

1. Treatment Strategy

4-15-06

Chronic Shoulder Pain

Same types of treatments, but with less stimulation.
For meridian local/distal points

1.1.1. For LI Channel, Use

- ★LI1 as a distal point for shoulder pain
- ★LI4 – an excellent point

1.1.2. LU

- ★LU7 – luo point of LI and LU

1.1.3. If pain is on SI

- ★SI3
- ★SI1

1.1.4. Spine

- ★Du vessel

1.1.5. TW Channel (TW14)

- ★TW1
- ★TW5 is excellent
- ★Ashi points
- ★The same as for acute shoulder pain

1.1.6. Misc

- ★Chronic shoulder pain: always check the SI ashi points (it almost always involve SI11).
- ★Chain and lock technique (from Red Wing): BL15, BL44, LI15, LI11, LI4 – in that order. This is more for LI type shoulder pain. Put then in in this order and remove in this order. Also common in hand and finger pain (thumb). Carpal tunnel, etc. (Use this if ashi at BL15 and/or BL44).
- ★When you are treating shoulders, check the yang qiao. It goes through the lateral aspect of the shoulder. BL62, SI3.
- ★Yang Wei is also in this area, TW5. (goes through TW15, GB21, etc...)

Tendonitis of the elbow: elbow pain

- ★Can be caused by exposure to damp and cold along with over user.
- ★Lateral – tennis elbow (LI11, normally)
- ★Medial, inside is golfer's elbow (SI8, normally)

- ★Any type of strain along course of the muscle. This is damp and cold, repetition movement causes qi and blood to stagnant. Tx principle: relax the muscles and open the channels.
- ★Usually on the lateral side, but find out which meridian is involved.
- ★Pain can even occur along LU5. Again, treat the meridian.
- ★Deep tissue muscle massage can help if it involves the forearm muscles.
- ★Numbness and tingling can be involved as well.
- ★Acute problem: treat the same as a chronic problem, but use more/stronger needle manipulation.
- ★**Along LI:** Use LI11 & LI1 or LI4
- ★**Along TW (tip of elbow)** TW5 is good distal point.
- ★**Along LI & TW:** use TW8. Meeting point of three arm yang. (same with the shoulder for SI, TW, and LI channel shoulder point).
- ★Local points include: LI11 is most frequent in tennis elbow. (LI11 is also strong to affect sinew and joints, good for dampness in the body. Generally for joint pain, you get double duty out of this point).
- ★There is an extra point at the elbow (Qu Yang Wei) Adjacent to the Epicondyle when the elbow is bent. (It's like LI11 or better. Can use warming needle technique. Don't hit the bone there)
- ★LI12 is a good point to use when the pain goes up the arm.
- ★TW10 – right at the tip of the elbow.
- ★SI8 – good for golfer's elbow.
- ★LU5 – good for a lung channel.
- ★People with chronic can have shen disturbance (see relation to HT channel pain HT3)
- ★Chronic elbow pain may take more treatments. Especially if they have cortisone shots. Cortisone competes with acupuncture. Reschedule in 10 days to 2 weeks or treat something else.
- ★In China the needle the healthy side rather than the effected side, but with strong stimulation. (This can cause confusion in the United States. Patient education is required... ;-)
- ★Generally you just want to treat on just one side. It concentrates the effect. You generally don't want to treat the problems bi-laterally. Bilateral points are more for systemic problems.
- ★When you are treating someone remember to tell people to rest the affected limb.

Carpal Tunnel

It's a painful obstruction bi

An invasion of wind-cold-dampness into the muscles and sinews down into the wrist. It's a wind, damp, and cold obstructing the flow of qi and blood. Often occurs with repetitive motion.

Can often be cured within 10 treatments. It's a lot cheaper than surgery.

If left untreated in can cause atrophy of the thenar eminence.

Tx Principle: Clear the obstruction and get the blood moving

PC7 into the carpal tunnel. Strong stimulation and then remove the needle. (Perhaps try other things first.)

PC6 is very useful for treating this. (some people faint or refuse treatment with PC7.)

Shang Ba Xie – just down from the ba xie points. (By TW3)

TW3 & 5 are also good.

LI5 (jing river point- good for pathological influences in the meridian)

SI5 is also a jing river point.

Carpal tunnel isn't always along the PC channel. It can occur along the lateral, SI or LU. It can also occur along all sides of the wrist. Pick the meridian or meridians affected.

(Check for additional involvement of the scalenes and other upper body muscle involvement as well.

Moxa is good esp. with the cold pathogens.

If there is swelling use a plumb blossom.

Distal points

★Shang Ba Xie

★Distal via correspondence: (check ashi for which side to use.)

- GB40 if a shao yang problem
- If PC channel, then you should palpate LV4 (Jue Yin)
- If LU, check SP5. (Tai yin)
- If HT, check KD3

★If dampness is a factor, try ST36 or SP9 as a distal point

★Shoulder correspondence:

- LI15 -> ST31 (yang ming)
- SI10 -> BL36 (Tai Yang)
- TW14 -> GB30 (shao yang)

★Elbow correspondence:

- LI11 -> ST36 (yang ming)
- SI8 -> BL40 (tai yang)
- TW10 -> GB34 (shao yang)

Finger Pain

Usually due to cold, damp painful bi.

Often with exposure to cold water.

Best for finger pain: ba xie.

If joints hot, swollen, and red (i.e. rheumatoid arthritis). Don't retain the needle long at all.

RA – you remove almost as soon as they are in. You could even just prick to bleed. (don't bleed if they are too deficiency)

There is also cold rheumatoid arthritis. They will enjoy hot water/warm wax. Put the ba xie in and leave them in for a while.

★Ba Xie

★LI3

- -> needled towards SI3. Expels wind cold dampness and help the fingers. (if needled deep, you may not need the ba xie (1 cun))

★TW3

- local – part of shang ba xie,
- systemically - get cold and wind out of fingers as well.

★Shang Ba Xie

Try each of the treatments a couple of times before trying something else. Especially in older patients (or depleted people) or in the wintertime.

In chronic you use the same points, but can add:

★TW5 – for painful bi syndromes. It expels the wind and also increases the circulation of qi and blood to the fingers. Make sure to obtain qi in this case.

★LU7 – right next to the tendons

- Commonly comes with pain in the base of thumb. This is good for that.
- For thumb pain, needle toward the thumb.

★SI5 (jing river point) also expels dampness. Esp. good if the fingers are swollen.

★If blood, qi, or yin deficient, nourish the underlying deficiency.

★Kidney deficiencies are common with these problems (esp. in older people)

Hip Pain

Normally due to wind-cold-damp painful bi

★This is osteo arthritis in the hip.

In the beginning stages this can be successfully treated, in later stages (bone on bone) you can only relieve the pain.

Definitely use the glucosamine sulfate or other glucosamine. You can try different brands and different formulations. Athroplex by Sun Ten also has Chinese herbs. It can take a while to rebuild it. Sometimes 1-2 months to rebuild the cartilage.

OA is usually slow onset.

Distal points:

★GB41 & GB40 (pick the one that is most tender)

- 41 esp. for taking out the dampness. It is also the Dai Mai point.
- 40 is the yuan source point for the channel.

★BL62

- Yang qiao (motility vessel) point
- Good if someone is “stiff” in the hip. It improves their motility.

★SP3

- Sometime if it involves the inner hip

★KD6 and LU7

- For pain that runs along the inner part of the body.

Local points

★GB30

- Expels dampness and takes obstructions out of the channel
- Warming needle

★GB 29

- In addition to GB30

★An extra point between the ridge of the hip and the top of the trochanter – a hip ashi.

- Take a needle and run it down from hip to the space by the trochanter. Run electricity from 30 to here.

★SP12

Misc

★Thigh pain

- St 44 to release the quads

Knees

Knees have to do with the kidneys. Make sure you know if the pain is due to the kidney or due to an invasion of cold and damp. If the knee pain is in both knees, and develops slowly over time, it is a kidney deficiency.

KD deficiency.

★Knees feel weak and are cold to the touch. (Kidney yang deficiency)

★Not affected by weather

★Knees not so swollen

Pathogenic causes

★Knee is mostly one sided.

★(Can be bilateral, but won't be even)

★Onset is sudden.

★Weather (cold rainy) makes it worse/achy

★Knee may be swollen

If the knees hurt, everything goes out of kilter. Pain with activity, knees are stiff, quads get wasted and atrophied.

Could be caused by traumatic injury

★Can be traced back to a specific event

★Only traumatic injuries can lead to outside pathogens

★Susceptibility to traumatic injury can come from KD deficiency.

Over use injuries

★People with concrete work, etc

★This is stagnation of qi and blood

★Runner's

Look for the causative factor. Is there kidney involvement, or what?

The pain can be in the front of the knee (ST channel)

Above the knee (quads)

Medial side of the knee (Cruciate ligaments)

Lateral side of the knee (GB side of the knee)

Palpate and find the ashi points.

Medial

★SP5 – jing well of spleen (can be used for any dampness involved knee problem)

★SP9 for any dampness w/ knee problem

★GB40 – great as distal

★ST41 – distal on stomach channel pain

★ST40 – great with phlegm damp

Local points

★ST34 – also the xi-cleft point, also with lateral side knee pain. (Get obstructions out of the channel)

★ST36, again more lateral pain. Takes the dampness out of the channel as well.

★ST35, Xi Yan – aim for underneath the knee cap. The knee must be bent. Can run electro between the these two.

- ★GB34 – esp. with cruciate ligament, cartilage damage, arthritis damage.
- ★GB33 – also good to relax the tendons. (Make sure to hit the space between the bones)
- ★SP9 – often with dampness
- ★SP10 – also good like SP9
- ★Heding – extra point. Make sure to get it under the patella. Much easier if the knee is bent.
- ★LV7 – Xi Guan – knee gate. Special point for the knee takes out cold and dampness.
- ★LV8 – takes out dampness. He Sea point of liver - good for blood deficiency. (good for underlying liver and kidney deficiency)
- ★Pain in back of knee – bladder channel (BL40) BL39 is also good. Bladder channel is good for knee pain associated with kidney deficiency. Also add KD3, BL23, BL54, and KD10.
- ★Pain underneath the knee cap – heding, ST35, xi yan are best points.

Use warming needle technique - if it is cold.

Do massage on the knee. Do a little body work with all musculoskeletal problems (4-5 minutes)

Liniments also work well with body pains.

White flower oil – good for muscular pains.

Dr. Wu liniments – arthritis, good for sprains and strains.

Extrodinary vessels:

★Yang Wei tw5 – strengthens knees

★Dai Vessel –

Body correspondence

★LI11 – dr. Tans (often Contralateral)

Watch out for artificial knees. Stay away from the actual joint in these cases. Try SP10, ST34, ST36, GB34, etc... No electro!

Ankle Pain

Make sure it isn't a fracture! It can be missed even on X-rays.

Caused by: Over use of the joint, trauma

Use

★SP5 – jing river – local point, gets rid of dampness (inside)

★GB40 – medial. Use with SP5.

★ST41 – good for front of ankle pain, also expels dampness

★SP6 – good to strengthen the ankles (if you are prone to ankle sprains)

Distal points

★GB34 – good for stressed out people and damp conditions. Influential point of sinews

★For ankle sprain – water + vinegar + salt + wine(rice) in equal parts. Use as a soak.

★White flower oil massage. As soon as possible.

★Join immobilization (ace bandage for support)

Heel spurs

Feels like a stone or pebble in the shoe. Very painful, Surgery doesn't seem to be too successful. High power cold lasers can be useful as well.

This can come from the entire ligament being inflamed around the calcaneus (pain around SP4). Look for ashi. Plantar facitis type situation.

Can be due to trauma or a systemic problem (KD deficiency)(or both)

If heel hurts first thing out of bed in the morning: kidney yang deficiency.

Burning pain in the soles: kidney yin

Pain at end of day: trauma

Points:

★Ashi point – do this perhaps if other things don't work.

★All foot pain: KD3, BL60 with electro. Blocks pain reception in the foot. (good for kidney deficiency)

★BL57 is also good for leg/heel pain.

★Some people do well with 7-8 treatments. Some people take longer or need orthotics or heel pads.

Other treatments:

★Bleed BL40 (master tong)

★PC7 for heel spurs. (again, master tong)

★BL63,61 good for pain at the bottom of the foot.

★GB34 and SP4 for plantar facitis. (SP6, and GB40 as well)

★Guasha – best after acupuncture.