

## Treatment Strategy

4-8-06

Bi means pain.

There is:

- Wind bi – wandering bi
- Cold Bi – painful bi (there's severe pain.)
- Damp Bi – fixed Bi (it is lingering and difficult to get rid of. It's an accumulation of dampness, causes joint pain, achy, heavy feeling. There is swelling.
- Heat Bi – There is a presence of heat. Fever (all over hot like arthritis), red swollen joints. Certain people have a tendency, conditions can lead toward heat (yin deficiency for example, or excess yang.) Outside conditions can lead to heat bi. This can also come from wind-cold or wind-cold-damp that over time has transformed into heat bi.

Bi Syndrome can be

- Sharp pain
- Numbness
- Paraesthesia (odd feelings)
- Swelling
- A prickling or tickling sensation
- Implies that the ROM has been affected (“This is as far as I can raise my shoulder.” “I have difficulty getting around.”)
- It can be an insidious onset, but it can also be traced back to something in particular.

Causes:

- **Outside evils can attack.**
- **Deficiency wei qi** - Outside evils can make it in due to a deficiency in the body, like compromised wei qi
- **Local Weakness** - From a poorly healed old injury (previous trauma)
  - Ankles tend to be attacked by cold and damp (wind is more the upper part of the body)
- **Overwork can weaken the meridian.** (Occupational, golfer's elbow, etc...) Exercise without proper warm up time.
- **Some type of internal deficiency** that allows the pathogens into the meridian. (If the organ is weak, the meridian is weak.)
  - Look for associations with an organ.
    - If the spleen is weak, the muscles will be weak.
    - With a deficiency in the liver, there may be tendon problems.
    - Deficiency kidneys may result in LBP and knee pain (along with foot pain).
    - Lung surgery may lead to shoulder problems.
- **Genetics** may lead to a predisposition.
- **Trauma**
  - Remember Lack of exercise can lead to physical weakness.
- **Emotions**

Can include

- Osteoarthritis
- Fibromyalgia
- Neuralgia
- Gout
- Sciatica
- Bursitis
- Tendonitis
- Carpal Tunnel
- Neuropathies
- Rheumatoid Arthritis

#### Treatment

- Over time, bi can turn into wei (atrophy)
- The longer the problem has existed, the longer it will take to treat
- Wind Bi
  - UB12
  - UB17, SP10 – activate and nourish blood – Wind will naturally be eliminated if blood circulates smoothly.
    - You don't have to do every blood point for one treatment.
  - GB20 – dispels wind. More for the upper part of the body.
  - GB31 – dispels wind. More for the lower part of the body.
  - TW5 – releases the exterior, releases the wind.
  - LI4 – releases the exterior, releases the wind.
  - If this is just a musculoskeletal problem with no added deficiency, you don't have to treat the deeper levels. Treat the level of the problem.
  - You can also treat local points (Wu 256-257) The local points can be used for wind, cold, damp or heat.
  - General: Include a blood point, treat a local point, something to treat the type of bi it is.
- Cold Bi
  - Tongue coat white, pulse is wiry
  - Moxa and TDP lamp are good.
  - Warming needle would be appropriate.
  - We want to dissipate the cold, warm the channels.
  - The qi and blood are “frozen”
  - ST36, CV6, LI11 – because cold stops the movement of qi and blood.
  - Needles are deep insertion. They are left in longer.
- Damp Bi
  - Can come from outside or be generated internally
  - Can have loss of sensation or numbness, achy, fixed location. Can include swelling. Pain can get worse with humidity or during rainy weather.
  - Damp attacks the lower part of the body first.
  - You want to dispel damp, clear the channels, dispel the wind (because wind drives the damp into the body).
  - BL20 – help with the spleen to get transform and move water in the body.

- ST36 – help tonify the spleen and stomach
- SP9 – important dispel dampness point.
- SP5 – Jing river for the spleen. Jing river treats sinew problems and bone pains.
- Usually treated with acupuncture and moxa.
- Needles are retained longer. (perhaps 20 minutes) Cupping may be appropriate.
- Heat Bi
  - Person feels warm.
  - Joints may be red and swollen looking.
  - You will see heat signs (red tongue, yellow coat, rapid/slippery pulse)
  - Tx principle: drain heat, clear the channels, dispel the wind (because heat may have gotten in because of wind), dispel damp (if accompanying the heat)
  - DU14 – intersection of yang channels
  - LI11 – opens all the joints and is good to clear heat
  - GB20 – wind in upper body
  - GB31 – for wind in lower body
  - Trauma is qi and blood stagnation. So heat bi can be the result of things being stuck over time. (heat can burn away fluids, things become more concentrated and thus more stagnant – a viscous cycle here.)
  - This can build on itself with more heat and more pain. The muscles and tendons tighten up and you get more stasis. You can end up with phlegm. (see the handout)
- Phlegm is not the same as dampness.
  - Dampness can cause edema.
  - The edema is soft.
  - The pain is not as severe
  - With phlegm and blood stasis.
  - It feels hard upon palpation.
  - The pain is more severe.
  - There can be numbness
  - Pulse is soggy/slippery
  - Tongue is white and glossy
  - Blood stagnation –
    - pulse is choppy,
    - spots on the tongue
- Organ painful bi
  - Pathogen can start out the outside. As it moves to the interior, it affects the organs. At this point it becomes more difficult to treat.
  - Lung
  - Heart
  - Spleen
  - Liver
  - Kidney
  - Tx Principle: Treat the affected organs, nourish the normal qi of the body. (Pg 263 of Wu – bi with heart vacuity)

- bi with heart vacuity
  - palpitations or heart symptoms
  - shortness of breath
  - edema
  - activity makes the symptoms worse
  - complexion dull/bluish
  - tongue is pale
  - pulse is rapid (due to qi deficiency)/forceless/interrupted
  - Tx principle: nourish the heart, warm the yang
    - BL17 – blood point
    - PC6 – upper liver 3 as it were
    - PC4 – strong to affect the qi in the heart
    - HT7 – strong to affect the qi in the heart
  - Consult with a doctor for rheumatic heart disease.
- Treatments
  - Treat everyday if the pain is severe. (Or even twice a day...)
  - Most cases you can treat every other day.
  - 10 treatments constitute a course of treatment. Then reevaluate and give the body a couple of days of rest.
  - You can do two or three courses of treatments for the pain.
  - Electro is great for bi pains. (Black at pain, Red further down the channel)
  - Qi and blood stagnation means “Deep” massage.\
  - Moxa herb properties move blood.
  - Ear acupuncture
    - Sympathetic
    - Shen men
    - Look for tender areas on the ear associated with the location of the pain.
  - Cupping is a good way to treat. You can cup every other day or every four days. Five treatments.
  - Plum blossom – good for bi syndrome with lots of swelling.
    - Tap the wind gates if you want (GB20)
    - Tap the huato jiaji points at the level of the nerves for the particular areas.
  - Acupuncture – number one method of treatment.
    - People that haven’t responded to standard western treatments for relief.
  - For Acute stage – plum blossom (pull up a small amount of blood) and cupping (use cupping to pull up the blood) (*Harvard says acupuncture number 1 choice for LBP*).

### **Rheumatoid arthritis of the hand**

- Swollen, red joints – damp heat bi.
- Do local points (Ba xie)
- Do heat points (Ba Xie)
- Do Dampness (SP9)

- If wind brought it in, add UB17

If there is a flair-up of inflammation, you can use further up the hand, TW5, or TW3. Otherwise you might need to do something more an a distal type of treatment.

## **TMJ**

The jaw joint hurts.

This can include H/A, neck pain, ear pains, and hearing problems

Can hear the joint pop as they chew. The jaw can hurt and the teeth can hurt if the teeth are hitting improperly.

The longer this goes on, the more structurally the pain involves. It can eventually go down the head, neck, and down to the low back.

Palpation of the masseter will show it is firm like a rock.

Find which of he local point, so stick a needle in there.

Always do treatments bilaterally, even if the pain is only on one side.

SI19, GB2, ST7, etc...

Do hand's on palpation. It's the way to go.

Temporal muscle can also be tensed. Check for ashi along here as well.

Add in ST5 & 6, threaded through to each other and release the jaw area.

LI4 – command point for the face.

Check the SCM bilaterally: TW17, etc...

Massage is also good.

Guasha is also good. (maybe use a nickel instead of big spoon)

Intra-oral trigger point release.

Advise patient to stay away from coffee, chocolate, caffeine. Stay away from corn nuts.

Find a better way to manage their stress.

Refer to dentist is the teeth may not be hitting correctly.

Patient self-care (acupressure/massage for themselves. On jaw and under the jaw joint.)

## **Acute Neck Pain**

Stiff neck – Stiffness in the neck is caused by an invasion of wind and cold. It enters the neck while you are asleep.

Lao Zhen – means fallen from the pillow. The pillow is too high, too low or too much rotation of the neck. (qi and blood stagnation)

Neck and shoulders are often affected by tension.

Symptoms:

- Acute neck ache
- Neck is rigid or stiff
- Hurts to move the neck in any direction
- Tissue damage (whiplash)
  - (from whiplash – C3 & C6 are often most effected)
  - Degenerative changes in the spine.
  - Worse with movement.
  - Can last a long time. (Can be 8-10 years old)
  - Can go into the shoulder and radiate down the arm.

- Get x-rays for recent whiplash. The onset can be insidious. You may not feel it in the first few minutes, hours, or days.

Palpate for muscle masses.

Use heat

Use massage

Neck pain can be due to wind cold or qi and blood stagnation from trauma.

- Wind cold, you will see exterior signs. Chills/fever/stuffy nose/floating pulse/etc...
- Qi and blood stagnation. Deep and wiry pulse.

Points to use:

- Luo Zhen (between index and middle finger. Extra empirical point for neck pain) With manipulation and movement of the neck. (Can use acupressure as well.) Use this Contralateral, or use both sides... Which is more ashi.
- Distal points:
  - SI3 – when pain is in the occipital. Esp. for degenerative changes in the neck. You are strengthen and straightening the spine. This is the tai yang channel as well. So it is also good for wind-cold neck pains.
  - GB39 – great if there is bi-lateral neck pain. Esp. if they cannot turn their head from side to side (Shao yang) (Reduce be going against the flow of the channel)
    - Reduce by how the person breaths
    - How quick you insert/remove the needle
    - Etc...
  - TW5 – another shao yang type of pain. Use on the side affected. Ipsilateral.
  - SI7 – a luo point for SI and HT channel. Good for turning from right to left.
- Local Points
  - UB10 – between the tendons at the base of the occiput
  - Check for ashi points. Any local point that is painful or tender.
  - Warming the area with a moxa stick.
  - GB20 – esp. with whiplash (and GB21) (perhaps electro from 20 to 21)
  - GB20 is also a windgate. Not just for whiplast. Good for a wind cold invasion.
  - DU16 – it's considered a wind gate as well.
  - DU14 – also a wind point
  - SI13 (stiff at the base of the neck and down into shoulders)
  - LI15 – the pain can go out to the shoulders
  - BL11 – upper back pain
  - SI14 – (SI9-14) may be tender
  - TW15, SI11, SI13 are very common ashi points
  - You can start with massage and then get the tender points that didn't release with massage.
  - You can thread needles along the muscles fairly superficially.

### ***Chronic Neck Pain***

History of repeated attacks of wind-cold or trauma that are not treated properly.

Always look for an underlying problem. In men it is often Liver Qi stagnation or Liver yang ascending. In women it tends to be liver qi stagnation or liver blood deficiency.

Treatments can include LV2

Liver Fire or liver wind in elderly people.

In chronic cases these distal points can definitely help. But you want to treat the underlying problem as well. Look for an underlying condition.

Deficient liver blood: nourish liver blood

Liver yang ascending: anchor the liver yang

Treatments:

- UB10
- TW5 – treats the side
- TW8 – meeting point of three arm yang (esp. if multiple yang channel involvement)
- PC6 – good if the neck pain is related to tension
- KD4 – good to use if there is kidney deficiency. (Luo point for kidney and bladder)
- LU7 – affects the back of the neck.
- Huato Jiaji – along the cervical vertebra
- Plum star needle – tap along the affected area
- Cupping
- Massage with acupuncture.
- Use TDP lamp or Moxa, or heating pad.
- Ear points
  - Cervical points in the ear
  - Look for sensitive points in the ear.
- Wind points GB20, LI4 (wind from upper body)
- Blood points (BL17 is likely to be tender as well.)
- Treating the cold as well. ST36, TW5 (removes obstructions) Moxa is great. Choose moving points.

## **Shoulder Pain**

Acute or chronic shoulder.

This pain is blockage. It's a bi syndrome.

Likely to be wind, cold, and damp.

Usually when people are exhausted, or the area is weakened.

Cold contracts the muscles and sinews and is what is causing the pain.

The pain is worse with cold.

Worse with rainy damp weather.

If the cold is not expelled it can become a chronic problem.

The problem can also come from excessive use of the shoulder (repetitive use trauma)

Perhaps even direct traumatic injury (injury cause stagnation of qi and blood)

It can be an old injury that is vulnerable to outside invasion.

Organ problem with LI, LU, etc

Treatment principle: spread qi and blood, relax the channels, clear the channels

Acute Pain Distal Points

- Manipulate strongly.
- ST38 (Can be tender. Use like an ashi point) Can Contralateral or ipsilateral, use whatever is most tender.
- BL57 if ST38 isn't as tender. (or 58) Likely if it is more like SI channel (tai yang)

- After manipulating ST38, use more local points, then after treatment go back to ST38.

Local points

- Pick the ones that are tender
- SI channel (can't bend are back towards scapula) \*SI11, SI13, 9, 10, 12, 14, 15
- LI (can't raise arm sideways) (LI15, 14)
- LU channel can be affected (can move arm across the front of the body) LU2
- TW 14, 13, 15
- GB 21
- HT1 – not to needle... But use HT4,5,6 which ever is tender... Perhaps whatever is most tender
- Extra points Jian Nei Ing – one in front and one in back. Angled toward HT1.
- Warming needle technique is good for this.
- Moxa or TDP is good for cold.

ST38 – governs all the joints as the motor expression in humans. Discuss shoulder pain as a disruption of the person's expression in the external world.

Perhaps scalp acupuncture can be used as well. This can be time consuming to do at times.