

Eastern Medicine Institute  
Clinical Acupuncture Orthopedics  
Online Training

Module II - Acupuncture Orthopedic of the Spine & Extremities

Seminar Policy

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*The information of the Clinical Acupuncture Orthopedics is based on the Chinese Medicine approach. Each doctor must determine if a particular condition or treatment method is allowed within their particular “Scope of Practice” of the State in which they practice.*



## **Neck Conditions**

Neck pain as a result of a number of disorders & diseases related to the neck, degenerative disc disease, neck strain/sprain, whiplash injury, disc bulge/herniation &/or a pinched nerve.

According to Chinese medicine neck pain is caused by an Invasion of External Pathogenic factors, stagnation of Qi & Blood, overstrain, bed sleeping position, physical trauma or inadequate surgery.

### **Etiology & Pathology**

#### **Invasion of External Pathogenic factors**

When the Wei Qi of the body is not protecting the body properly extra pathogenic factors for a built-in invade the body through the skin pores and gets lodged in between the skin in the muscle. This will lead to stagnation of Qi & Blood due to various pathogenic factors.

#### **Emotional disturbances / Internal Dysfunction**

In today's society, many individuals are under extreme stress, has excessive anger & frustration and possibly depression, this all leads to stagnation of Liver Qi.

#### **Weak constitutions**

Weak congenital Qi results in poor posture, improper muscle strength and weakness of the body throughout physically and mentally. This weakness can lead to various types of neck pain possibly recurring. The Qi & Blood will be deficient and not circulate to the body properly.

#### **Physical Injuries**

Poor posture, poor work habits, excessive manual labor, inappropriate or failed surgeries and other various types of trauma can lead to neck pain.

## **Neck Chinese Patterns**

Invasion of External Pathogenic factors

- Invasion of Wind Cold
- Invasion of Wind Heat
- Invasion of Wind / Cold / Dampness

Emotional disturbances / Internal Dysfunction – Liver Qi Stagnation

Kidney Qi (Essence) Deficiency

Physical Injuries

## Neck Chinese Patterns & Clinical Signs & Symptoms

Invasion of Wind Cold	Invasion of Wind Heat	Invasion of Wind/Cold/Dampness
<b>Clinical Signs &amp; Symptoms</b>		
Acute neck pain	Acute neck pain	Neck pain
Stiffness	Stiffness	Stiffness
Sensations of cold / Aversion to cold	Sensations of heat/ Aversion to heat	Heavy sensation in the upper & lower neck
Pain reduced with heat	Pain reduced with cold	Pain aggravated on rainy days / Humid weather / Cold weather
<b>Possibly</b>	<b>Possibly</b>	<b>Possibly</b>
Headache	Headache / Fever	Headache
Running nose with white discharge	Running nose with yellow discharge	Sensations of cold / Aversion to cold
Generalized body ache	Generalized body ache	Prefers warmth / Massage
Tongue: Normal or thin white coating.	Tongue: Normal or thin white coating	Tongue: Normal or thin white coating
Pulse: Superficial / Tight	Pulse: Superficial / Rapid	Pulse: Superficial / Slippery
<b>Treatment principles</b>		
Dispel the wind	Dispel the wind	Dispel the wind
Eliminate the cold	Eliminate the heat	Eliminate the cold
Warm the Channel	Harmonize the Channels	Warm the Channel
Reduce the pain	Reduce the pain	Reduce the pain
		Resolve the Dampness

**Invasion of External Pathogenic factors  
Acupuncture Points for Wind Cold - Neck Conditions**

<b>LI 4 / LU 7</b>	Open the skin pores / Promote sweating so to dispel the Wind Cold	(2 Points)
<b>LU 7</b>	This is a good point for treating neck pain due to any External factor. Good when the neck is stiff.	
<b>SJ 5 / BL 12 / GB 20</b>	Dispel the Wind / Eliminate the Cold to relieve the external symptoms.	(3 Points)
<b>SJ 5 / GB 20</b>	Pain on the side of the neck (2)	
<b>GB 21</b>	Dispel Wind Cold / Good for upper trapezius muscle pain &/or spasm	
<b>BL 60</b>	Stiffness & pain of the neck / Stiffness & pain of the upper back	
	<b>Additional</b>	
<b>Moxibustion</b>	Dispels Wind Cold / Warms the Channel / Reduces the neck pain	
<b>Cupping</b>	Warms the Channel / Reduces the neck pain / Reduces muscle spasm	

**Auricular Points:** Point Zero / Shen Men / Muscle Relaxation / Marvelous Point / Shoulder

**Invasion of External Pathogenic factors  
Acupuncture Points for Wind Heat - Neck Conditions**

<b>LI 4 / LI 11 / GV 14</b>	Dispels the Wind / Clear the heat / Reduces the fever	(3 Points)
<b>LU 7</b>	This is a good point for treating neck pain due to any External factor. Good when the neck is stiff. Dispels heat from the lung channel & and reduces cough.	
<b>SJ 6 / BL 12 / GB 20</b>	Dispel the Wind / Eliminate the Heat to relieve the external symptoms.	(3 Points)
<b>SJ 5 / GB 20</b>	Pain on the side of the neck	
<b>GB 21</b>	Dispel Wind / Good for upper trapezius muscle pain &/or spasm	
<b>BL 60</b>	Stiffness & pain of the neck / Stiffness & pain of the upper back	
	<b>Additional</b>	
<b>Cupping</b>	Reduces the neck pain / Reduces muscle spasm	

**Auricular Points:** Point Zero / Shenmen / Muscle Relaxation / Marvelous Point / Shoulder

**Invasion of External Pathogenic factors  
Acupuncture Points for Wind / Cold / Dampness - Neck Conditions**

Invasion of wind, cold & damp with a long duration usually will occur in the Bladder Channel, Governing Vessel & the San Jiao Channel so that is why the use of these particular points. Remember the Bladder Channel is the longest Meridian in the body and covers more exterior parts of the body therefore, more points are prescribed on the bladder Meridian.

<b>SJ 5 / GB 20 / GV 16 / BL 12 / BL 58</b>	Dispel the Wind, Cold, Damp / Promote the Qi & Blood circulation	(5 Points)
<b>SI 3 / BL 62</b>	Opens the Governing Vessel / Reduces neck pain	
<b>BL 11 / SP 9</b>	Consolidate the Bones / Resolves the Dampness in the muscle	
	<b>Additional</b>	
<b>LU 7</b>	This is a good point for treating neck pain due to any External factor. Neck Stiffness	
<b>SJ 5 / GB 20</b>	Pain on the side of the neck	
<b>BL 60</b>	Stiffness & pain of the neck / Stiffness & pain of the upper back	
<b>Moxibustion</b>	Dispels Wind Cold / Warms the Channel / Reduces the neck pain	
<b>Cupping</b>	Warms the Channel / Reduces the neck pain / Reduces muscle spasm	

**Auricular Points:** Point Zero / Shenmen / Muscle Relaxation / Marvelous Point / Shoulder / Spleen

## Neck Conditions

### Emotional disturbances / Internal Dysfunction – Liver Qi Stagnation

#### Pathophysiology

The Liver is the main Zang Fu organ that is related to emotional disturbances which relates to headache type symptoms. Anger is the number one emotion with other emotions such as frustration, depression & irritability. This is an internal cause for a patient's neck pain which may or may not be related to a specific injury, this usually is seen as a gradual onset with no specific occurrence.

#### Clinical Signs /Symptoms

Chronic muscle spasm  
 Pain can be unilateral or bilateral & often seen this occipital region  
 Neck pain can become worse due to stressful situations  
 Headache (possibly)  
 Bitter taste in the mouth  
 Insomnia

#### Tongue:

Normal color  
 If left untreated or incorrectly treated – It begins to be red

#### Pulse:

Wiry

#### TX Principles:

Soothe the Liver  
 Circulate the Qi  
 Harmonize the Gallbladder  
 Reduce the pain

#### Acupuncture Points

<b>LIV 3</b>	Stagnation of Liver Qi with disharmony with the GB Channel is the root cause for this type of neck pain. / Promotes Liver Qi circulation / Source point for the Liver Meridian
<b>P 3</b>	Regulate emotions / Helps LIV 3 circulate the Liver Qi which assists with the emotions
<b>GB 20 / GB 21</b>	Calm the Liver / Harmonize the GB Channel (2 Points) Very important for treating neck pain due to emotional disorders
<b>GB 35 / GB 36</b>	Sedates the Neck Pain (2 Points)
<b>GB 41 / SJ 5</b>	Reduces the neck pain (2 Points)
<b>Additional</b>	
<b>BL 60</b>	Stiffness & pain of the neck / Stiffness & pain of the upper back
<b>BL 11 / BL 13</b>	Pain extends inferior to between the shoulders (2 Points)
<b>Cupping</b>	Warms the Channel / Reduces the neck pain / Reduces muscle spasm

**Auricular Points:** Point Zero / Shenmen / Muscle Relaxation / Marvelous Point / Shoulder / Liver

**Neck Conditions**  
**Weak constitutions – Kidney Qi (Essence) Deficiency**

**Pathophysiology**

This is the individual that the Jing is weak, or they have excessive physical and/or mental demands on their life this is also an individual that has a poor diet and does not physically take good care of themselves.

The Kidney dominates the Bones & Marrow. If the neck bones fail to be nourished by Kidney Essence due to deficiency in the Kidney, weakness of the neck with pain will occur.

**Clinical Signs /Symptoms**

- Mild neck pain that may be chronic in nature
- Neck pain is worse with activity &/or overexertion
- Tired feeling
- Dizziness / Tinnitus
- Poor memory
- Weakness in the knees
- Low back pain

**Tongue:**

- Pale & thin white coating
- Red tongue with a peeled coating

**Pulse:**

- Weak
- Rapid

**TX Principles:**

- Tonify the Kidneys
- Benefit the Bone
- Reduce the pain

**Acupuncture Points**

<b>KI 3 / SP 6</b>	Tonifies the Kidney Essence / Benefits the Bones of the neck. This the root treatment.	(2 Points)
<b>BL 11 / GB 39</b>	Nourish the bones / Benefits the Marrow which will strengthen the neck bones. / Reduces pain in the neck.	(2 Points)
<b>GV 14</b>	Promotes circulation of Yang Qi in the Channels Meeting point for all the Yang Channels	
<b>SI 3 / BL 62</b>	Open the Governing Vessel / Reduces neck pain	(2 Points)
<b>Additional</b>		
<b>BL 60</b>	Stiffness & pain of the neck / Stiffness & pain of the upper back	
<b>BL 11 / BL 13</b>	Pain extends inferior to between the shoulders	(2 Points)
<b>Moxibustion</b>	Warms the Channel / Reduces the neck pain	
<b>Cupping</b>	Warms the Channel / Reduces the neck pain / Reduces muscle spasm	

**Auricular Points:** Point Zero / Shenmen / Muscle Relaxation / Marvelous Point / Shoulder / Kidney

**Neck Conditions  
Physical Injuries**

**Pathophysiology**

This is the individual that has had an injury to the neck region either due to activities of daily living, sports injury, work related injury or just other activities.

**Clinical Signs /Symptoms**

Neck pain

Neck pain is worse with activity &/or overexertion

Pain which may run into the shoulders or down the arms – unilateral or bilateral

**Tongue:**

Normal

Other presentations depending on the internal Constitution or dysfunctions

**Pulse:**

Wiry

**TX Principles:**

Move the Qi & Blood

Reduce the pain

**Acupuncture Points**

<b>GB 20 / GB 21</b>	Local points to reduce neck pain &/or spasms	(2 Points)
<b>BL 11 / BL 13 / BL 15</b>	Pain extends inferior to between the shoulders Good adjacent points especially if utilizing electrical stimulation	(3 Points)
<b>BL 60</b>	Stiffness & pain of the neck / Stiffness & pain of the upper back	
<b>SJ 5</b>	Pain in the neck & shoulders / stiffness of the neck / Occipital pain Some textbooks indicate to use on the opposite side of the neck pain	
<b>SI 3 / BL 62</b>	Open the Governing Vessel Reduces neck pain	(2 Points)
<b>Additional</b>		
<b>GB34</b>	Master point for muscle and tendon	
<b>SP 6</b>	Best to point to move the blood	
<b>GV 16</b>	Upper neck pain / Inability to turn the head / Stiffness/ Posterior headache	
<b>Moxibustion</b>	Warms the Channel / Reduces the neck pain	
<b>Cupping</b>	Warms the Channel / Reduces the neck pain / Reduces muscle spasm	

**Auricular Points:** Point Zero / Shenmen / Muscle Relaxation / Marvelous Point / Shoulder / Upper thoracic spine





## Shoulder Conditions

May occur on one or both sides.

Involves the shoulder joint itself or the attachment of the tendons &/or muscles.

May also involve the shoulder blades.

Possible ligament tears.

Western Diagnosis	Location of Pain
Subacromial Bursitis	Shoulder joint
Synovitis of shoulder joint	Thoracic spinal region
Periarthritis of shoulder joint	Chest
Tendinitis of shoulder &/or local muscles	Upper arm
Trauma	Whole arm (possibly)
Arthritis	

## Etiology & Pathology

### Invasion of External Pathogenic factors

In Chinese medicine, the invasion of external pathogenic factors can produce pain and discomfort within any joint of the body specifically Wind Cold type of invasion. This will cause contraction of the muscles, tendons & channels related to the shoulder which will lead to stagnation of Qi & Blood which produces pain.

If there is the presence of Dampness, we will see is down of the circulation of Qi & Blood which leads to swelling, stiffness & possibly a heavy sensation.

### Emotional disturbances / Internal Dysfunction

Emotional imbalances such as, sadness, anger, frustration & stress leads to the slowing down or the stagnation of Qi.

### Weak Constitutions

Weak constitutions can be related to prolong sickness, poor Jing & improper eating habits which can lead to a deficiency of Qi. Deficiency of Qi for a period of time will lead to Qi stagnation or internal Cold in the body. When the Qi is not moving through the body properly this can lead to a blockage of the Channels which leads to pain.

### Physical Injuries

Traumatic injury, prolong and/or repetition of physical activities or previous surgeries (successful or unsuccessful).

## Shoulder Acupuncture Points - Local & Distal

LI 15 / SJ 14	Main local points for shoulder problems	(2 Points)
SI 9	Main posterior point for shoulder problems	
Jian Qian	Stiffness and pain of the anterior aspect of the shoulder, numbness, paralysis and immobility of the shoulder joint. Moves the Qi & Blood	
SJ 5	Keep point for stopping pain the in the upper extremity	
SI 4 or SI 5 SI 8 or SJ 10	Pain occurring in the lateral shoulder	(2 Points)
LI 4 or LI 5 / LU 7	Pain occurring in the anterior part of the shoulder	(2 Points)
SJ 3	Numbness in the ring & little finger	
SI 9 / SI 10 SI 11 / SI 13	Upper back & neck / Posterior shoulder pain	(4 Points)

**Auricular Points:** Shoulder Joint / Master Shoulder / Master Point of Upper Limbs / Muscle Relaxation / Clavicle C. or E. / Cervical / Thoracic / Shen Men / Posterior points: Shoulder Point 1, Shoulder Point 2, Shoulder Point 3

### Shoulder Chinese Patterns

Invasion of Wind Cold

Invasion of Wind / Cold / Damp

Stagnation of Qi in the Channel

Stagnation of Blood in the Channel

Accumulation of Damp Phlegm

## Shoulder Chinese Patterns & Clinical Signs & Symptoms

Chinese Pattern	Clinical Signs & Symptoms
<b>Invasion of Wind Cold</b>	Acute shoulder pain which may worsen with cold weather Shoulder pain that may wander Dislikes cold Possible slight fever
<b>Tongue:</b>	Thin white coating
<b>Pulse:</b>	Superficial / possibly slow
<b>TX Principles:</b>	Dispel wind Eliminate the cold Relieve the shoulder pain
<b>Invasion of Wind Cold Damp</b>	Acute shoulder pain with cold sensation (may worsen with Cold &/or Damp) Warmth feels good Sometimes swelling in the shoulder Stiffness in the joint
<b>Tongue:</b>	Thin white coating / Greasy coating usually white
<b>Pulse:</b>	Superficial / Possibly slow / Wiry
<b>TX Principles:</b>	Dispel cold Reduce the dampness Promote circulation of Qi Reduce the pain
<b>Stagnation of Qi in the Channel</b>	Shoulder pain with distending pain &/or numbness Pain aggravated by stress &/or emotional imbalances (Irritability) Insomnia Headaches (Possible)
<b>Tongue:</b>	Normal / Pale body
<b>Pulse:</b>	Wiry
<b>TX Principles:</b>	Regulate the Liver Qi Transform stagnation Stop the pain
<b>Stagnation of Blood in the Channel</b>	Chronic shoulder pain which demonstrates stabbing sensations in a fixed location History of trauma / Swelling of the shoulder Pain at night
<b>Tongue:</b>	Purple body
<b>Pulse:</b>	Choppy / Deep
<b>TX Principles:</b>	Promote movement of Qi & Blood Remove the Blood stagnation Reduce the pain
<b>Accumulation of Damp Phlegm</b>	Chronic shoulder pain which demonstrates a heavy sensation Stiffness or limited movement Numbness (Possible)
<b>Tongue:</b>	Greasy coating / White or yellow
<b>Pulse:</b>	Slippery / Deep
<b>TX Principles:</b>	Promote the movement of Qi Dispel Dampness/Phlegm (Strengthen the Spleen) Reduce the pain

## Acupuncture Points for Individual Patterns

### Acupuncture Points (Shoulder) - Invasion of Wind Cold

<b>LI 15 / SJ 14</b>	Main local points for shoulder problems	(2 Points)
<b>LI 4</b>	Promote the circulation of Qi / Reduces pain	
<b>LI 11</b>	Expels external wind	
<b>LU 7</b>	Expels wind & cold	
<b>SJ 5</b>	Promotes the circulation of Qi / Expels external wind / Reduces pain	
<b>Moxibustion</b>	Warms the Channel / Eliminates cold / Reduces the shoulder pain	
<b>Cupping</b>	Warms the Channel / Reduces the shoulder pain / Reduces muscle spasm	

### Acupuncture Points (Shoulder) - Invasion of Wind Cold Damp

<b>LI 15 / SJ 14</b>	Main local points for shoulder problems	
<b>ST 36</b>	Promotes the circulation of Qi	
<b>ST 40</b>	Eliminates dampness	
<b>SP 6</b>	Reduces the shoulder pain	
<b>SJ 5</b>	Promotes the circulation of Qi / Expels external wind / Reduces pain	
<b>Moxibustion</b>	Warms the Channel / Eliminates cold / Reduces the shoulder pain	
<b>Cupping</b>	Warms the Channel / Reduces the shoulder pain / Reduces muscle spasm	

### Acupuncture Points (Shoulder) - Stagnation of Qi in the Channel

<b>LI 15 / SJ 14</b>	Main local points for shoulder problems	
<b>LI 4 / SJ 5</b>	Promote the circulation of Qi / Reduces pain	
<b>SP 6</b>	Moves the Blood / Crossing point for the 3 Yin Channels of the foot	
<b>Moxibustion</b>	Moves the Qi & Blood / Reduces the shoulder pain	
<b>Cupping</b>	Warms the Channel / Reduces the shoulder pain / Reduces muscle spasm	

### Acupuncture Points (Shoulder) - Stagnation of Blood in the Channel

<b>LI 15 / SJ 14</b>	Main local points for shoulder problems	
<b>LI 4 / LIV 3</b>	Promote the circulation of Qi & Blood / Reduces pain	(2 Points)
<b>SP 6</b>	Moves the Blood / Crossing point for the 3 Yin Channels of the foot	
<b>Moxibustion</b>	Moves the Qi & Blood / Reduces the shoulder pain	
<b>Cupping</b>	Reduces the shoulder pain / Reduces muscle spasm	

### Acupuncture Points (Shoulder) - Accumulation of Damp Phlegm

<b>LI 15 / SJ 14</b>	Main local points for shoulder problems	
<b>LI 4</b>	Promote the circulation of Qi / Reduces pain	
<b>SJ 5</b>	Promotes the circulation of Qi / Reduces pain	
<b>SP 6 / SP 9</b> <b>ST 40</b>	Moves the Qi / Eliminates Dampness & Phlegm	(3 Points)
<b>Moxibustion</b>	Warms the Channel / Eliminates cold / Reduces the shoulder pain	
<b>Cupping</b>	Warms the Channel / Reduces the shoulder pain / Reduces muscle spasm	

## Elbow Conditions Etiology & Pathology

Elbow dysfunctions/pain may occur in one or both elbows but usually one elbow at time was related to a specific trauma. Chinese medicine relates elbow issues to Invasions of External Pathogenic Factors or Stagnation of Blood which is related to physical trauma.

Western medicine indicates disorders such as: tennis elbow, golfing elbow subluxation of the joint, various forms of arthritis, muscle strain/sprain.

### Invasion of External Pathogenic factors

Chinese medicine indicates conditions related to the elbow due to wind, cold, heat or damp.

### Physical Injuries

Traumatic injury, prolong and/or repetition of physical activities or previous surgeries (successful or unsuccessful). Elbow issues many times are related to athletic type injuries.

### Acupuncture Points (Elbow) - Utilized for Elbow Issues

<b>LI 11 / SJ 10 HT 3 / SI 8</b>	Main local points for elbow problems	(4 Points)
<b>LI 10</b>	Elbow pain / Stiffness in the elbow joint / Promotes the circulation of Qi	
<b>SJ 5</b>	Key point for stopping pain in the arms	
<b>SJ 3</b>	Numbness in the ring & little finger	
<b>SI 4</b>	Pain related to the lateral &/or posterior elbow	
<b>LI 5</b>	Pain related along the course of the Large Intestine Channel	
<b>Moxibustion</b>	Warms the Channel / Eliminates cold / Reduces the elbow pain Utilized when the condition is more related to Exterior Wind Cold &/or Dampness	

### Acupuncture Points (Elbow) - Additional point for issues related with Elbow Dysfunctions

<b>LI 4 / LIV 3</b>	Promotes the movement Qi / Reduces pain	(2 Points)
<b>GV 20 / Yin Tang</b>	Calms the Shen	(2 Points)
<b>SP 6</b>	Promotes the movement Blood	
<b>GB 34</b>	Master point for muscle & tendon	

**Auricular Points:** Elbow / Arm / Wrist / Muscle Relaxation / Forearm / Cervical / Thoracic



## Wrist Conditions Etiology & Pathology

Wrist pain can be located in one wrist or bilaterally depending on the etiology. The pain may or may not extend into the hand &/or the fingers. Chinese medicine relates wrist issues to Invasion of External Wind Cold, Stagnation of Dampness/Phlegm in the channels, stagnation of Qi & Blood &/or Blood deficiency.

Western medicine indicates disorders such as: carpal tunnel syndrome, nerve disorders, tenosynovitis, ganglion cysts, various forms of arthritis and various forms of trauma. An entrapment neuropathy of the median nerve and, less commonly, compression of the finger flexor tendons, producing paresthesia, atrophy, weakness in the affected hand.

Discussion will be over Stagnation of Dampness/Phlegm and Stagnation of Qi & Blood.

### Wrist Chinese Patterns & Clinical Signs & Symptoms

Chinese Pattern	Clinical Signs & Symptoms
<b>Accumulation of Dampness / Phlegm in the channels</b>	Swelling & pain of the wrist Restriction of movement in the wrist Sensation of heaviness in upper extremity Possible soft nodules Poor appetite / Loose stools
<b>Tongue:</b>	Greasy coating - white or yellow Pale body
<b>Pulse:</b>	Slippery / Deep
<b>TX Principles:</b>	Promote the movement of Qi Dispel Dampness / Phlegm (Strengthen the Spleen) Reduce the pain
<b>Stagnation of Qi &amp; Blood</b>	Wrist pain that is chronic in nature History or overuse or trauma Possible post-operative Pain is worse in the evening Pain reduced with movement Dislikes cold & desires warmth
<b>Tongue:</b>	Purple body
<b>Pulse:</b>	Wiry / Deep
<b>TX Principles:</b>	Promote movement of Qi & Blood Remove the Blood stagnation Reduce the pain



### Acupuncture Points (Wrist) - Accumulation of Damp/Phlegm

<b>LI 4 / LIV 3</b>	Promotes the circulation of Qi in the Channel / Reduces pain	(2 Points)
<b>SJ 5</b>	Promotes the circulation of Qi in the Channel Increases urination / Reduces pain	
<b>SP 6 / SP 9 ST 40</b>	Moves the Qi Eliminates Dampness & Phlegm	(3 Points)
<b>Moxibustion</b>	Warms the Channel / Eliminates cold / Reduces the elbow pain	

**Auricular Points:** Point Zero / Shen Men / Wrist / Hand / Forearm / Elbow / Cervical / Muscle Relaxation

### Acupuncture Points (Wrist) - Stagnation of Qi & Blood in the Channel

<b>LI 4 / LIV 3</b>	Promote the circulation of Qi & Blood / Reduces pain	(2 Points)
<b>SP 6</b>	Moves the Blood / Crossing point for the 3 Yin Channels of the foot	
<b>SJ 5</b>	Promotes the circulation of Qi in the Channel Reduces pain	
<b>Moxibustion</b>	Moves the Qi & Blood / Reduces the shoulder pain	

**Auricular Points:** Point Zero / Shen Men / Wrist / Hand / Forearm / Elbow / Cervical / Muscle Relaxation

### Acupuncture Points (Wrist) - Additional points for Wrist Issues

<b>P 7</b>	Primary point for true Carpal Tunnel / Moxa is the best treatment
<b>HT 7</b>	Local point relative to the pain on the ulna aspect of the wrist on the palmer surface
<b>LU 9</b>	Local point relative to the pain on the radial aspect of the wrist on the palmer surface
<b>SI 4 or SI 5</b>	Local point relative to the pain on the lateral aspect of the wrist Utilize only 1 acupuncture point
<b>SJ 4</b>	Local point relative to the pain on the dorsal aspect of the wrist opposite to P 7
<b>LI 5</b>	Local point relative to the pain on the dorsal aspect of the wrist on the radial aspect
<b>ST 36</b>	Promote the movement of Qi &/or assist with dampness
<b>Moxibustion</b>	Warms the Channel / Eliminates cold / Reduces the wrist pain

## Hand/Finger Conditions Etiology & Pathology

Hand/Finger pain can be located on one side or the other or both depending on the etiology. Chinese medicine usually categorizes Hand/Finger pain as a B syndrome (Arthritis). Symptoms usually will present as cold or heat in the hands/fingers, joints of the fingers or demonstrate pain or achiness, numbness & possible swelling.

Chinese medicine relates hands/fingers issues to Invasion of External Cold & Dampness, External Damp Heat, Invasion of Fire Toxin, Stagnation of Liver Qi, Stagnation of Blood & Qi & Blood deficiency.

Western medicine indicates disorders such as: rheumatoid arthritis, gout, osteoarthritis, cervical radiculitis symptoms related to carpal tunnel syndrome, fractures &/or trauma to the hands/fingers.

**Acute onset with short duration** - Invasion of External Pathogenic Factors

**Invasion of Cold Damp** - Acute wrist pain / Swelling with cold & heavy sensation / Pale skin on the hands / Pain in cold weather / Better with warmth

**Invasion of Damp Heat** - Acute hand pain with hot & heavy sensation / Redness, swelling & burning feeling

**Chronic onset with long duration** – Disorders of Internal Organs (Organs/Channels that pass through the wrist joint)

**Invasion of fire Toxin** - Formation of ulcers on the hand / Reddish skin of the hands with hot feeling / Pain by pressure / Fever / Restlessness

**Accumulation of Damp Heat** - Chronic hand pain with hot & heavy sensation / Redness / Swelling & burning feeling

**Stagnation of Liver Qi** - Chronic onset of hand pain / Worse with emotional upset

**Stagnation of Blood** - Trauma or history of surgery / Stabbing pain in the fixed location / Pain at night

Discussion will be over Dampness / Phlegm & Stagnation of Qi & Blood group together just as specific acupuncture points.

### Acupuncture Points (Hands/Fingers)

<b>Ba Xie</b>	Clears heat / Dissipate swelling in the hands/fingers Stiffness &/or numbness in the hands/fingers	
<b>LI 3 / SI 3</b>	Hand/finger pain & stiffness	(2 Points)
<b>SJ 5</b>	Promotes the circulation of Qi within the Channel	
<b>LI 10</b>	Proximal point for hand/finger pain &/or stiffness	
<b>LI 4 / LIV 3</b>	Promote the circulation of Qi & Blood / Reduces pain	(2 Points)
<b>SP 6</b>	Moves the Blood Crossing point for the 3 Yin Channels of the foot	
<b>SP 3 / SP 9 ST 40</b>	Moves the Qi Eliminates Dampness & Phlegm	(3 Points)
<b>HT 7 / P 6</b>	Calming points	(2 Points)
<b>Moxibustion</b>	Warms the Channel / Eliminates cold / Reduces the pain	

**Auricular Points:** Point Zero / Shen Men / Wrist / Hand / Forearm / Elbow / Cervical / Muscle Relaxation

## Low Back Conditions

Low back pain and of the low back conditions related to spinal levels between L1 through S4, which could be unilateral or bilateral. Most individuals have experienced low back discomfort and one point in time in the life, this could possibly be the number one condition in most clinics.

Western medicine considers low back pain to be involved for various reasons such as:

**Spinal Joints:** Rheumatoid arthritis, osteoarthritis, spondylitis, disc conditions and various other conditions including but not limited to spinal subluxation and scoliosis.

**Soft-tissue injuries:** Lumbar sprain/strain and various other traumas.

**Internal Conditions:** Kidney diseases, female disorders and prostatitis.

**Surgical Procedure:** Successful and unsuccessful surgeries to the spine.

Chinese Medicine states the Lower Back Conditions are caused by an External Cold & Dampness, External Damp Heat, Accumulation of Cold & Dampness, Stagnation of Qi, Stagnation of Blood & Deficiency of Kidney Essence.

### Low Back Conditions Etiology & Pathology

<b>Invasion of Wind, Cold &amp;/or Dampness</b>	This is when there is obstruction of the circulation of Qi. This is usually related to a Bi Syndrome. When this pattern is not treated in a timely manner or correctly this can further accumulate within the channels of the lumbosacral region becoming a chronic pattern.
<b>Emotional Disorders</b>	Your Qi & Blood of the body need to circulate freely throughout, when this is not done there become a Liver Qi stagnation issue which usually develops into various emotional conditions. (Anger / Irritability / Stress) Prolonged emotional disorders stagnate that Qi & Blood this often results in low back pain.
<b>Physical Traumas</b>	Repetitive lifting, improper lifting, excessive physical labor & ordinary every day injuries to the lumbosacral region. Previous surgeries - successful or unsuccessful
<b>Deficiency of Kidney Essence</b>	Kidney energy is the root energy of the body & is nourished by the Kidney Qi. Weaken Jing, either congenital or acquired will be revealed as a weak and lumbosacral spinal region & weakened knees. Kidney essence is a Deficiency of Kidney Qi or Kidney Yin or Kidney Yang.

- Invasion of Wind Cold Dampness**
- Invasion of Wind Heat Dampness**
- Accumulation of Cold & Dampness**
- Liver Qi Stagnation**
- Kidney Qi (Essence) Deficiency**
- Physical Injuries**

## Low back Chinese Patterns & Clinical Signs & Symptoms - External Causes

Invasion of Wind Cold Dampness	Invasion of Wind Heat Dampness	Accumulation of Cold & Dampness
<b>Clinical Signs &amp; Symptoms</b>		
Low back pain usually occurring after exposure to cold & damp conditions	Low back pain with burning sensation	Chronic back pain
Cold & damp weather conditions aggravate the condition	Fever / Thirst but does not want to drink / Desires cold drinks	Cold & damp weather conditions aggravate the condition
Sensation of heaviness	Sensation of heaviness	Sensation of heaviness
Stiffness	Stiffness	Stiffness
Sensations of cold / Aversion to cold	Sensations of heat/ Aversion to heat	Heavy sensation in the upper & lower neck
Pain reduced with heat	Pain reduced with cold	Pain reduced with heat
<b>Possibly</b>	<b>Possibly</b>	<b>Possibly</b>
Slight fever	Local redness	Cold hands & feet / Tired feeling
Upper back pain		Loose stools / Poor appetite
<b>Tongue:</b> Normal tongue body Greasy coating	<b>Tongue:</b> Red body Greasy coating	<b>Tongue:</b> Greasy Coating
<b>Pulse:</b> Superficial Slippery	<b>Pulse:</b> Superficial Rapid Slippery	<b>Pulse:</b> Slippery Slow
<b>Treatment principles</b>		
Dispel the wind	Dispel the wind	Warm the Channels / Body
Eliminate the cold	Eliminate the heat	Eliminate the cold
Warm the Channel	Harmonize the Channels	Resolve the Dampness
Remove the dampness	Remove the dampness	Reduce the pain
Reduce the pain	Reduce the pain	

### Invasion of External Pathogenic factors Acupuncture Points for Wind Cold Dampness - Low back Conditions

<b>LI 4 / SJ 5</b>	Eliminates the dampness / Dispels the cold
<b>SJ 5 / LI 11</b>	Eliminates the wind
<b>GB 20 / GV 14</b>	Dispel the Wind / Eliminates the external symptoms.
<b>BL 40</b>	Dispels the dampness / Circulates the Qi of the Channel
<b>BL 60</b>	Stiffness & pain of the low back
<b>Additional</b>	
<b>Moxibustion</b>	Dispels Wind Cold / Warms the Channel / Reduces the low back pain
<b>Cupping</b>	Warms the Channel / Reduces the low back pain / Reduces muscle spasm

**Auricular Points:** Point Zero / Shenmen / Muscle Relaxation / Marvelous Point / Lumbago / Lumbar Spine

**Invasion of External Pathogenic factors  
Acupuncture Points for Wind Heat Dampness - Low back Conditions**

<b>LI 4 / SJ 5</b>	Eliminates the dampness
<b>SJ 5 / LI 11</b>	Eliminates the wind
<b>SJ 6 / GV 20</b>	Eliminates Heat
<b>GB 20 / GV 14</b>	Dispel the Wind / Eliminates the external symptoms
<b>BL 40</b>	Dispels the dampness / Circulates the Qi of the Channel
<b>BL 60</b>	Stiffness & pain of the low back
<b>Cupping</b>	Reduces the neck pain / Reduces muscle spasm

**Auricular Points:** Point Zero / Shenmen / Muscle Relaxation / Marvelous Point / Lumbago / Lumbar Spine

**Invasion of External Pathogenic factors  
Acupuncture Points for Accumulation of Cold & Dampness - Low back Conditions**

<b>BL 58 / BL 60</b>	Promotes the circulation of Qi in the Bladder channel / Reduces low back pain
<b>SP 6 / SP 9 / KI 3</b>	Eliminates dampness / Promotes urination
<b>GB 20 / GV 14</b>	Dispels the Wind / Eliminates the external symptoms.
<b>BL 40</b>	Dispels the dampness / Circulates the Qi of the Channel
<b>BL 60</b>	Stiffness & pain of the low back / Promotes urination
	<b>Additional</b>
<b>Moxibustion</b>	Dispels Wind Cold / Warms the Channel / Reduces the low back pain
<b>Cupping</b>	Warms the Channel / Reduces the low back pain / Reduces muscle spasm

**Auricular Points:** Point Zero / Shenmen / Muscle Relaxation / Marvelous Point / Lumbago / Lumbar Spine

**Acupuncture Points (Low Back - Local / Distal)**

<b>BL 23</b>	Back Shu point for the Kidney / Premier local point for low back pain Level of L2 (Lower border of the spinous process)
<b>BL 25</b>	Back Shu point for the Large Intestine / Premier local point low back pain Level of L4 (Lower border of the spinous process)
<b>BL 22</b>	Local point for low back pain when the pain extends to the level of L1
<b>BL 21</b>	Local point for low back pain when the pain extends to the level of T12
<b>BL 24</b>	Local point for low back pain when the pain extends to the level of L3
<b>BL 26</b>	Local point for low back pain when the pain extends to the level of L5
<b>BL 27</b>	Local point for low back pain extending to the level S1 (level with 1 <sup>st</sup> S. foramen)
<b>GV 4</b>	Local point for low back pain / Level with BL 23
<b>GV 3</b>	Local point for low back pain / Level with BL 25
<b>BL 40</b>	Premier distal point for low back pain
<b>BL 60</b>	Premier distal point for any condition related to the spine: Cervical / Thoracic / Lumbosacral
<b>SI 3 / BL 62</b>	Combining SI 3 & BL 62 opens the Governing Vessel, strengthens the spine and tonifies the Kidneys.
<b>GB 34</b>	Gathering point for Marrow / Strengthens the tendons & bones

**Low back Conditions**  
**Emotional disturbances / Internal Dysfunction – Liver Qi Stagnation**

**Pathophysiology**

The Liver is the main Zang Fu organ that is related to emotional disturbance, related to neck conditions the pain may move up and down the spine especially simply region which often is related to various emotions which make the condition worse.

Anger is the number one emotion with other emotions such as frustration, depression & irritability. This is an internal cause for a patient’s neck pain which may or may not be related to a specific injury, this usually is seen as a gradual onset with no specific occurrence.

**Clinical Signs /Symptoms**

Low back pain that is intermittent in nature & may move from one side to the other, & up-and-down the spine. Pain is usually increased with emotional disturbances especially with anger.

- Possible headaches
- Poor appetite
- Bitter taste in the mouth
- Insomnia

**Tongue:**

Red body which may become purple

**Pulse:**

Wiry / Rapid

**TX Principles:**

- Soothe the Liver
- Promote the circulation of the Qi
- Reliever the pain

**Acupuncture Points**

<b>LIV 3</b>	Stagnation of Liver Qi with disharmony with the GB Channel is the root cause for this type of neck pain. / Promotes Liver Qi circulation / Source point for the Liver Meridian
<b>P 6</b>	Regulate emotions / Helps LIV 3 circulate the Liver Qi which assists with the emotions / Calms the Shen
<b>SP 6</b>	Moves the Blood Helps to regulate the Liver
<b>Cupping</b>	Warms the Channel / Reduces the neck pain / Reduces muscle spasm

**Auricular Points:** Point Zero / Shenmen / Muscle Relaxation / Marvelous Point / Lumbago / Lumbar Spine / Liver

**Low back Conditions  
Physical Injuries**

**Pathophysiology**

This is the individual that is had an injury to the low back region either due to activities of daily living, sports injury, work related injury or just other activities.

**Clinical Signs /Symptoms**

Low back pain  
 Low back pain is worse with activity &/or overexertion  
 Stiffness and stabbing pain  
 Pain is usually fixed in one location (Blood stagnation)  
 Palpation in the area increases the pain

**Tongue:**

Normal  
 Purple body if there is Blood stagnation

**Pulse:**

Wiry

**TX Principles:**

Promote the movement of Qi & Blood  
 Remove Blood stagnation  
 Relieve the pain

**Acupuncture Points**

<b>LI 4 / LIV 3</b>	Promote the circulation of Qi & Blood Reduces pain	(2 Points)
<b>BL 17</b>	Influential point of Blood	
<b>BL 17 SP 6 BI 40</b>	Promotes the circulation of Blood Removes the Blood stagnation Reduces pain in the low back	(3 Points)
<b>Additional</b>		
<b>SI 3 / BL 62</b>	Open the Governing Vessel Reduces low back pain	(2 Points)
<b>GB 34</b>	Master plan for muscle and tendon	
<b>SP 6</b>	Best to point to move the blood	
<b>Cupping</b>	Warms the Channel / Reduces the low back pain / Reduces muscle spasm	

**Auricular Points:** Point Zero / Shenmen / Muscle Relaxation / Marvelous Point / Lumbago / Lumbar Spine

**Low back Conditions**  
**Weak constitutions – Kidney Qi (Essence) Deficiency**

**Pathophysiology**

This is the individual that the Jing is weak, or they have excessive physical and/or mental demands on their life this is also an individual that has a poor diet and is not physically take good care of themselves. The Kidney essence deficiency is a result of congenital &/or excessive activities of daily living abuse of the individual.

The Kidneys have a very powerful influence over the low back. They give the lumbar spinal region its strength. If the Kidney Qi is weakened there is improper movement of the Qi & Blood in the lumbar spinal region. This allows for external pathogens to enter the lumbar region as well as injury to the area.

**Clinical Signs /Symptoms**

- Insidious onset
- Weakness in the low back &/or in the knees
- Tired feeling
- All symptoms worse with excess activity
- Dizziness / Tinnitus
- Poor memory / Possible poor hearing
- Lack of concentration &/or poor memory
- Possible poor hearing
- Clear urine

**Tongue:**

Normal  
 Pale

**Pulse:**

Deep  
 Thready

**TX Principles**

- Tonify the Kidneys
- Strengthen the lumbar spinal region
- Relieve the pain

**Acupuncture Points**

<b>KI 3 / KI 10</b>	Tonifies the Kidney Essence Strengthens the bones
<b>BL 40</b>	Premier distal point for low back pain Promotes the circulation of Qi & Blood in the Channel
<b>GV 4</b>	Tonifies the Kidneys Strengthens the lumbar spinal region
<b>BL 52</b>	Tonifies the Kidneys and benefits the essence Strengthens the lumbar spinal region
<b>KI 7</b>	Benefits the Kidneys Strengthens the lumbar spinal region
<b>Additional</b>	
<b>SI 3 / BL 62</b>	Open the Governing Vessel Reduces low back pain (2 Points)
<b>Cupping</b>	Warms the Channel / Reduces the low back pain / Reduces muscle spasm

**Auricular Points:** Point Zero / Shenmen / Muscle Relaxation / Marvelous Point / Lumbago / Lumbar Spine / Kidney



## Knee Conditions

The knees are influenced by the Kidney energy, so, it is important to differentiate knee pain due to Kidney deficiency from that due to trauma or Bi Syndrome.

When it is due to Kidney deficiency, the knee pain is usually bilateral and develops very gradually over a long period of time.

The knees feel weak and possibly cold, especially if it is due to Deficiency of Kidney Yang. This type of knee pain is not affected by weather and the knees would not be swollen.

When the knee pain is due to Invasion of Pathogenic Factors, the knee pain is more often unilateral (or it is worse on one side) and it starts fairly suddenly.

It is definitely affected by weather (usually worsening with rainy or damp weather) and the knee may be swollen (which indicates retention of Dampness).

### Treatment for Knee Conditions

The treatment of acute and chronic cases is not significantly different so that they can be discussed together.

#### Acupuncture Points (Knee - Local / Distal)

<b>SP 5</b>	Pain along the course of the Spleen Meridian
<b>GB 40</b>	Pain along the course of the Gall Bladder Meridian
<b>ST 41</b>	Pain along the course of the Stomach Meridian
<b>Xi Yan</b>	2 points – Medial & Lateral point is ST 35 Dispels Wind Damp / Reduces swelling in the knee / Reduces the pain
<b>He Ding</b>	Pain & swelling of the knee / Moves the Qi & Blood related to the knee
<b>GB 33</b>	<b>Above the Knee - Laterally</b> Relaxes the tendons / Eliminates Wind Damp
<b>GB 34</b>	<b>Below the Knee - Laterally</b> Relaxes the tendons / Moves the Qi & Blood along the Channel Pain in the Knee
<b>SP 9</b>	<b>Below the Knee - Medially</b> Pain & swelling of the knee Local point for knee pain
<b>SP 10</b>	<b>Above the Knee – Medially</b> Local point for knee pain

## Ankle & Foot Conditions

### Etiology

Invasion of Wind, Cold &/or Dampness / Emotional Disorders / Physical Traumas

### Treatment for Ankle & Foot Conditions

The treatment of Ankle & Foot conditions are not significantly different so that they can be discussed together.

#### Acupuncture Points (Ankle - Local)

SP 5	Pain along the medial side of the ankle
ST 41	Pain along the top of the ankle
GB 40	Pain along the lateral side of the ankle
BL 60	Pain over the lateral aspect of the ankle Posterior to the lateral malleolus
BL 62	Pain over the lateral aspect of the ankle Inferior to the lateral malleolus
KI 3	Pain over the medial aspect of the ankle Posterior to the medial malleolus
KI 6	Pain over the medial aspect of the ankle Inferior to the medial malleolus
SJ 5	Moves the Qi & fluids of the body overall Swelling & pain of the ankle & foot
GB 34	Master point for muscle & tendon

#### Acupuncture Points (Foot - Local)

Ba Feng	Reduces pain & swelling locally Pain relates to the toes and foot / Ankle
SP 3 / SP 4	Medial local point for foot & toes (2 Points)
BL 64 / BL 65	Lateral local point for foot & toes (2 Points) Relaxes the tendons locally / Reduces pain locally
BL 60 / KI 3	Proximal point for foot disorders (2 Points)
SJ 5	Moves the Qi & fluids of the body overall Swelling & pain of the ankle & foot
GB 34	Master point for muscle & tendon

#### Acupuncture Points (Ankle / Foot - Distal)