therefore, acupuncture frequency is an important part of acupuncture treatment and also affects the curative effect of acupuncture. To explore the suitable frequency of acupuncture can improve curative effect and saving health care costs [45, 48]. There were no difference between acupuncture and sham acupuncture less 6 weeks [ $n = 1145$ ,  $SMD = -0.06$ , 95% CI  $(-0.17, 0.06)$ ,  $p = 0.34$ ,  $I^2 = 0$ ]. So, we think it is very important to determine the reasonable course of disease treatment to improve the curative effect of acupuncture.

The study indicates that physical function of overweight patients with knee OA improves even after a moderate weight reduction regimen [49]. According to Table 2, acupuncture had beneficial effect on patient with BMI 25~29.9 [ $n = 1206$ ,  $SMD = -0.18$ , 95% CI  $(-0.35, -0.01)$ ;  $I^2 = 45\%$ ], but when patients with BMI > 29.9 (mean) obese patients [ $n = 984$ ,  $SMD = -0.12$ , 95% CI  $(-0.25, -0.00)$ ;  $I^2 = 0\%$ ], it showed no difference in pain changes compared with sham acupuncture. For women with symptomatic knee osteoarthritis, a loss of 5 kg of body mass was associated with a 50% reduction in the risk of progression. In obese patients, heavy knee loading accelerated the wear and tear of the knee cartilage, triggering the disease [50].

In our study, we consider acupuncture as an effective treatment in relieving pain and improving function for people who are troubled by KOA, especially those refusing conventional drug therapy because of unbearable side effects [51, 52].

## 5. Conclusion

We found that significant effects were demonstrated with respect to pain intensity, function when compared with sham, or placebo acupuncture. This finding could be used to guide doctors. Additionally, in the standardization of the outcome measures and the duration of acupuncture sessions, patient status such as weight and duration of illness used in trials should be focused in future studies.

## Abbreviations

KOA:	Knee osteoarthritis
TSA:	Trial sequential analysis
NSAID:	Nonsteroidal anti-inflammatory drugs
RCTs:	Randomized controlled trials
WOS:	Web of science
RIS:	Required information size
WOMAC:	Western Ontario and McMaster Universities Osteoarthritis.

## Data Availability

No data were used to support this study.

## Conflicts of Interest

The authors declare that they have no conflicts of interest.

## Authors' Contributions

All authors made significant contributions to design, data acquisition, data analysis, and data interpretation. All authors contributed to the drafting and revision of the manuscript and agreed to submit it to the current journal and give final approval to the proposed version for publication. All authors agreed to be responsible for all aspects of the work. (I) Conception and design was contributed by Hao Tian; (II) administrative support was contributed by Fanrong Liang; (III) provision of study materials or patients was contributed by all authors; (IV) collection and assembly of data was contributed Hao Tian and Liuyang Huang; (V) data analysis and interpretation was performed by Hao Tian and Guixing Xu; (VI) manuscript writing was performed by all authors; (VII) final approval of manuscript was performed by all authors. Hao Tian and Liuyang Huang contributed equally to this work.

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