

# 1 Treatment Strategy 1 (520)

4/1/06

Get the Practical Therapeutics of Traditional Chinese Medicine (Wu)

- ★Includes herbal formulas as well
- ★Lectures and points come from this book
- ★Add stuff from CAM to this book. She will let us know when this happens.

Get the AcuTherapy book as optional. Good for preparation for national boards as a reference.

Weekly quizzes for your own benefit.

## 2 Bi Syndrome

When somebody comes with joint pain, you'll work on points for the joint pain. You can treat the pain w/o treating the underlying organ problems as well. Make sure you treat the presenting treatments.

You treat the bi problem, and then you treat some of the underlying causes.

### 2.1 Charting

Keep good charting notes. Esp. w/ workman's comp complaint or with personal injury claims. Ask & document:

- ★How did this happen?
  - Will also help to make a diagnosis.
  - Did you hurt yourself? How did you hurt yourself?
- ★Where does it hurt?
- ★When does this hurt?
- ★Has an MD checked this complaint? (What was the diagnosis and treatment?)
- ★Document referrals and don't hesitate when appropriate
- ★10 questions as appropriate

### 2.2 Point Selection

Make the patient feel as if you are addressing their complaint.

### 2.3 Frequency Of Treatments

You probably won't get patients to come in every day or twice a day, so plan your treatments accordingly.

### 2.4 For new Injuries

Go above and below the injury

If it's a big hematoma, establish the flow of qi and blood by going above and below it. Or you can treat the opposite side at the appropriate level (treat the left knee if the right knee is in a cast).

For auricular, use whatever is most tender. People can be wired to be Ipsilateral or Contralateral.

## **2.5 Ligament injury**

Ligament injuries are worse with movement.

There is tenderness and swelling, and the pain is especially bad at the end of the range of motion.

Doesn't hurt w/o movement.

Use RICE. (TCM doesn't really use ice per se...)

★Get rid of heat from the first stage of trauma.

★Try alternating moxa with ice. Alternating heating and cooling creating circulation.

★If you are not sure, try ice...

Watch out for people who are using heat too much. Let it cool down otherwise you are adding inflammation and not letting it cool down. You are adding heat and congestion to the area.

Use the plum blossom hammer.

Good for hematoma's and swelling.

## **2.6 Strain (muscle)**

Usually acute, can be chronic.

There is usually no pain at the mid range of motion.

There is often an underlying deficient pattern.

Cupping is also a real good treatment choice.

Plasters can also be effective. Be careful not to "burn" the skin. Make sure to give clear written instructions (same with ear seeds).

*Hit pills/medicine.* Strong to move qi & blood. Good to reduce pain as well. (Not generally for extended periods of time.) Chin Ko Tia Tieh Wan for example.

## **2.7 Muscle Spasm**

Look for trigger points (go around the area –related areas) looking for kōri.

Press on these for 7-8 seconds to get them to relax. (See: Informed Touch or Prudden's book)

Or could be wind invasion.

Massage in general:

- For chronic problems you can go pretty deep and pretty vigorous.
- Check for Liver symptoms
- Pinch the philtrum for a Charlie horse.
- For a muscle cramp, go to the origin and insertion of the muscle, don't go to the body of the muscle.

## **2.8 Deficient people**

Those who are too deficiency may need to be tonified before they can respond to you needle treatments. They may hurt worse before they get better in this case.

## **2.9 Contralateral points**

If someone has a pain in their right calf, you can use the forearm on the Contralateral side to treat.

Can treat elbow on opposite side to treat the knee, for example.

## **3 Types of Bi Pain**

Wandering pain: caused by wind

Cold Bi: severe and fixed pain, it also feels cold. It hurts and they want to put heat on it.

Damp Bi: this too is fixed. It's swollen and feels "heavy" (this is the key).

Heat Bi: It's red, swollen, and painful.

If it doesn't get worse as the weather changes:

Phlegm Bi: the person feels more numbness.

Stagnation of blood:

Qi and Blood deficiency: It's the pattern that makes them hurt. (Especially if the person feels intensely every needle. Deficiency of blood in particular. (or they are shen disturbed or scared)

Wind, damp, cold can all invade by themselves, but they often occur in clusters.

Different constitution types determine a persons weakness for a particular by syndrome.

Yin deficiency types: these people have a tendency to get heat bi. (like wind-damp-heat bi) the climate of the body is predisposed to a particular problem

Yang deficient – tend to be more susceptible to cold (wind cold damp, for example)