

Eight Plus Co.,Ltd (Mebius Pharmaceutical Co.,Ltd), RAKURAKU JUNPO

Effect of pain relieving on knee, shoulder, and lower back by cosmetics with massage.

Objective

This study aimed to verify the efficacy of a body cream product, 'RAKURAKU JUNPO' (manufactured by Mebius Pharmaceutical Co.,Ltd) in improvements of lower-limb muscle strength and relieving physical pain in knee, shoulder and lower back, when it was concurrently used with a specific massage methodology called 'MB massage' on daily basis.

Methods

The subjects, male and female from their age of 56 y.o. to 79 y.o. who had regular pain or discomfort in their knees were recruited for the 4-week trial, to evaluate improvements in condition of their knees, shoulders or lower backs, compared between before and after the combined application of body cream and MB massage on daily basis for the same test period.

The main outcome was based upon the scores of the 30-second chair stand test (CS-30) for evaluation of lower-limb muscle strength, and VAS (Visual Analogue Scale) for evaluation of pain level in their knees, shoulders or lower backs.

The subjective reporting on function and pain in their knees and lower backs was also used as the secondary outcome.

Results

The trial was commenced with total of 29 subjects, however, 26 of them completed the test at the end, deducted 3 dropouts who quitted on their own judgements due to having a feeling of unwellness. Therefore, the FAS is 26 left in total.

As a result of the 4-week trial, significant improvements were observed in scores of CS-30 for evaluation of lower-limb muscle strength, VAS for evaluation of pain level in their knees, shoulders

or lower backs, and the subjective reporting for evaluation of function and pain in their knees and function of their lower backs. There were no adverse event observed during the test period.

Conclusion

The result suggests that the concurrent application of 'RAKURAKU JUNPO' body cream and 'MB massage' at the same time is effective in improving lower-limb muscle strength and reliving regular pain in knee, shoulder and lower back. It also reports that there were no adverse event in terms of the product safety through the whole test period.