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Notalgia paresthetica

Notalgie paresthésique

1. Systematic Reviews and Meta-Analysis

1.1. Nilforoushzadeh 2024

Nilforoushzadeh MA, Ghane Y, Heidari N, Azizi H, Fathabadi F, Najar Nobari N, Heidari A. A systematic review of procedural modalities in the treatment of notalgia paresthetica. Skin Res Technol. 2024 May;30(5):e13723. https://doi.org/10.1111/srt.13723

Backgound	Notalgia paresthetica (NP) is a rare condition characterized by localized pain and pruritus of the upper back, associated with a distinct area of hyperpigmentation. Given the lack of standardized treatment and the uncertain efficacy of available options, applying procedural methods is of growing interest in treating NP.
Aims	We sought to comprehensively evaluate the role of procedural treatments for NP.
Methods	We systematically searched PubMed/Medline, Ovid Embase, and Web of Science until November 14th, 2023. We also performed a citation search to detect all relevant studies. Original clinical studies published in the English language were included.
Results	Out of 243 articles, sixteen studies have reported various procedural modalities, with or without pharmacological components, in treating NP. Pharmacological procedures, including injections of botulinum toxin, lidocaine, and corticosteroids, led to a level of improvement in case reports and case series. However, botulinum toxin did not show acceptable results in a clinical trial. Moreover, non-pharmacological procedures were as follows: physical therapy, exercise therapy, kinesiotherapy, **acupuncture and dry needling**, electrical muscle stimulation, surgical decompression, and phototherapy. These treatments result in significant symptom control in refractory cases. Physical therapy can be considered a first-line choice or an alternative in refractory cases.
Conclusion	Procedural modalities are critical in the multidisciplinary approach to NP, especially for patients who are refractory to topical and oral treatments. Procedural modalities include a spectrum of options that can be applied based on the disease's symptoms and severity.

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