



# INTRODUCTION TO ACUPUNCTURE

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CCSP, FICC



## Chiropractic Experience:

Graduated National College of Chiropractic – 1975

Dean of Postgraduate Studies – National College of Chiropractic

Dean of Postgraduate Seminars - Parker College of Chiropractic

**Currently:**

Dean of Postgraduate Division, Texas Chiropractic College

Wrote the first book on Chiropractic Physical Rehab

Constructed one of the first CA training programs in the US

Over a 1,000 lectures in 48 States and Numerous Countries

Helped construct the first Neurology and Acupuncture Board exams

## Acupuncture experience:

Published two research manuals in Acupuncture at NUHS

Taught first Acupuncture Course offered by a Chiropractic College

Education in China, and studied various ways of using acupuncture including Japanese, Korean, and Chinese systems

Studied under Wu Wei Ping, Amaro, and others

Testified throughout the US for State Chiropractic Boards on Acupuncture

# Acupuncture Certification

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100 hours

Complete course

- Requirements of course
- Attendance
- Paper – 4 hours
- Pass final exam

NBCE Exam

Acupuncturists are required to have a minimum of 1725 hours of acupuncture training, before they can sit the exam from the National Certification Commission for Acupuncture and Oriental Medicine



# TEXAS BOARD OF CHIROPRACTIC EXAMINERS

## Texas Laws on Chiropractors Performing Acupuncture



Board Rule 78.14 Acupuncture

<https://www.tbce.state.tx.us/faq-Acupuncture.html>

# Requirements for a DC to use Acupuncture in Texas

- 100 hours of training by a:
  - Chiropractic College
  - Acupuncture College
  - Program approved by the TBCE or
- Pass the examination in acupuncture offered by the:
  - National Board of Chiropractic Examiners
  - National Certification Commission for Acupuncture and Oriental Medicine

(Existing licensees in good standing may meet the requirements by counting each year of practice as ten hours of training)
- Pass the NBCE Acupuncture Exam (only if licensed after 2010)
- Submit training to the TBCE ([licensing@tbce.state.tx.us](mailto:licensing@tbce.state.tx.us))


# Treatment Under the Law

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**ADMINISTRATIVE CODE** TITLE 22 EXAMINING BOARDS PART 3 TEXAS BOARD OF CHIROPRACTIC EXAMINERS  
CHAPTER 78 RULES OF PRACTICE RULE 78.14 ACUPUNCTURE

(a) Acupuncture, and the related practices of acupressure and meridian therapy, includes methods for diagnosing and treating a patient by stimulating specific points on or within the musculoskeletal system by various means, including, but not limited to, manipulation, heat, cold, pressure, vibration, ultrasound, light electrocurrent, and short-needle insertion for the purpose of obtaining a biopositive reflex response by nerve stimulation. All therapeutic modalities provided by Doctors of Chiropractic in Texas must comply with the chiropractic scope of practice as defined by the Texas Occupations Code §201.002.

**OCCUPATIONS CODE** TITLE 3. HEALTH PROFESSIONS - SUBTITLE C. OTHER PROFESSIONS PERFORMING MEDICAL PROCEDURES - CHAPTER 201. CHIROPRACTORS - 483.001 b

- (1) uses objective or subjective means to analyze, examine, or evaluate the biomechanical condition of the spine and musculoskeletal system of the human body;
  - (2) performs nonsurgical, nonincisive procedures, including adjustment and manipulation, to improve the subluxation complex or the biomechanics of the musculoskeletal system;
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# How do I refer to my Acupuncture Training?

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- DACBA (Diplomate of the American Board of Chiropractic Acupuncture) “Board Certified”
- The board recommends stating all your acupuncture hourly training, certification, examination and other awards with specificity and clarity.
  - An acupuncture certification from \_\_\_\_\_
  - Earned 100 hours certification in acupuncture from \_\_\_\_\_
- ~~Certified in Acupuncture~~
- ~~Acupuncturist~~

## Dry Needling

The Board does not permit dry needling without being qualified to perform acupuncture, because dry-needling involves the use of acupuncture needles. A chiropractor who intends to perform dry needling must have obtained training and/or certification to perform acupuncture.

# What about Us?



Subjects	Class Hours	Class Hours
	Chiropractic Students	Medical Students
Anatomy	540	510
Chemistry	165	325
Diagnosis	630	325
Microbiology	120	115
Neurology	320	110
Obstetrics	60	150
Orthopedics	210	155
Pathology	360	400
Physiology	240	325
Psychiatry	60	145
Radiology	360	150
<b>HOURS</b>	<b>3,065</b>	<b>2,710</b>
<b>ADDITIONALLY REQUIRED STUDIES</b>		
	Spinal Manipulation	Pharmacology
	Nutrition	Immunology
	Physiotherapy	General Surgery
	Advanced Radiology	
<b>TOTAL HOURS</b>	<b>4,485</b>	<b>4,250</b>

# My patient Paula ....

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# The relationship between Chiropractic and Acupuncture

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The Emotional  
Component of the  
Subluxation Complex

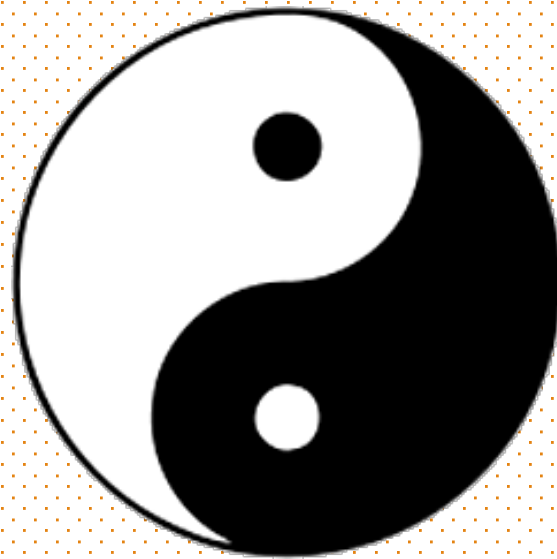
When to Adjust

U. of VA – The brain is  
related to the immune  
system

When acupuncture is  
indicated

# Science-Based vs. Yin/Yang and Five Element theory

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# How to explain Acupuncture to your patients

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Traditional

Oriental

For centuries in the Orient acupuncture consisted of:

- Specific point stimulation

Science - based

- Physical modalities (such as heat, cold and massage)
- Counseling (psychotherapy)
- Herbalism (nutrition)


# Meridian Therapy

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## Definitions

Meridian therapy is the 'evaluation' and treatment of meridians by stimulation of points or combinations of points on the meridians.

Barefoot doctors are generally considered to be non-medical para-professional individuals who learned the art of acupuncture like a trade




# TAO

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Of heaven, of earth, and of man

Taoism – the pathway of life – the secret to longevity

Not living one's life in accordance with the principles of the tao leads to a susceptibility to dis-ease by creating an imbalance in the original or fundamental chi – the protecting chi




# CHI/QI

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This is the life force energy

- Protecting chi – the original or fundamental chi
- Nourishing chi – found within the meridians: horary cycle

# **The basics of Classical Oriental Diagnosis & the causes of dis-ease**

- 1) Internal Factors** – not living in accordance with the principles of the TAO: PREDISPOSED – this is an imbalance in the protecting chi
  - 2) External Factors** (Ten)
  - 3) Symptoms**
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# Ten External Factors


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An imbalance in the meridians: too much or too little energy (an excess or a deficiency of chi)

**Factors (10):** climate, emotions, excess food and drink, physical labor, unregulated sexual activity, epidemics, wounds/bites, worms/infestations, poisons, heredity.

*Only effects an already weak body.*

All disease is caused or associated with a disturbed harmony between the yin and yang. If yang becomes dominant in an organ, the organ becomes hyperactive; if yin becomes dominant in an organ, then the organ becomes hypoactive.



# Climate:

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- wind (wood) – cough, headache, rhinitis
- cold (water) – fevers, headache, body pain
- summer heat (fire) – parched mouth, sweating, palpitation
- dampness (earth) – nose blocked, dyspnea is upper damp; edema in ankles and vaginal discharge is lower damp; exterior damp is hot flashes, sweating, malaise and generalized edema; interior dampness is fullness in chest, jaundice, abdominal swelling and diarrhea
- dryness (metal)- headaches, coughing, bloody sputum

# Emotions – Psychosomatic:

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Excess of

- Joy – heart
- Anger – liver
- Anxiety – lungs
- Concentration – spleen
- Grief or sorrow – Triple Heater or Heart Constrictor
- Fear – kidneys
- Fright – mainly the heart

# Other 10 External Factors

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- Excess of food and drink
  - Physical Labor
  - Unregulated sexual activity
  - Epidemics
  - Wounds and insect bites
  - Worms and Infestations
  - Poisons
  - Heredity
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# Symptoms

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Excess of energy – pain, inflammation, hyperactivity or hyperfunctioning

Deficiency of energy – edema, conditions of body organs

# Dis-ease

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1) PREDISPOSED

2) EFFECTED BY ONE OF 10 EXTERNAL FACTORS

IMBALANCES OF ENERGY IN THE MERIDIANS:

- EXCESS
- DEFICIENCY

# YIN and YANG

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**YIN** – the yin meridians are referred to as Zang organs

- Cloudy, negative, passive, front, inside of an organ, inside of a cell, lower, parasympathetic symptoms, and female

**YANG** – the yang meridians are referred to as Fu organs

- Sunny, positive, active, back, outside of an organ, outside of a cell, upper, sympathetic symptoms, and male



The definitions can be carried out to some length, e.g., the sunny side of a hill is yang and the shady side is yin .....

## Criterion for a healthy life

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- Life essences
- Life force energy
- Shen (religious term for God or spirit)

# Five Element Theory

## MERIDIAN INTER-RELATIONSHIPS

### SHENG

Fire is the mother of earth ....

Earth is the son of fire ...

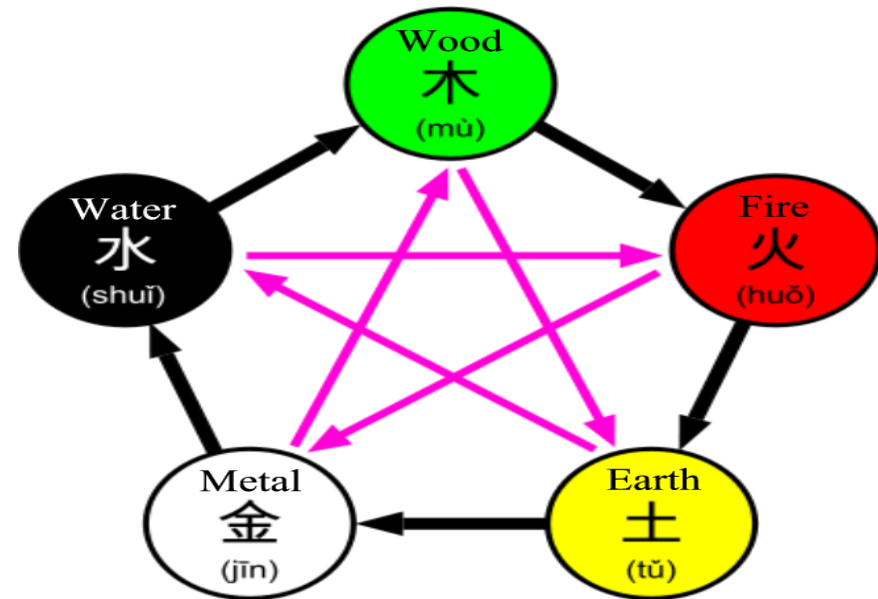
Mother-son law

### KO

Fire destroys metal

Master-servant law

## CREATIVE (SHENG) AND DESTRUCTIVE (KO) CYCLES



# Dis-ease

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1) PREDISPOSED

2) EFFECTED BY ONE OF 10 EXTERNAL FACTORS

IMBALANCES OF ENERGY IN THE MERIDIANS:

- EXCESS
- DEFICIENCY

# MERIDIANS

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<https://www.youtube.com/watch?v=uS9DRLh2sJM>

# MERIDIANS

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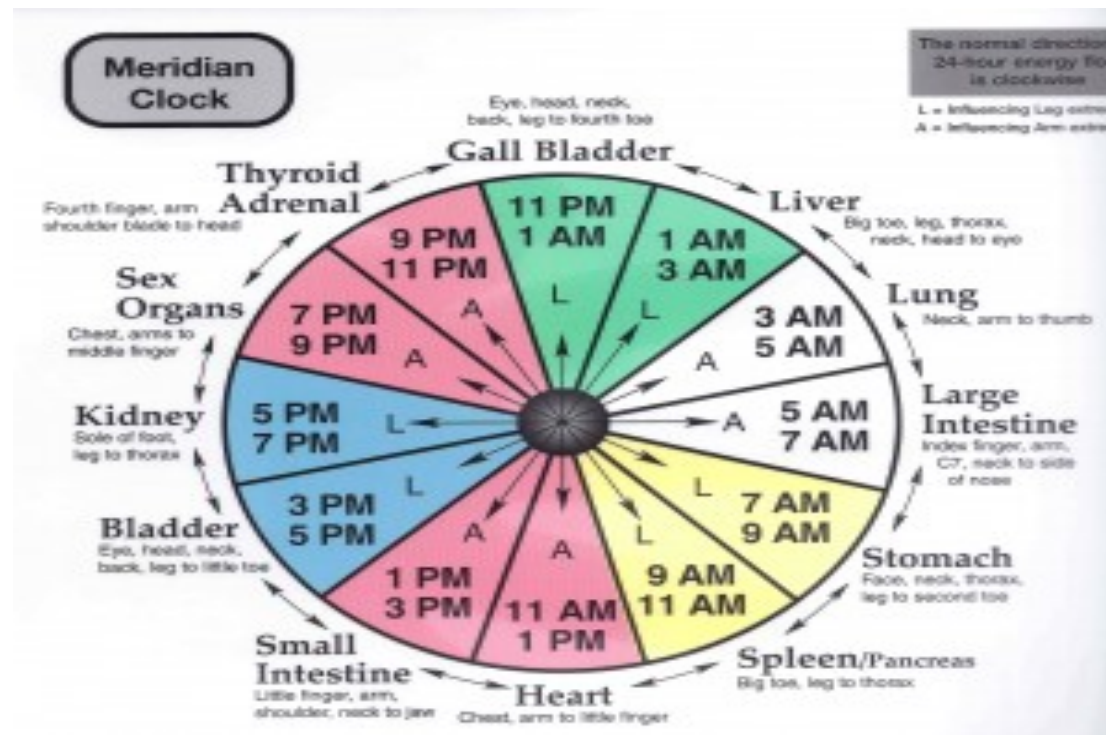
12 bilaterally paired meridians

8 extraordinary meridians including the two unilateral meridians

Divergent meridians – connect to interior



# Meridian Cycle

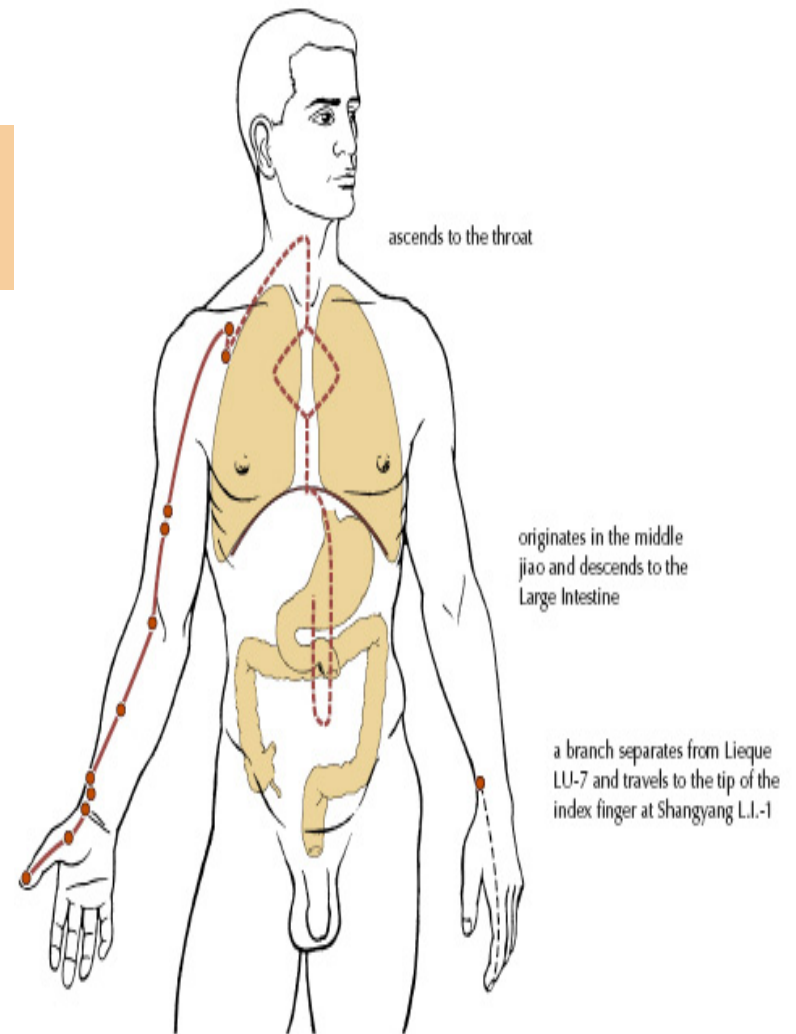


# Lung meridian (LU)

ANTERIOR – YIN 3-5 AM

Problems related to the respiratory system, edema (especially pitting edema), cough, dyspnea, asthma, sore throat, common cold

Conditions associated with the lungs



## Large Intestine (LI)

## POSTERIOR – YANG 5 AM – 7 AM

## Pain in the upper extremity, head and neck

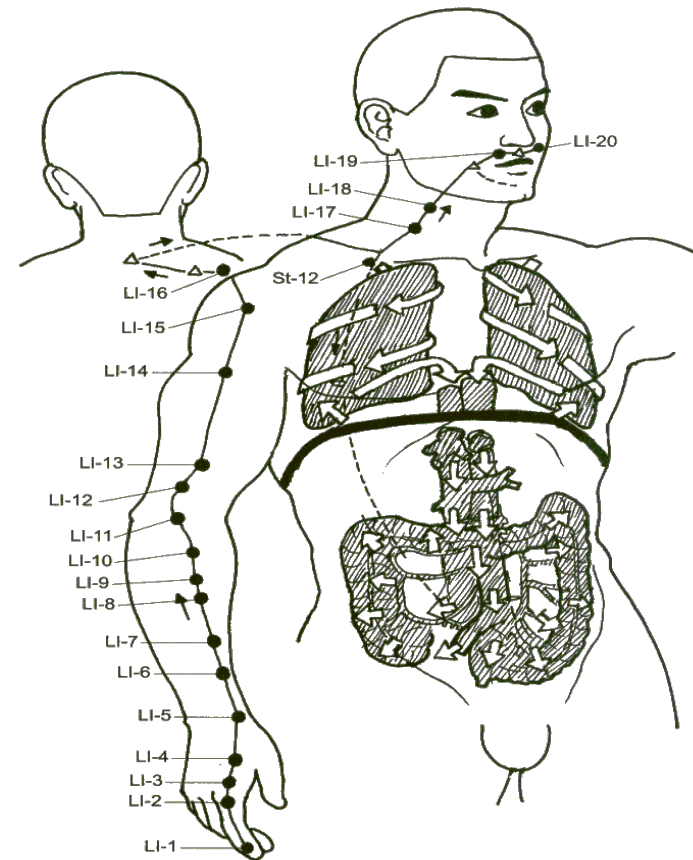
## Pain in the gastrointestinal tract

## Dermatological complaints

## Toothache

## Pain along the course of this meridian

This meridian crosses to the opposite side!



### The Internal and External Qi Flow of the Large Intestine (LI) Channels

# Stomach (ST)

POSTERIOR – YANG 7 AM – 9 AM

Tonification

Tonifies diseases that occur in the GI tract

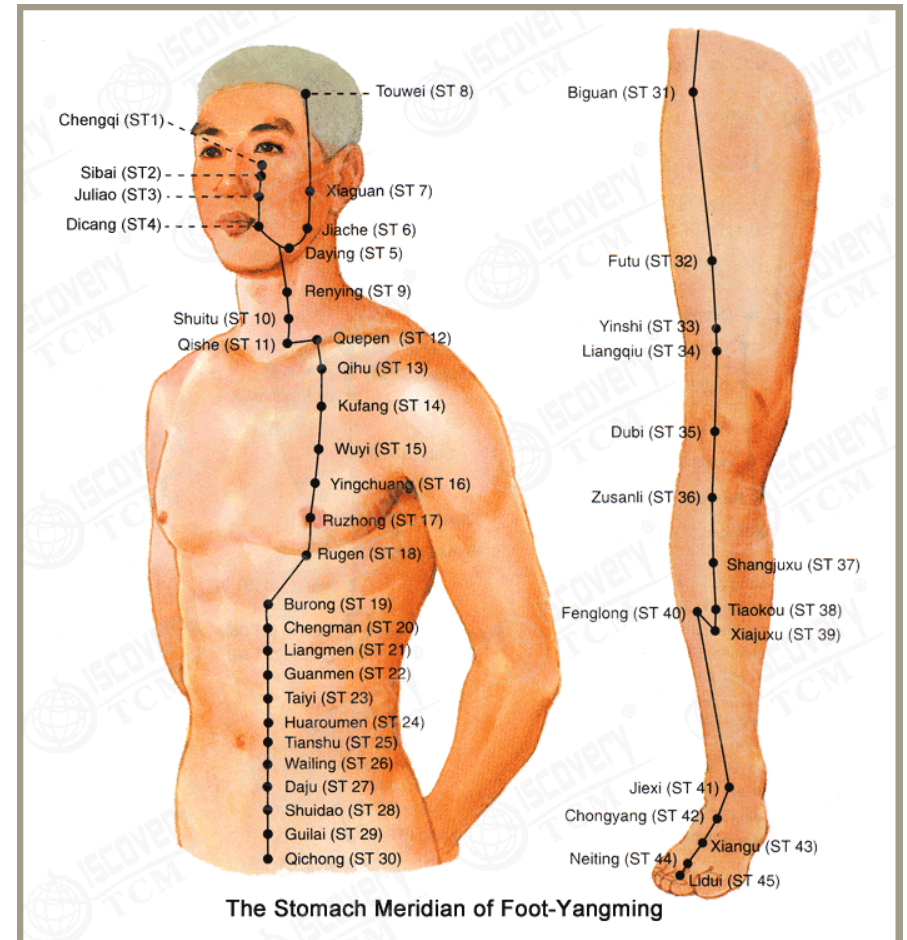
Pain that radiates from the back to the front of the body

Cellular elements of the blood

Vomiting

Pain along the course of the meridian

Facial Nerve Paralysis



# Spleen (SP)

ANTERIOR – YIN 9 AM – 11 AM

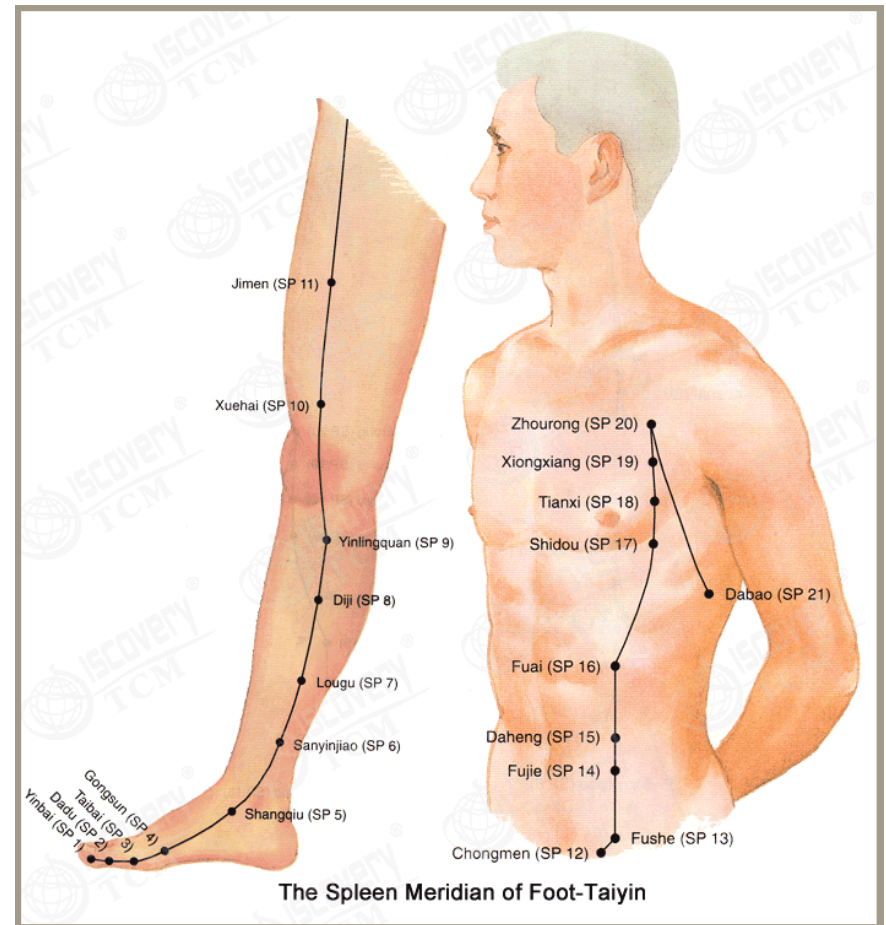
Diseases associated with female complaints  
e.g. menstrual complaints, menopause

Urinary Problems

Some endocrine disorders

Pain or conditions of the tongue

Abdominal distension



# Heart (HT)

ANTERIOR – YIN 11 AM – 1 PM

Palpitations

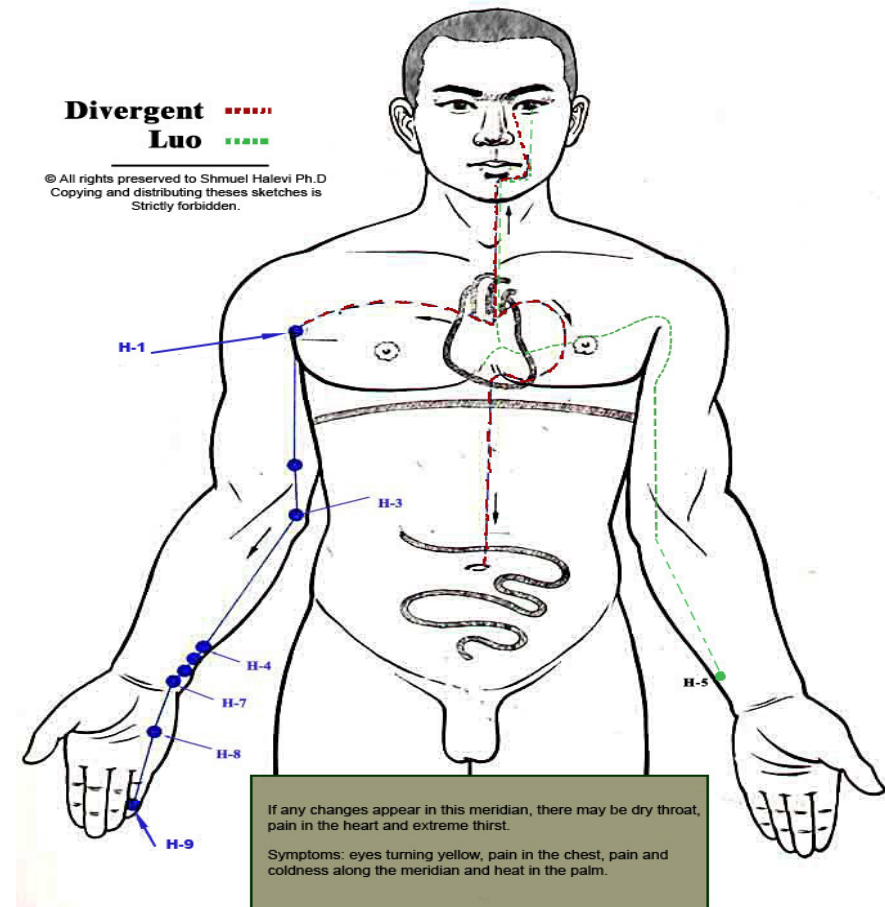
Hypertension

Angina

Nervousness, depression

Hyper .....

Forgetfulness



# Small Intestine (SI)

POSTERIOR – YANG 1 PM – 3 PM

Disorders of hearing

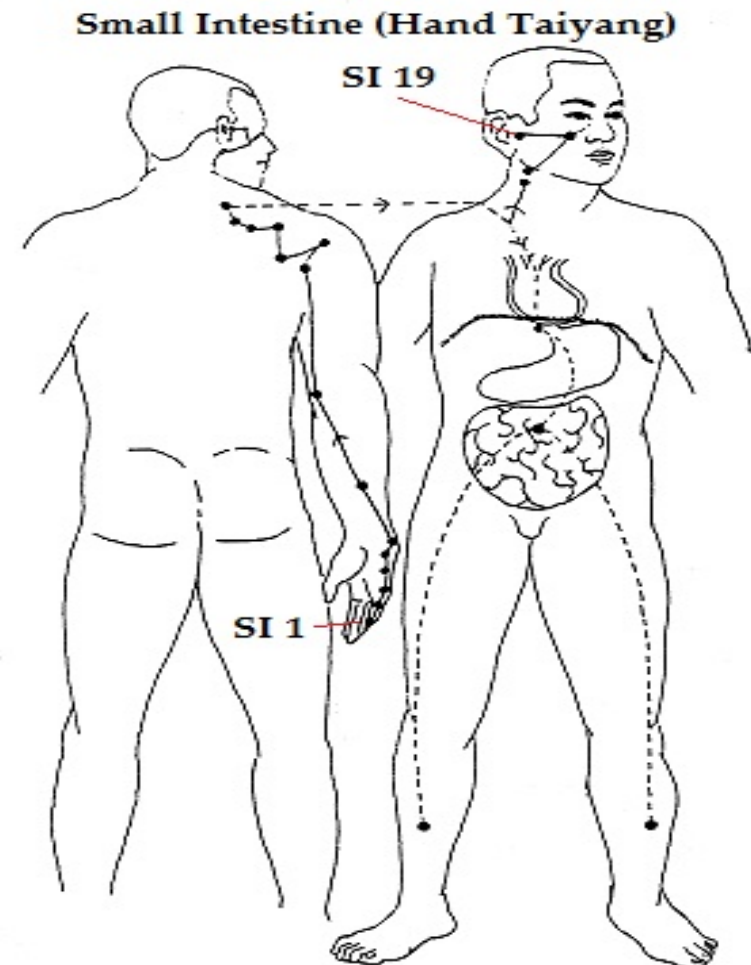
Heart Disease

Pain in the lower abdomen

Deafness

Sore throat

Pain along the course of the meridian



# Bladder/Urinary Bladder (BL)

POSTERIOR – YANG 3PM – 5 PM

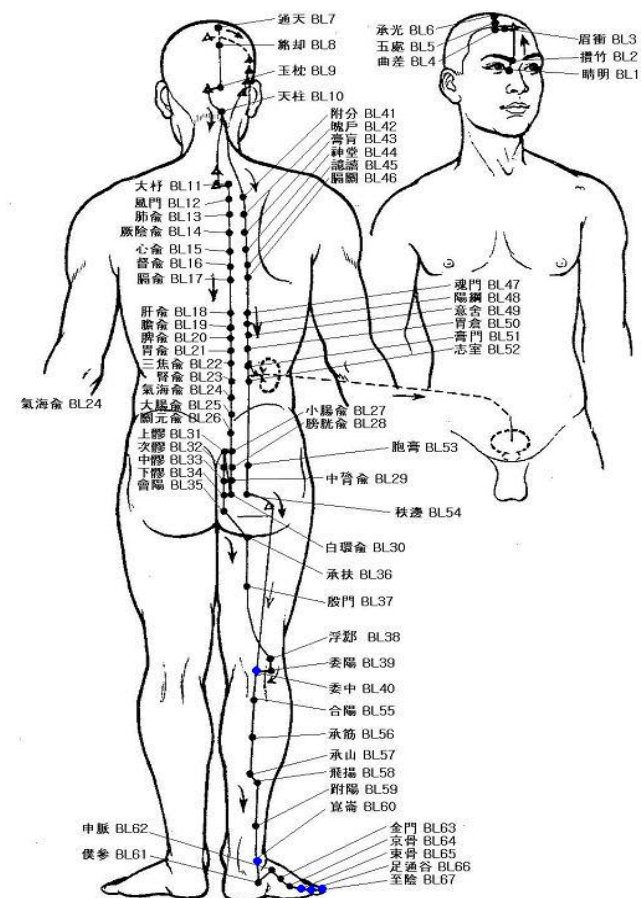
Pain posteriorly

Generalized edema

Problems with fluids e.g. urinary problems

Visual disorders

Association points



# Kidney (KI)

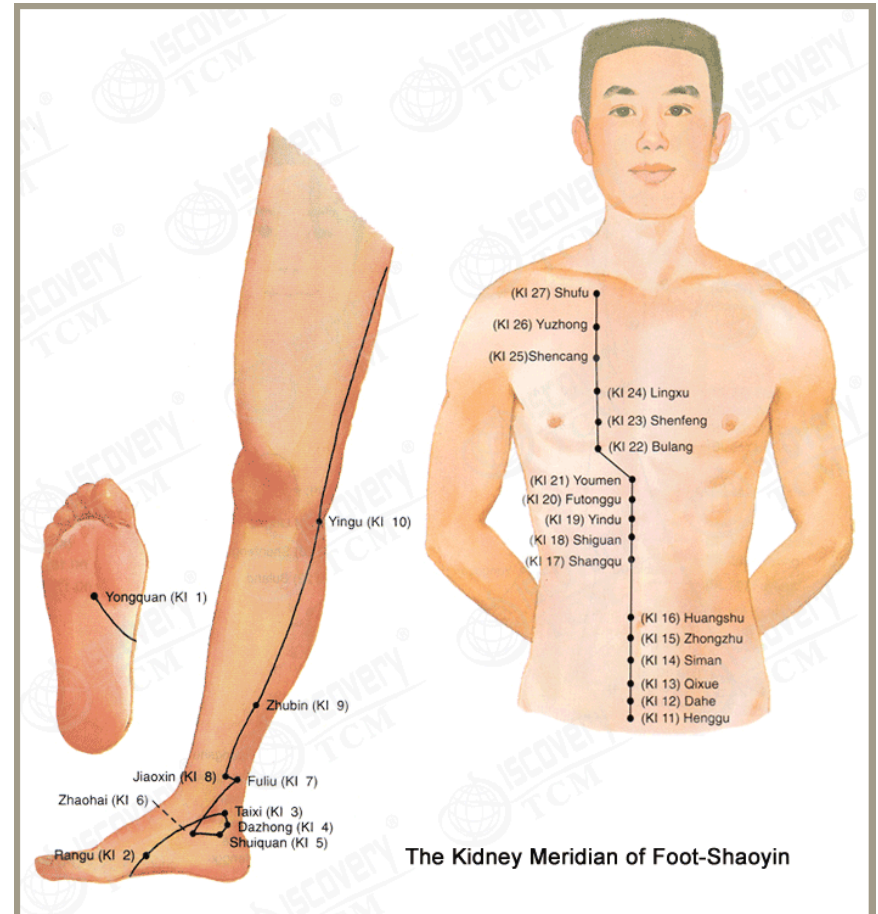
ANTERIOR – YIN 5PM – 7 PM

Major water imbalances e.g. ascites, sweating, dry skin

Impotence

Urinary problems

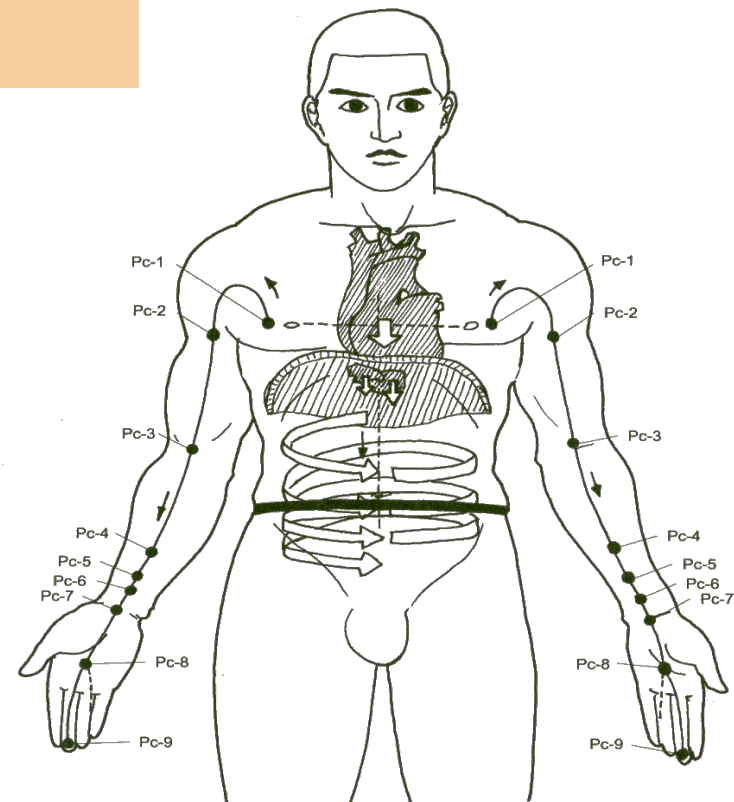
Motor impairment and muscular atrophy of the lower extremity



# Heart Constrictor (HC) or Pericardium (P)

ANTERIOR – YIN 7 PM – 9 PM

Conditions ABOVE the anatomical diaphragm  
e.g. lung disease



The Internal and External Qi Flow of the Pericardium (Pc) Channels

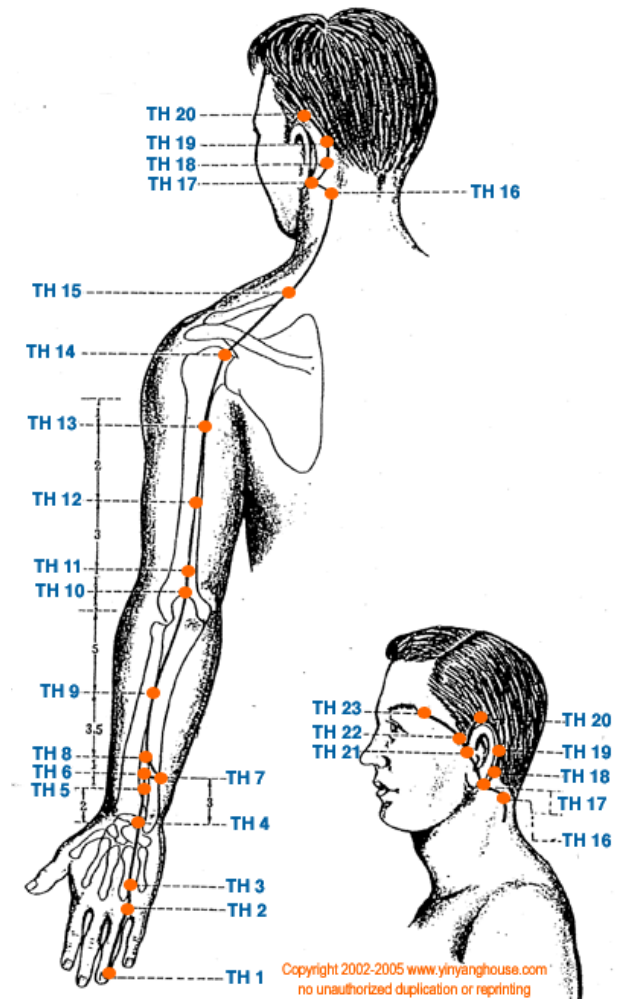
# Triple Heater (warmer) TH

POSTERIOR – YANG 9 PM – 11 PM

Balance to the autonomic nervous system

Balance from the left to the right side of the body

A functional meridian made up of three parts (heaters)



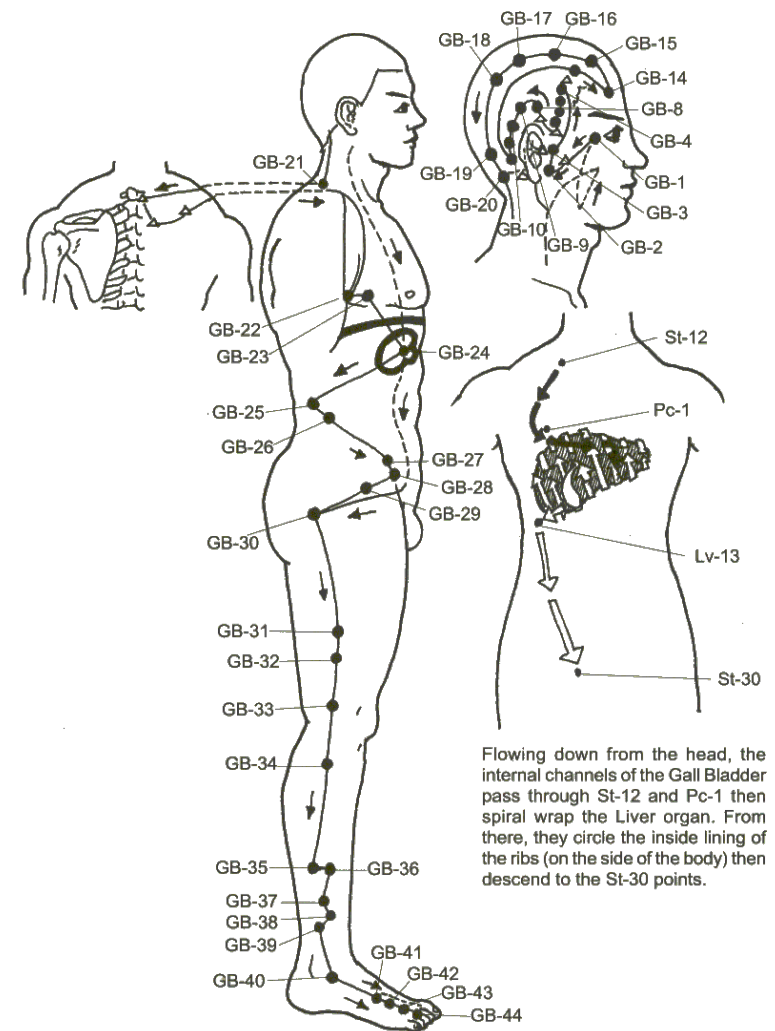
# Gall Bladder (GB)

POSTERIOR – YANG 11 PM – 1 AM

Pain on the lateral aspect of the body

Diseases of the biliary tract

Cranial acupuncture for stroke, paralysis



The Internal and External Qi Flow of the Gall Bladder (GB) Channels

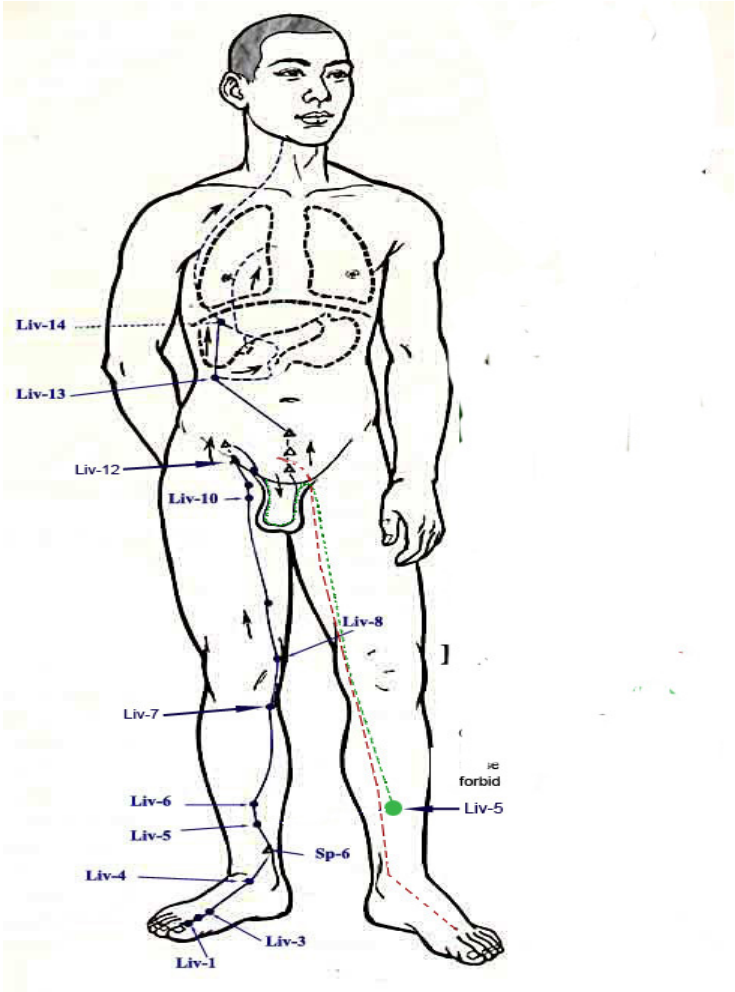
Liver (LV) (Liv)

## ANTERIOR – YIN 1 AM – 3 AM

## Detoxification of the body

## Enuresis

## Urinary complaints



# EIGHT EXTRAORDINARY MERIDIANS

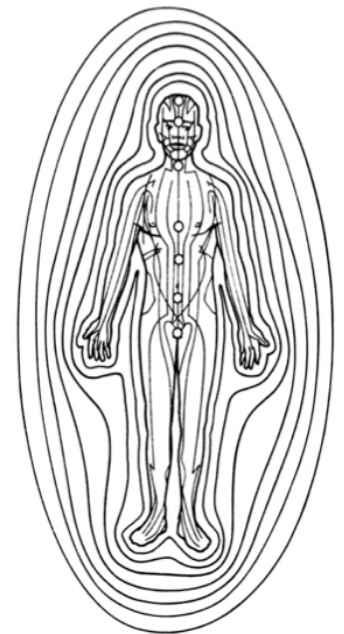
The body's deepest level of energetic structuring – the ancestral meridians

The first to develop in utero

Carry the body's ancestral energy – the YUAN QI – i.e., our genetic inheritance

As deep reservoirs they can replenish the 12 main meridians and regulate them

Also called 8 Curious vessels, 8 Marvelous meridians, and 8 Irregular vessels



# Governing Vessel (GV) Du Mai/Sea of Yang

YANG – POSTERIOR MIDLINE

Febrile diseases

Mental disorders

Pain in the back

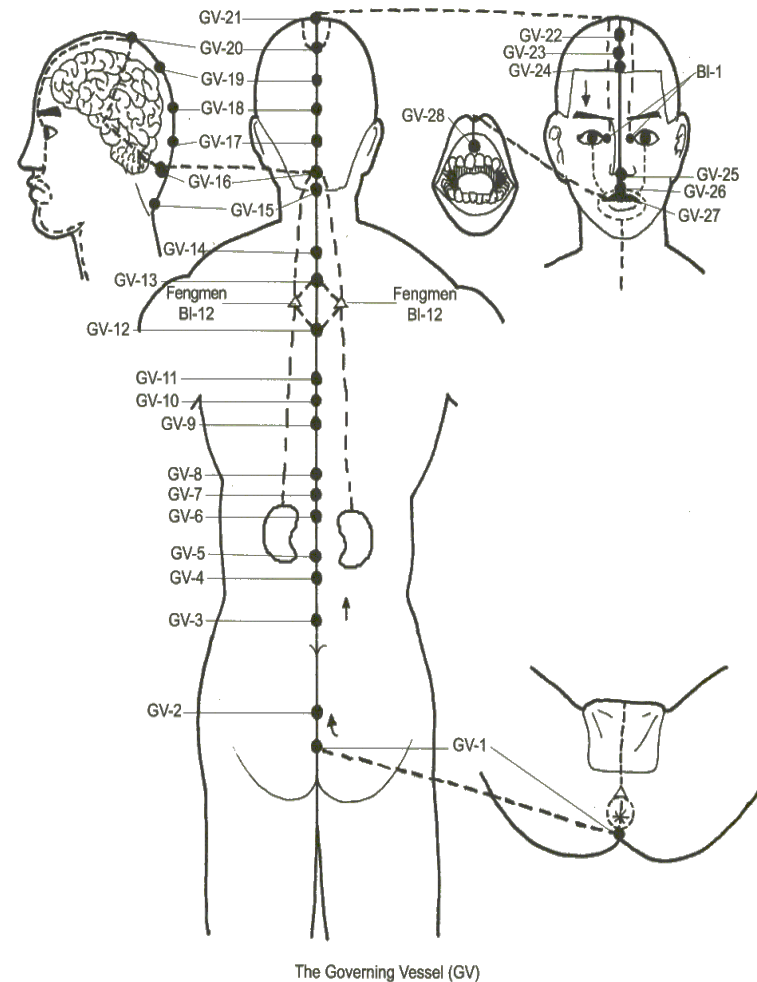
Controls the yang meridians

Originates in kidneys

Flows up and down kidney meridian

Master point – SI 3

Couple point – BL 62 – to Yang Chiao Mai



# Conception Vessel (CV) Ren Mai/ Sea of Yin

YIN – ANTERIOR MIDLINE

Diseases of the urogenital system

Acute and chronic diarrhea

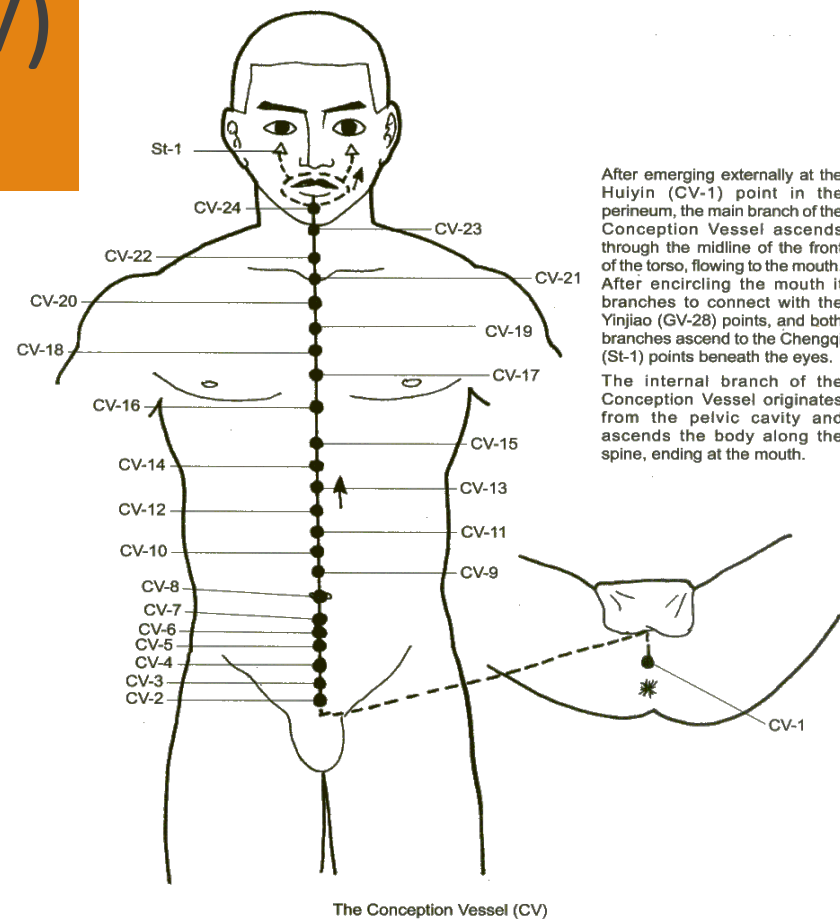
Hernia

Originates in Kidneys (uterus)

Breathing imbalances

Master point: LU 7

Couple point – KI 6 on the yin chiao mai meridian

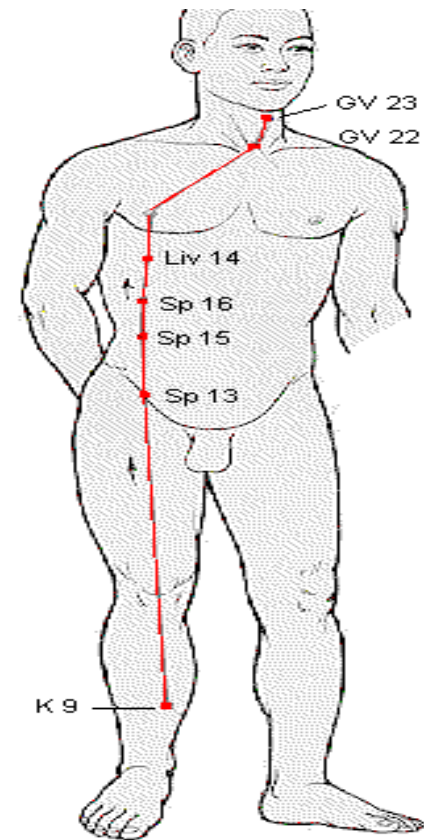


# Yin Wei Mai

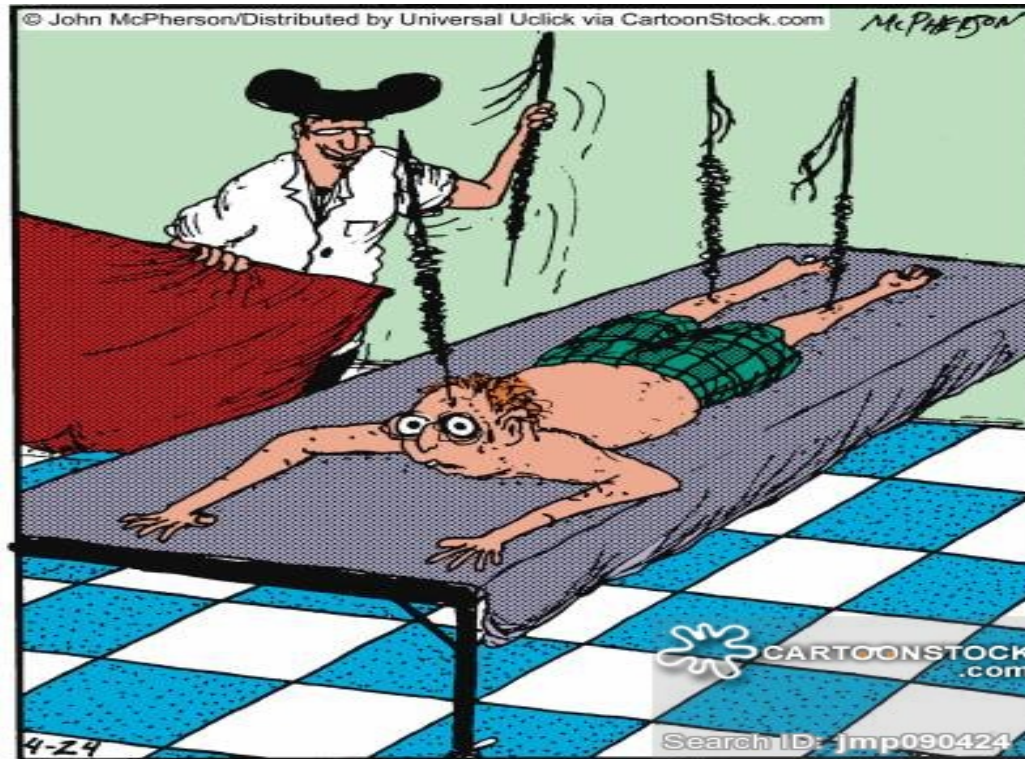
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Yin Regulating Channel

The inner gate to one's self



# THE SCIENCE BEHIND ACPUNCTURE



**Dr. Clondell liked to combine his career  
as an acupuncturist with his dream of  
someday being a bullfighter.**

# Scientific basis of acupuncture

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Acupuncture in the Successful Treatment of Leukoderma – *Am J. Acupuncture*, Vol 8, No. 3, July-September 1980

*Revolutionary New Pain Theory and Acupuncture Treatment Procedure Based on New Theory of Acupuncture Mechanism* – *American Journal of Acupuncture*, Vol. 11, No4, October – December 1983

Long-Lasting Reduction of Blood Pressure by Electroacupuncture in Patients with Hypertension – *Medical Acupuncture*, Vol. 27, No. 4, 2015

Analgesic effect on primary dysmenorrhea treated with conventional and sham acupuncture at San-yin-jiao (SP 6) – *Zhongguo Zhen Jiu* 2016 Apr;35 (4): 318-22

## Scientific basis of acupuncture (continued)

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Effect of Zusanli (ST 36) Electroacupuncture at Two Frequencies on the Bioavailability of Tc-Sodium Pertechnetate and on Labeling of Blood Constituents in Rats – J. Acupuncture Meridian Stud 2009: 2(2):135-146

Electroacupuncture at Bilateral Zusanli Points (ST 36) Protects Intestinal Mucosal Immune Barrier in Sepsis – Evidence-Based Complementary and Alternative Medicine, Vol. 2015, Article ID 639412

PC acupoint stimulation for prevention of postoperative nausea and vomiting in patients undergoing craniotomy: study protocol for a randomized controlled trial – by Feng and Li

# Pain Control

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➤ Endorphins: 100 times more potent than morphine

➤ Enkephalins

# Endorphins

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First – Stimulate a specific site

The stimulation of specific sites or combinations of sites sends a impulse to the brainstem triggering the release of a complex molecule:

- Beta-lipotrophin/ACTH

# Endorphins

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Based on the site or combination of sites – one or more of several reactions are triggered

Increase or decrease of hormonal levels (male or female)

Increase or decrease of cortisone

Increase or decrease of prostaglandins (associated with inflammation)

And....release of over 200 types of endogenous endorphins which are site specific

## Other factors with Endorphins

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L-Tryptophane is a precursor to endorphin production

Endorphins circulate in the blood stream, cerebrospinal fluid, and gastrointestinal tract for up to 3 days with a peak within 30-45 seconds of treatment commencement

Pomeranz has conducted numerous research studies that document endorphin production

## In triggering endorphins – locate a trigger point or an “Ah shi” point

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- Stimulation occurs with a needle or with a small diameter

electrode; 3-5 pps; motor stimulation

- Treatment time is 20-30 seconds per site

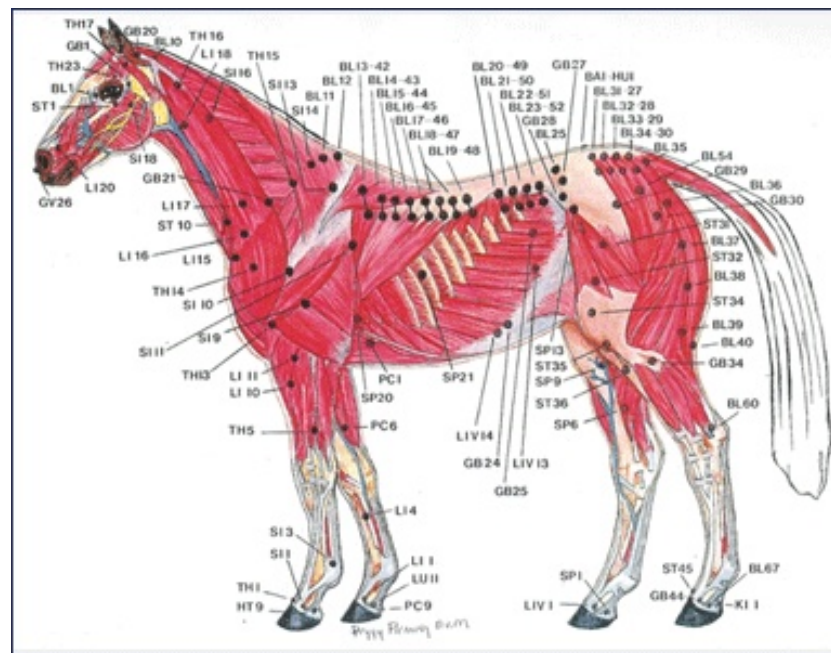
# Enkephalin

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- large myelinated nerve fibers of the skin have an inhibitory effect on the small pain bearing fibers that enter the same segment of the spinal cord
- block out pain – this occurs with high volt therapy at 70-90 pulses per second generally with intensity to patient perception (sensory levels of stimulation) with pad placement directly over the site of the pain OR with interferential therapy in which case pad placement is around the site of the pain and 80-100 pulses per second

# ACUPUNCTURE POINTS

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# Gorillas in the Mist

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## Types of points

There are many different types of points, e.g. Local points, Ah Shi points, tonification and sedation points, horary points, connecting points (luo), intersection points, accumulation points (Xi-Cleft), cardinal points, miracle points, moxa points, thermal reflex areas, internal points and amphoteric points (alarm, association, source, akabane, master points)

# Locating acupuncture point – The Human inch: Tsun or Pouce

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Based on the patient's hand (males – left, females – right). Patient's hand.

Used to locate acupuncture points

The distance between the two creases of the phalanges formed when the second or middle finger is bent. Fen – decimal part of the human inch.

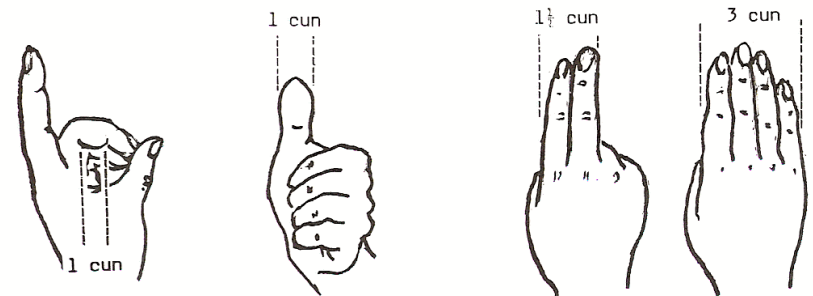


Figure 3.6. Examples of the “human inch.”

# Ah Shi Points & Local Points

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- Ah shi points are literally trigger points – these are the main points of focus in Dry Needling
- Local points are points in local area that are treated

# Master Points

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Master points are examples of amphoteric points

2-3 times the energy that other points have

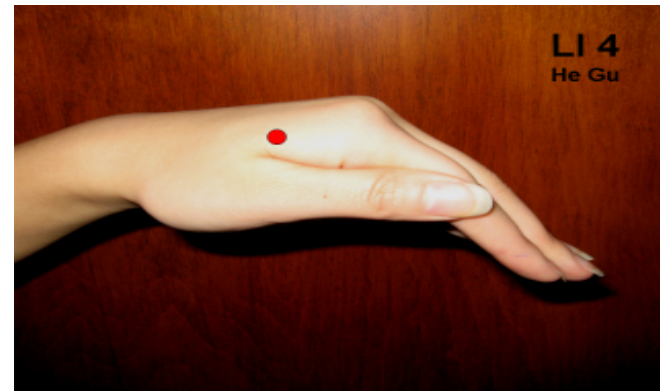
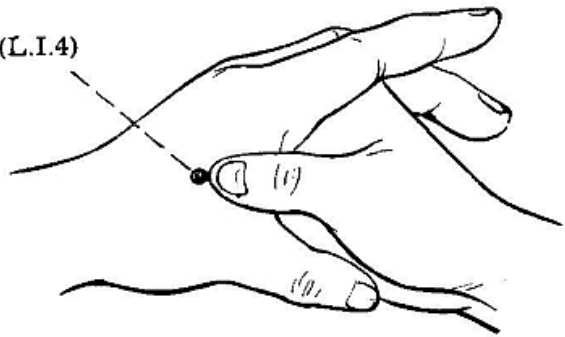
Method of stimulation of these points is generally irrelevant

- LI 4
- ST 36
- SP 6
- LU 7
- LV 3
- GB 20
- BL 54

# LI 4

Ho Ku  
He gu/ Hegu

Hegu (L.I.4)



# Physiological Effects

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- Pain in the upper extremity head and neck
- Analgesia – lower jaw
- Promotes drainage, stagnation

Recent studies from the Journal of Orofacial Pain showed that the stimulation of He Gu (LI4) significantly reduced myofascial pain of the jaw muscles [2]. A recent Cochrane systematic review on acupuncture in migraine and tension-type headaches suggests stimulation of acupoints as an effective and valuable option for alleviating migraines and tension-type headaches [1].

## References

[Schiapparelli P, Allais G, et al. Acupuncture in primary headache treatment. Neurol Sci. 2011 May; 32 Suppl 1:S15-8.](#)

[Shen YF, Younger J, et al. Randomized clinical trial of acupuncture for myofascial pain of the jaw muscles. J Orofac Pain. 2009 Fall; 23\(4\): 353-9.](#)

# Combining points changes the physiological effects of the points

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## Examples:

LI 4 and ST 36

LI 4 and SP 6

LI 4 and LI 11

LI 4 and LV 3

## LI 4 and ST 36

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### Gastrointestinal complaints

- The order of needle insertion may make a difference
- The frequency utilized makes a difference with electrical stimulation
- The side of treatment may matter
- Even the length of time each point is stimulated may make a difference

## LI 4 and SP 6

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- Gynecological Complaints

## LI 4 and LI 11

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Dermatological issues

- Treatment is bilateral

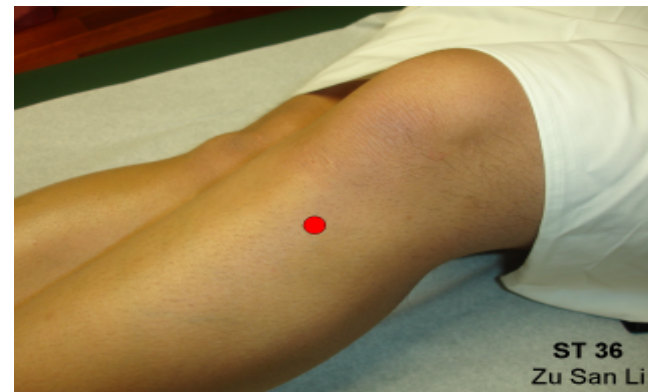
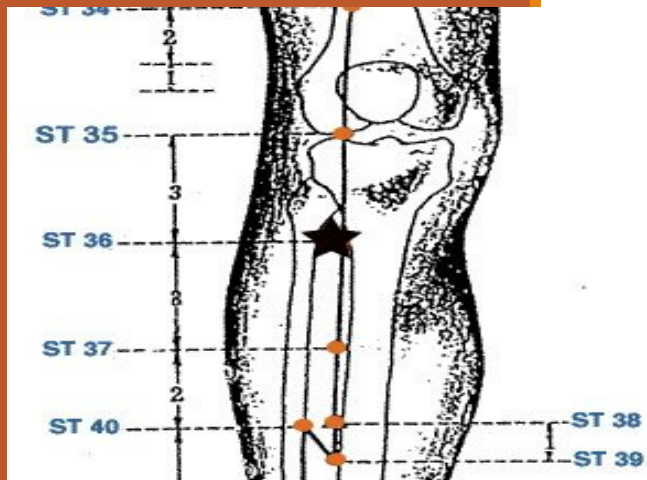
# LI 4 and LV 3

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## Major sedation

# ST 36

Zsusanli  
Zu San li  
Tsu san li



# Physiological Effects

- Knee pain/lateral aspect of the knee
- Gastrointestinal conditions e.g. diarrhea, constipation
  - Order of needle insertion matters
- Nausea and vomiting
- Stress and fatigue
- Health promotion and longevity
- Pain on the lateral aspect of the knee
- Major tonification point for the body
- hiccups
- Bilateral treatment of this point effects the cellular elements of the blood; some studies have demonstrated increased white blood count (during infections) and increased red blood count in cases of anemia. In one study ST 36 and SP 6 were more effective in raising leukocytes than Western drugs
- Research shows electro-acupuncture results with P 6 (HC 6) in cases of hypertension
- When needling, don't stand in front of the patient

# Research

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There are many studies conducted with Zu San Li (ST36) in the scientific literature. In neuroimaging studies, stimulation of Zu San Li (ST36) has been shown to affect the limbic and paralimbic systems in the brain[2] which may affect the body's response to stress [3]. The Journal of Autonomic Neuroscience also published an article that showed that both [Nei Guan \(P6\)](#) and Zu San Li (ST 36) used together have an effect on gastrointestinal motility[1].

## References

[Yin J, Chen JD. Gastrointestinal motility disorders and acupuncture. Auton Neurosci. 2010 Oct 28;157\(1-2\):31-7. Epub 2010 Apr 3.](#)

[Feng Y, Bai L, Ren Y, Wang H, Liu Z, Zhang W, Tian J. Investigation of the large-scale functional brain networks modulated by acupuncture. Magn Reson Imaging. 2011 Sep;29\(7\):958-65. Epub 2011 May 25.](#)

[Pavao TS, Vianna P, Pillat MM, Machado AB, Bauer ME. Acupuncture is effective to attenuate stress and stimulate lymphocyte proliferation in the elderly. Neurosci Lett. 2010 Oct 22;484\(1\):47-50. Epub 2010 Aug 13.](#)

# SP 6

San Yin Jiao



# Physiological Effects

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Crossroads of the three Yin Meridians: Spleen, Liver, and Kidney

digestive

gynecological

emotional conditions

Menstrual problems e.g. irregular menstruation, dysmenorrhea, amenorrhea, infertility

Nocturnal emissions, enuresis, dysuria

impotence

Generalized body edema

Abdominal distention

Master point for circulation .... For individuals that bruise easily, cold feet, and varicose vein



# Research

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Spleen 6 is commonly used for urological and pelvic disorders, insomnia, and menstrual cramps.

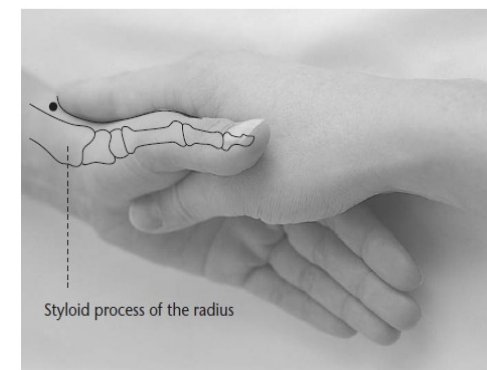
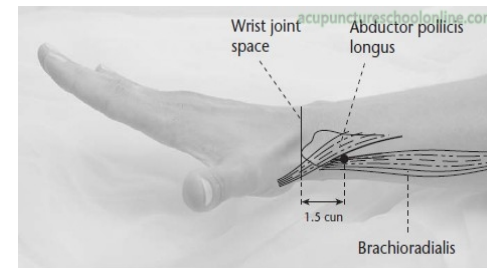
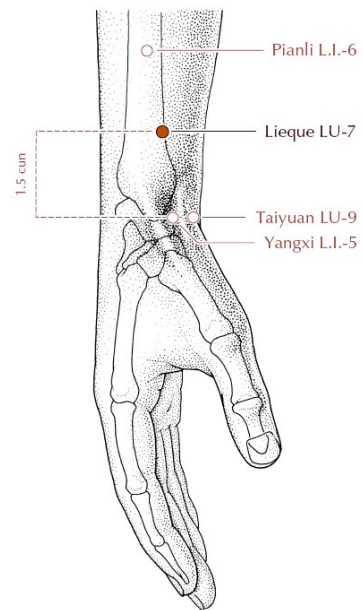
Effects on labor pain with acupressure: improve labor, manage labor pain, and shorten delivery time

Wong CL. Lai KY, Tse HM, Effects of SP6 acupressure on pain and menstrual distress in young woman with dysmenorrhea, Complement Ther Clin Pract. 2010 May;16 (2):64-9, Epub 2009 Nov 14

Effects of SP6 Acupuncture Point Stimulation on Labor Pain and Duration of Labor ....Iran

# LU 7

Lieque



# Physiological Effects

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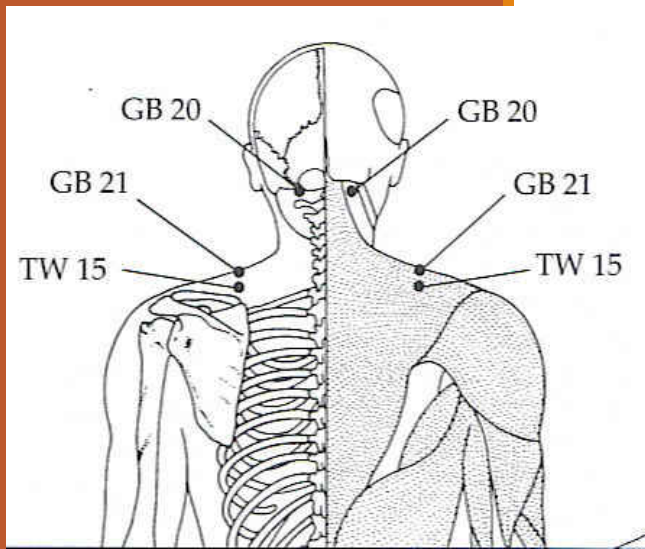
Good for localized edema caused by musculoskeletal problems especially those of an acute nature, e.g. a sprained ankle

Asthma: Lu 7 is treated in conjunction with points on the kidney and stomach meridians which are located on the chest – over the anatomical lungs (points on the chest and back may be considered local points). Few distant points are found in any formulas, however LI 4 is an exception – and this point is known to “decongest”

Needle insertion should be toward the wrist

# GB 20

Feng chi



# Physiological Effects

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## Suboccipital headaches

Pain and stiffness in the neck

Conditions involving the parasympathetic nervous system (rest and digest; feed and breed)

Paralysis, twitching, tremors, numbness and dizziness and vertigo

Seizures, memory issues

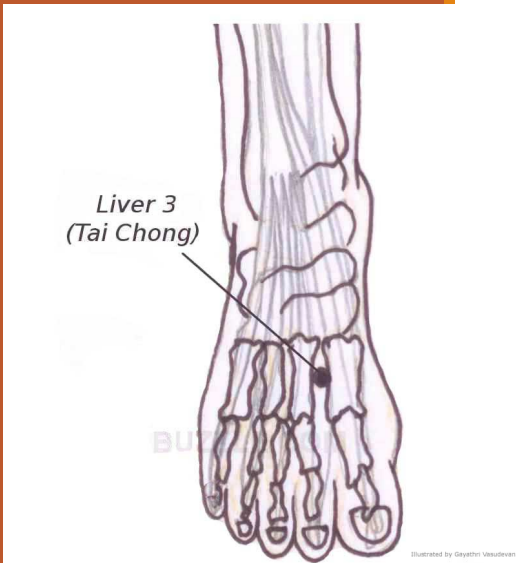
May effect conditions involving the eyes, e.g. blurred vision and red painful eyes

Tinnitus, nasal congestion, and runny nose

When using needles, angle toward opposite eye ...shallow insertion

# LV 3

Tai chong



# Physiological Effects

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This point will rapidly detoxify the body .... Angle needle toward heel of foot about ½ “ deep

Neurological complaints, e.g. Parkinson's, MS, depression, epilepsy, infantile convulsions

Weakness, numbness and pain in the lower extremities; difficulties in walking

Major sedation point – especially for the lower part of the body

Migraine headache

Drug rehab

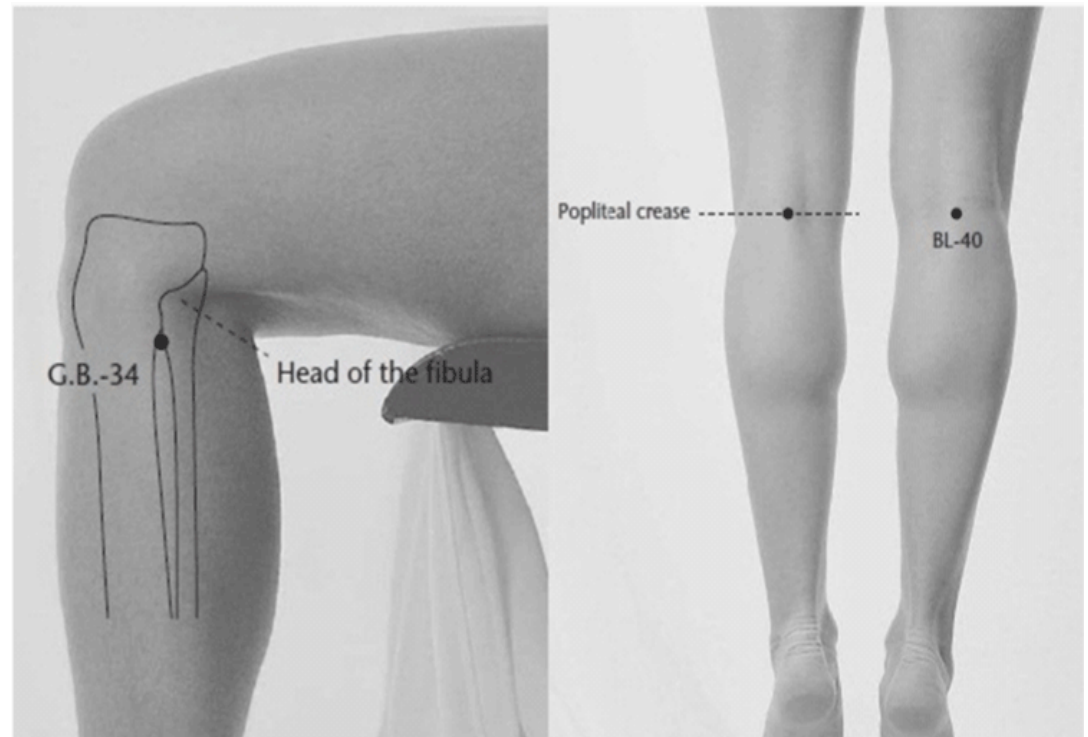
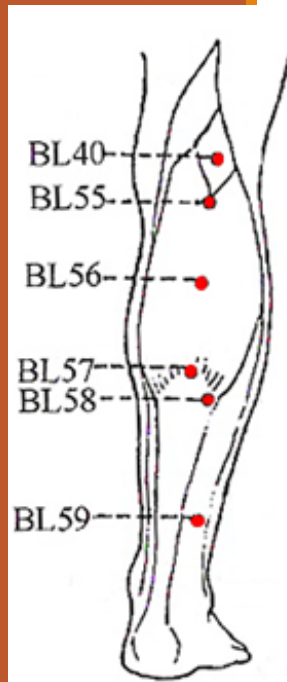
Use care in treating if patient has epilepsy, is on drugs, or is intoxicated

Needles should be angled toward the heel



# BL 40

Wei Zhong  
(some older texts list  
as BL 54)



# Physiological Effects

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Pain in the knee joint

Meniscal or arthritic pain in the knee

Sciatic pain that radiates to the knee

Bend knee prior to needle insertion

# THE MANAGEMENT OF MUSCULOSKELETAL COMPLAINTS

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# Why Acupuncture?

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# Managing musculoskeletal complaints

## Phase One

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### Acute Inflammatory Phase

- This phase may last for up to 72 hours, depending on the severity of the injury and constitutes a non-specific reaction involving both cellular and humoral elements
- Swelling, redness, warmth and pain
- Muckle has emphasized the prominent part played by prostaglandins in the mechanism of both pain production and increased capillary permeability
- Management: cold, anti-prostaglandins, TNS, enkephalins and endorphins
- Local and distant point treatment; along with LU 7 for localized edema; and GB 20-21 to relax muscle spasm in the upper extremity and GB 34 in the lower extremity. LV 3 detoxifies.

# Phase 2

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- Healing phase

- This stage may last from 48 hours on up to 6 weeks or more and is characterized by the synthesis and deposition of collagen
- According to Van der Meulin, “the repair of tissue is only possible when the wound has become clean” and macrophages are mobilized freely in the removal of cellular debris, erythrocytes and the fibrin clot
- The goal is collagen synthesis with an emphasis on the quantity of the collagen
- Management: Create movement, heat therapies, e.g. ultrasound, diathermy, hot packs
- Acupuncture: Local points combined with ST 36 – the major tonification point of the body

# Phase 3

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## ◦ The Rehabilitative or Remodelling Phase

- This phase may last from 3 weeks to 12 months or more (Frank et al.) and is a period in which collagen is remodeled to increase the functional capabilities of the tendon or ligament to withstand the stresses imposed on it.
- The distinction between phases 2 and 3 is largely one of increasing the quantity of collagen during the repair phase and of an improvement in the quality (orientation and tensile strength) in the latter phase.
- The highly organized appearance of normal ligament substance has not been approached by the remodeled scar even after 40 weeks of healing and there is an apparent plateau in scar collagen concentration at just over 70% of normal. In short, collagen is deficient both in content and quality at least 40 weeks after injury.

Reference: Acute soft tissue injuries – a review of the literature, John Kellett, *Medicine and Science in Sports and Exercise*, Vol. 18, No 5, 1986.

# Shoulder, Elbow, wrist and hand

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Treat local points – add points based upon symptomatology

In cases of decreased mobility – treat trigger point on opposite side and create movement

# Hip Joint

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Treat local points – add points based upon symptomatology

In cases of decreased mobility – treat trigger point on opposite side and create movement

## Knee, ankle and foot

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Treat local points – add points based upon symptomatology

In cases of decreased mobility – treat trigger point on opposite side and create movement

# SYSTEMS OF CARE

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A woman with blonde hair is lying down, receiving acupuncture treatment on her face. Several thin, green needles are visible, inserted into her forehead, temples, and cheeks. A practitioner's hands are visible, holding the needles. The background is dark and out of focus.

**\$30 Acupuncture** Weight Loss,  
Anti-Aging and **FACE LIFT**  
**Treatments**

- ✓ Gentle
- ✓ Non-Surgical
- ✓ 30 Minute Treatment
- ✓ Holistic
- ✓ Clinically Proven Results

# Dry Needling/Intramuscular Stimulation

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A term – apparently coined by the Physical Therapists – in an effort to secure the right to utilize “acupuncture”

Trigger point dry needling targets the tight points within muscular tissue that produce and refer pain

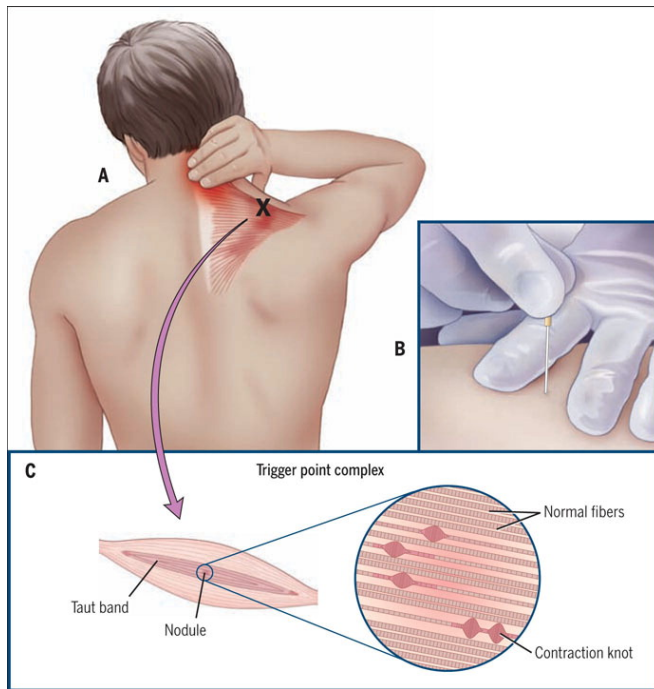
According to the APTA, “Dry needling is a skilled intervention that uses a filiform needle to penetrate the skin and stimulate underlying myofascial trigger points, muscular and connective tissues for the management of neuro-musculoskeletal pain and movement impairments.”

“The practice of acupuncture by acupuncturists and the performance of dry needling by physical therapists differ in terms of historical, philosophical and practical context. The performance of modern dry needling by physical therapists is based on western neuroanatomy and modern scientific study of the musculoskeletal and nervous system. Physical therapists who perform dry needling do not use traditional acupuncture theories or acupuncture terminology.”



# This is dry needling

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## Ah Shi Points

Legal for DC's in: AL, CO, CT, DE, FL, IL, MD, NH, NM, NC, RI, SC, TX, UT, VA, and WV

Travell: 92% of trigger points are acupuncture points

# Reactions to needle insertion

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Tae chi or Da chi

Fainting

Seizures

Redness around site (except the ear –  
blanches)

Nothing!!



# Depth of insertion

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Based on the site

Traditionally, deeper during the winter and with ex spouses and shallower during the summer

Shallow in children, the aged and the debilitated

GB 30



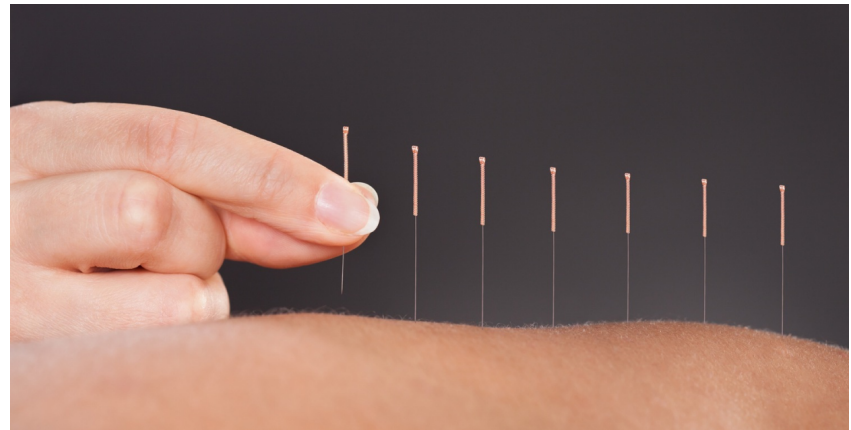
# Movement of the needle

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Tapping the needle thru a tube

Clockwise rotation on insertion for tonification; withdraw quickly; close the hole; 30 seconds of stimulation

Counterclockwise rotation on insertion for sedation; insert rapidly; 10 minutes to a half hour of stimulation; withdraw when the flesh lets go; leave the hole open



# Cupping Methods

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## Dry Cupping

- Cotton, herbs or paper is soaked in oil or alcohol
- Lit and burned
- 10-15 minutes
- Expect a blood-filled blister

## Wet Cupping

- Cut the skin first with a needle



Light my Fire!!

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# Moxa/Moxibustion

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Moe Kusa – burning herb

Chinese used red hot irons

Cautery used two thousand years ago on ear for sciatica

1100 BC – burning herbs over body

*Artemisia vulgaris* - mugwort



# Trivia

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Moxa is most common in Japan

Often used over source points and association points

Contraindicated over trigger points, in patients with fevers, over the face, over major blood vessels

I didn't do it!!!!!!



# Laser

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## Low level lasers (COLD lasers)

Generally:

- Safety glasses required with IIIa/b; risk of reflection or deflection
- Over 500 mW you can burn skin
- Wavelength in red-beam range, i.e. 600-700 nm and in the near infrared-beam range (800-1000 nm)
- Red-beam is shallow penetration of around .8 mm
- Important factor is joules per cm squared



# Laser and LED Safety Classification

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Class 1 Safe under reasonable operation, e.g. bar code reader

Class 1M Generally safe

Class 2 <1mW average power, visible light low power, e.g. Laser

Pointers and LEDs.

Class 2M UV or IR light at low average power

Class 3a 1 to 5mW of average power; safety glasses required

Class 3b 5 to 500 mW of average power; viewing beam is hazardous

Class 4 >500 mW average power all the way up to industrial mW;

hazardous. <.25 sec causes severe eye damage.

# Practical considerations of laser therapy

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A 5 mW laser lecture pointer pen with a 5 mm diameter aperture requires a minimum of 3 minutes exposure time on a point, to have approximately 4.59 joules per cm square

For deep points – you need an infrared laser of 800-1000 nm wavelength

There is a belief that the pulse rates of the laser matters (Nogier)

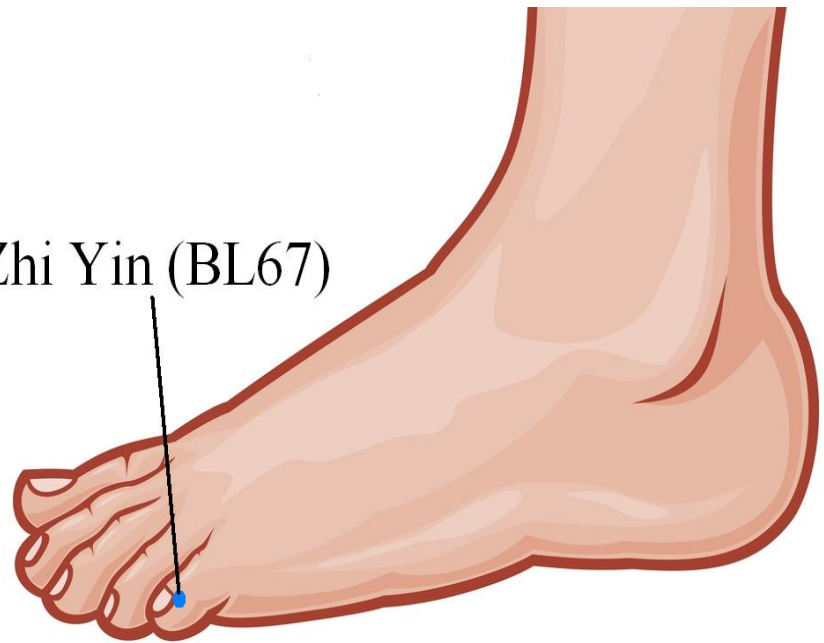
# Research on lasers

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1991 study in Russia: light enters an acupuncture point and travels through the meridian and can be detected at other places along the meridian with a sensitive photon detector ..... Did not travel to places not on meridians

Other studies show distant effects e.g. BL 67 stimulation demonstrated measurable effects in the brain – only when the laser was turned on

Zhi Yin (BL67)



# Oriental/Western Diagnosis

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How to meld oriental evaluation procedures with western examination



# Basic steps in the exam

Is the imbalance yin or yang?

Determine the meridian that's involved

Is there an excess or a deficiency of energy?



# Try to keep it scientific

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Be thorough in your patient work-up – “the body knows what’s wrong”

Pain on the lateral aspect of the body ---- gall bladder meridian

Pain that radiates from the back to the front of the body --- stomach meridian

What TIME of the day did the condition start, what TIME of the day are the symptoms the worst



# Inspection and Observation of the patient (**Bo SHIN**)

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Color, sound, texture, taste and smell

Vertical lines between the eyebrows – quick to anger – liver meridian

Look at the eyes – the tongue

Look for areas with rashes

Look at the ears

Color:

- Red – HT and SI
- White – LU and LI
- Green or blue – GB and LV
- Yellow – SP and ST
- Black – BL and KI

# Look at the eyes

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Pupil – KI

Iris - LV

Upper white area – SP

Lower white area – ST

Lateral white area – SI

Medial white area – HT

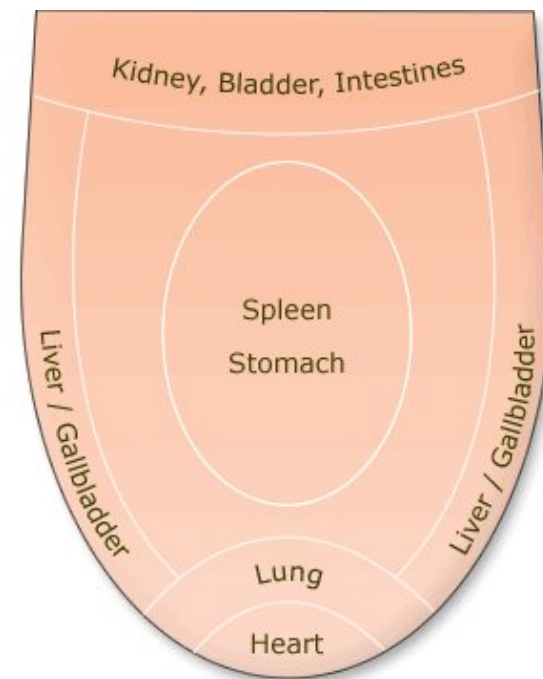
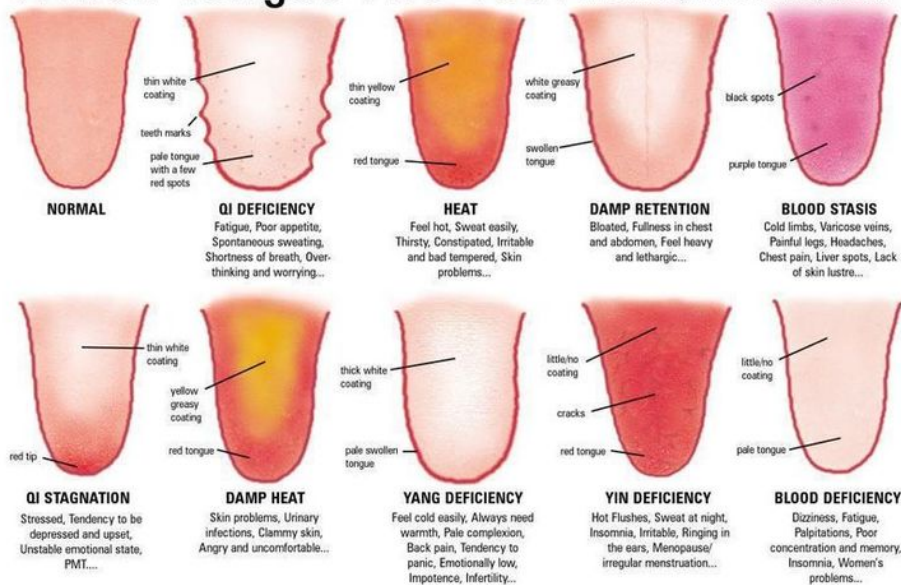


# Stick your tongue out

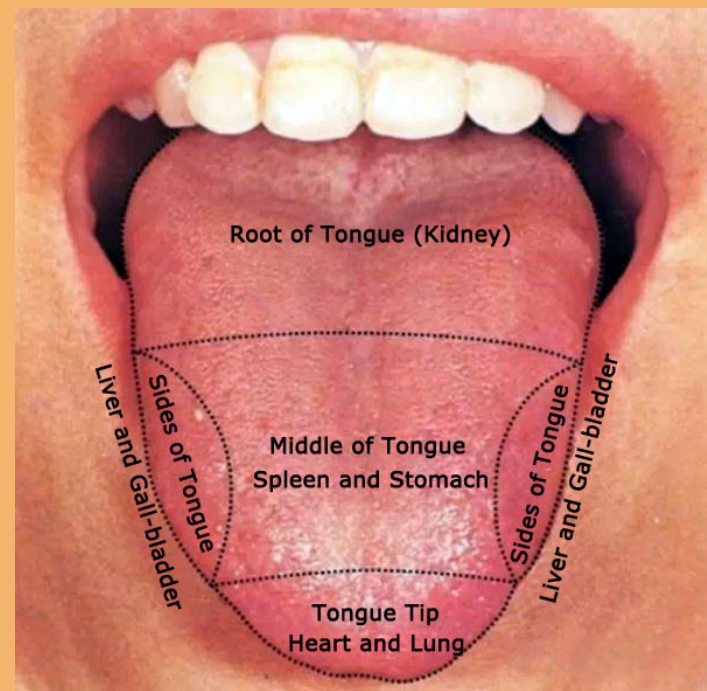
## Which Tongue Are You?

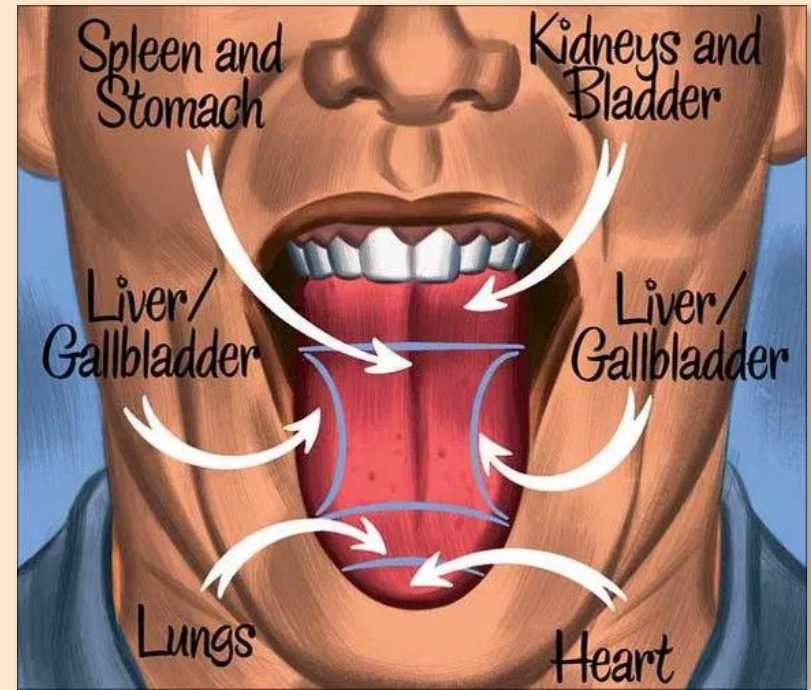
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Nine Common Syndromes & Possible Symptoms...



# Tongue





# Auditory

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Lung – weeping

Heart – laughter

Liver – groans

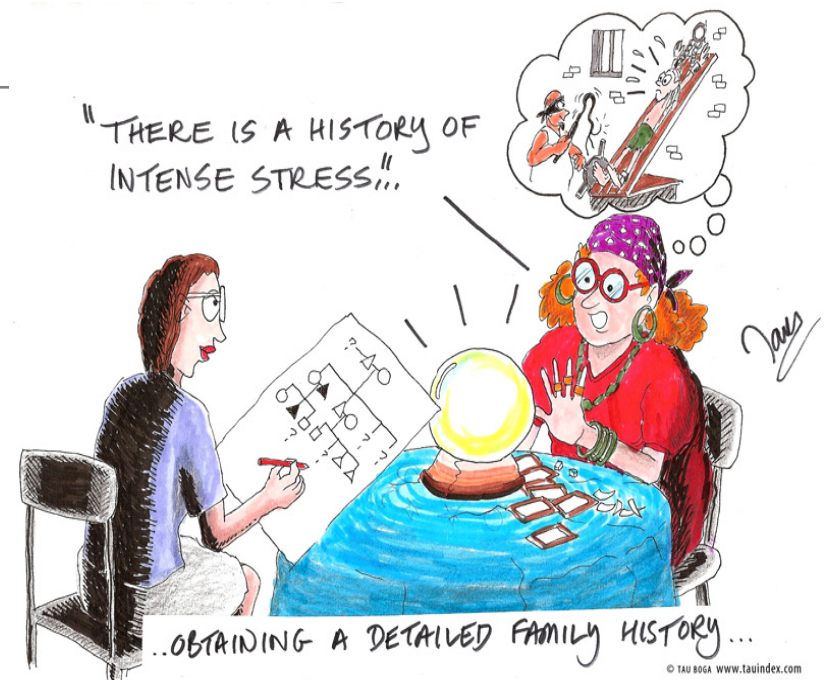
Stomach – singing

Bladder - sobs

Listening  
=  
Learning


# Interrogation (Mon Shin)

The key is in relating the patient's symptomatology to the correct element, then the correct meridian, and finally deciding if you want to tonify or sedate



# Oriental part of exam

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- 2) Is the horary cycle involved?
  - 3) Colors
  - 4) Tongue
  - 5) Observation: scars, abnormal growths
  - 6) The eyes
  - 7) Tender points
  - 8) Yin or Yang
  - 9) Hot or cold symptoms
  - 10) Element involved
  - 11) Meridians
  - 12) Specific points
  - 13) Excess or deficiency
- 

# Many different areas can be found

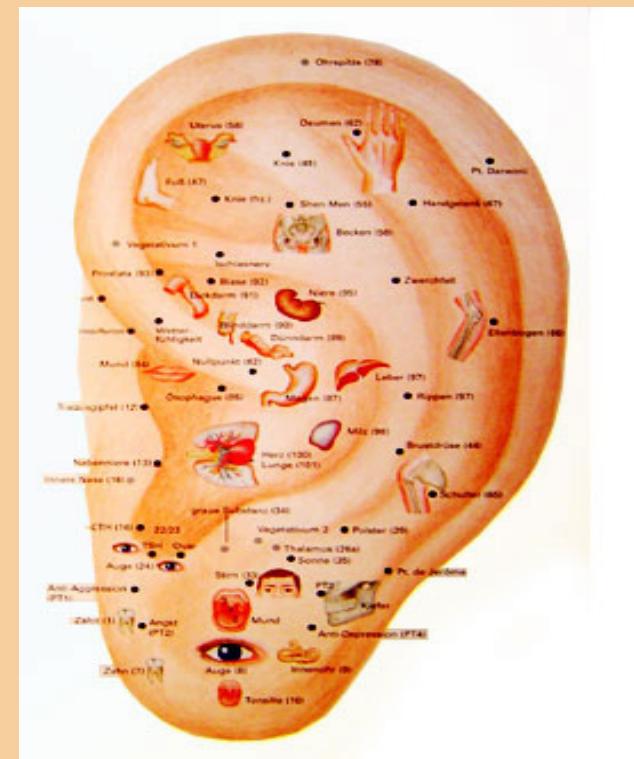
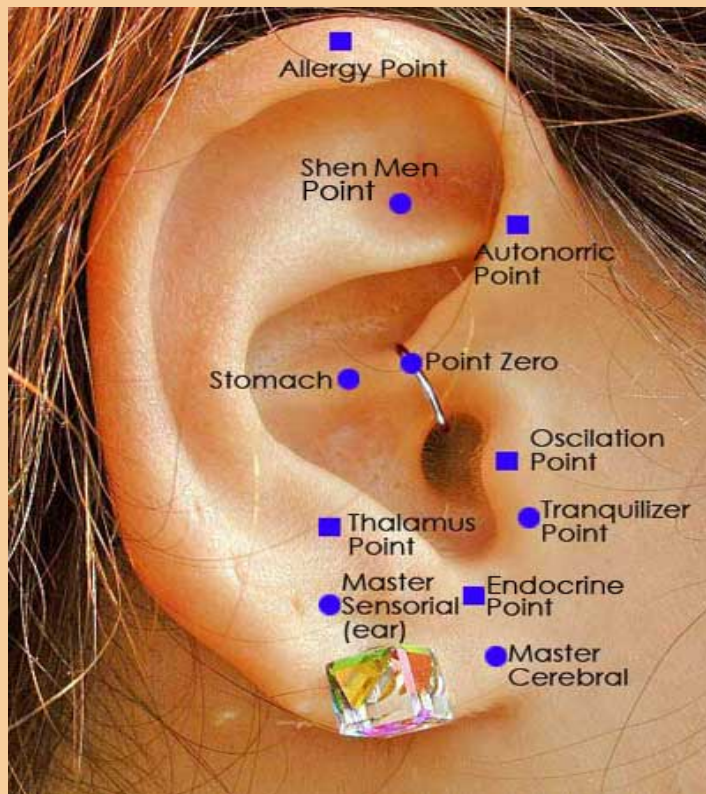
A close-up photograph of a human ear with several points marked for auricular acupuncture. The points are labeled as follows:

- Allergy Point (blue square)
- Shen Men Point (blue circle)
- Autonomic Point (blue square)
- Point Zero (blue circle)
- Oscillation Point (blue square)
- Tranquilizer Point (blue circle)
- Thalamus Point (blue square)
- Master Sensorial (ear) (blue circle)
- Endocrine Point (blue square)
- Master Cerebral (blue circle)

A small, colorful, crystalline object is placed near the bottom of the ear.

A detailed diagram of an ear showing various organs and their corresponding points. The points are labeled with names and numbers, such as:

- Uterus (56)
- Deutscher (52)
- Knie (81)
- Shen Men (55)
- Handgelenk (57)
- Becken (54)
- Vegetativum 1 (51)
- Blase (52)
- Niere (56)
- Zwerchfell (53)
- Stomach (50)
- Darm (58)
- Mund (54)
- Speicheldrüse (54)
- Trachea (57)
- Leber (57)
- Rücken (57)
- Herz (100)
- Lunge (101)
- Thyroid (54)
- Schulter (54)
- grüne Substanz (54)
- Vegetativum 2 (51)
- Punkt (51)
- Thalamus (54)
- Ponte (51)
- Pt. de Jussieu (51)
- Augen (51)
- Mund (54)
- Augen (51)
- Tonsillen (10)



# Shen men – The Divine Gate Point

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This point relieves stress

It is believed that pressure on this point brings 'celestial energy' to the whole body

Stimulation here improves health, decreases stress and improves energy

May be used to treat addiction

# THE END

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