

Distal Acupuncture: Theory and Practice

A systems based approach to complex patterns

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Steven Malins, DOM



Who am I?

My Experience

- Licensed for 10 years
- Community acupuncture for 3 years, 20+ patients per shift
- Community acupuncture for indigenous elders 2x month

References

- Deadman, P., Al-Khafaji, M., & Baker, K. (2007). A manual of acupuncture. Journal of Chinese Medicine.
- Kuwahara, T. K. (2003). Traditional Japanese Acupuncture: Fundamentals of Meridian therapy. Paradigm Publications.
- O'Connor, J., & Bensky, D. (1981). Acupuncture: A comprehensive text. Editora Roca.
- Tan, T. (2007). Acupuncture 1, 2, 3.

Why Distal Acupuncture?

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- ① Distal acupuncture works!

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- ① Distal acupuncture works!
- ② Patients with mobility issues
- ③ Wide range of conditions treated
- ④ Systems based, treat patterns not symptoms

How does acupuncture work?

Endorphin Acupuncture Analgesia (AA)

- AA Works much better than placebo
 - 55% to 85% of cases
 - Morphine 75% of cases!
 - Placebo 30% of cases

In summary, acupuncture stimulates nerve fibers in the muscle, which send impulses to the spinal cord and activates three centers (spinal cord, midbrain, and hypothalamus-pituitary) to cause analgesia.

Stux, G., & Pomeranz, B. (2012). Basics of acupuncture. Springer Science & Business Media.

Ling Shu

When there is a perverse disease with pain which goes along both sides of the backbone to reach the top of the head, and the head nods with heaviness, the eyes are blurred, and loins and spine are stiff and rigid, treat the Leg Major Yang at the point in the middle of the crease of the knee.

Jing-Nuan, W. (Trans.). (2011). Ling Shu: Or the spiritual pivot. The Taoist Center.

Diagnosis

TCM Diagnosis

TCM diagnosis, eg “spleen qi vacuity” works for herbs but is not useful for acupuncture

What is your diagnosis? Spleen Qi Deficiency?!

When to use Distal Acupuncture?

What Can Distal Acupuncture Treat?

Distal Acupuncture can treat (almost) any pattern/condition!

- Distal Acupuncture affects cells in Mid-Brain and Pituitary Hypothalamus
- All 5 shu points are distal on all 12 meridians
- Treating patterns and not symptoms reduces number of needles and increases effectiveness!

When NOT to use Distal Acupuncture

When to avoid Distal Acupuncture

- Open wounds near points needed
- Chronic pain not responsive to DA
- Medical Emergencies!

Case Study

MC: abdominal pain, progressively worse past 24h; rebound tenderness; temperature 100.0

Case Study 0.1

65F MC: Neck pain

Subjective

HPI: Neck pain started “a few days ago” worse with neck flexion; patient describes pain as “stiff”; radiates to whole head; severity 6 out of 10

Objective

P: vacuous; deep; rapid

PE: BP 110/76, PR 87, T 99.7; patient is slow to answer questions; otherwise unremarkable

Case Study 0.1

65F MC: Neck pain

Diagnosis

Suspected Meningitis!

Plan

Refer to ER for lumbar puncture to confirm or rule out Meningitis

Discussion



Ten Needle Technique

When the stomach and spleen, the central jiao, are attacked by emotion, pure qi cannot ascend to the brain, and the evil qi, the waste, cannot descend. It will remain stuck in the stomach.

Lee, M. (1992). Insights of a senior acupuncturist. Blue Poppy Enterprises.

Miriam Lee Magic 10

- ML treated up to 17 patients per hour!
- Many clinical applications
- “never fails” says Miriam Lee

LI-11	Pool at the Crook (Qu Chi)	Disperse
LI-4	Joining Valley (He Gu)	Disperse
LU-7	Broken Sequence (Lie Que)	Disperse
ST-36	Leg Three Miles (Zu San Li)	Tonify (Or Disperse)
SP-6	Three Yin Intersection (San Yin Jiao)	Tonify

Broken Sequence

Lung 7 :: Broken Sequence

- Luo Connecting point of Lung Hand Greater Yin
- Confluent Point of the Conception Vessel
- Gao Wu Command Point (head and neck)
- Ma Dan -Yang Heavenly Star Point

If we think of the alternative name Broken Sequence we can see how this point is good for breaking patterns of grief and loss.

Pool at the Crook

Large Intestine 11 :: Pool at the Crook

- Earth of Metal and Uniting Point of Large Intestine
- Sun Si-Miao Ghost Point
- Ma Dan-Yang Heavenly Star Point

Clears heat, cools the blood, eliminates wind, drains damp, relieves itching

Joining Valley

Large Intestine 4 :: Joining Valley

- Source point of the Large Intestine Hand Greater Yin
- Gao-Wu Command Point (face)
- Ma Dan-Yang Heavenly Star Point

Points on the thumb and big toe (eg LI-4 and LR-3) show greater response in the subcortex than other points on fingers and toes. Reflexology also recognizes these areas as having an effect on the head and master regulatory endocrine glands in the head.

Leg Three Miles

Stomach 36 :: Leg Three Miles

- Earth of Earth and uniting point of Stomach Foot Yang Brightness
- Gao-Wu Command Point (abdomen)
- Ma Dan-Yang Heavenly Star Point
- Point of the Sea of Water and Grain

Earth of Earth Leg Three Miles tonifies and adjusts the qi and blood of the entire body!

Three Yin Intersection

Spleen 6 :: Three Yin Intersection

- **Spleen**

- Drains Damp; improves T & T
- Reverses sinking Qi (eg uterine prolapse)
- Improves Spleen's ability to hold blood

- **Kidney**

- Harmonizes Lower Burner
- Regulates urination

- **Liver**

- Soften and harmonize Liver
- Nourish Liver blood

- Tonify all five Zang by tonifying Spleen

ML Magic 10

- **Primary Treatment**
 - Allergies
 - Auto-immune disorders
 - Depression
- **Can Also Treat**
 - Hypertension
 - Asthma
 - Pneumonia (ML says tx Q4H)
- **Too many main complaints** eg: “everything hurts!”

Case Study 1

67F MC: Back pain; and knee pain; and migraines...

Subjective

HPI: Patient states “everything hurts, I can barely get out of bed” progressively worse for many years but much worse the past six months; “nothing seems to help”; “like dragging my self through molasses”; whole body pain; severity 8 out of 10 today up to 10 out of 10

Objective

P: vacuous; deep; rapid; minute pulse weak in all positions

PE: A&O x4, vitals unremarkable, no focal neurological deficits, skin slightly cool and dry

Acupuncture 1,2,3

- Dr Richard Tan
- Three Steps:
 - **Step 1:** Diagnose the Sick Meridian
 - Inspection
 - Auscultation
 - Inquiry
 - **Step 2:** Determine Treating Meridians
 - 5 Systems
 - **Step 3:** Point selection

An affected meridian may indicate solely a physical pain, or may be an indication of an internal issue

Meridian Name-Sharing

Meridian 1	Meridian 2
Lung Hand TaiYin	Spleen Foot TaiYin
Large Intestine Hand YangMing	Stomach Foot YangMing
Heart Hand ShaoYin	Kidney Foot ShaoYin
Small Intestine Hand TaiYang	Bladder Foot TaiYang
Triple Burner Hand ShaoYang	Gallbladder Foot ShaoYang
Pericardium Hand JueYin	Liver Foot JueYin

Needle Side

Opposite Side

Branching Meridians

Meridian 1	Meridian 2
Lung Hand TaiYin	Bladder Foot TaiYang
Large Intestine Hand YangMing	Liver Foot JueYin
Heart Hand ShaoYin	Gallbladder Foot ShaoYang
Small Intestine Hand TaiYang	Spleen Foot TaiYin
Triple Burner Hand ShaoYang	Kidney Foot ShaoYin
Pericardium Hand JueYin	Stomach Foot YangMing

Needle Side

Either Side

Interior Exterior

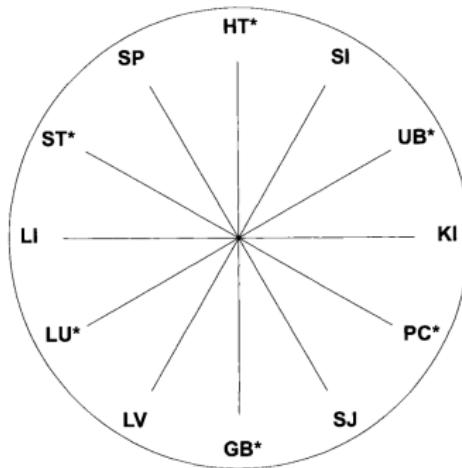
Meridian 1	Meridian 2
Lung	Large Intestine
Heart	Small Intestine
Pericardium	Triple Burner
Spleen	Stomach
Kidney	Bladder
Liver	Gallbladder

Needle Side

Opposite Side

System IV

Clock Opposites



Needle Side

Either Side

Clock Neighbors

Meridian 1	Meridian 2
Lung	Liver
<i>Large Intestine</i>	<i>Stomach</i>
Spleen	Heart
<i>Small Intestine</i>	<i>Bladder</i>
Kidney	Pericardium
<i>Triple Burner</i>	<i>Gallbladder</i>

Needle Side

Opposite Side

Imaging I

<u>Needled Area</u>	<u>Image</u>	<u>Sick Area</u>	<u>Reverse Image</u>
Finger	Genitals anus	Top of head	
Hand	Coccyx, sacrum	Base of head	
Wrist	Bladder L-S	Neck	
Forearm	Low AB and Back	Upper ab and back	
Elbow	Umbilicus, L-2, waist	Umbilicus, L-2, waist	
Upper arm	Upper ab and back	Low AB and Back	
Shoulder	Base of head	Coccyx, sacrum	
Top of shoulder	Top of head	Genitals anus	

Imaging II

<u>Needled Area</u>	<u>Image</u>	<u>Sick Area</u>
		<i>Reverse Image</i>
Toe	Genitals anus	Top of head
Foot	Coccyx, sacrum	Base of head
Ankle	Bladder L-S	Neck
Lower Leg	Low AB and Back	Upper ab and back
Knee	Umbilicus, L-2, waist	Umbilicus, L-2, waist
Upper Leg	Upper ab and back	Low AB and Back
Hip	Base of head	Coccyx, sacrum
Top of Hip	Top of head	Genitals anus

Acupuncture 1,2,3 Example

Back Pain

Area of Discomfort: Paraspinal pain from L3 to L4, left side

1,2,3

Diagnose the Sick Meridian

Bladder meridian, left side

Determine Treating Meridian

System 1 & 5: Small Intestine

System 2 & 4: Lung

System 3: Kidney

Point Selection

SI 7 to SI 8 right side

LU 5 to LU 6 either side

KI 8 to KI 10 right side

Acupuncture 1,2,3 Example

Bell's Palsy

Area of Discomfort: Facial paralysis and pain, with difficulty moving the eye, cheek, and mouth, right side.

Step 1 and 2

Diagnose the Sick Meridian

Gallbladder, Stomach, Large Intestine, Triple Burner, right side

Step 2: Determine Treating Meridians

	GB	ST	LI	TB
I	TB	LI	ST	GB
II	HT	PC	LR	KD
III	LR	SP	LU	PC
IV	HT	PC	KD	SP
V	TB	LI	ST	GB

Whole Back Pain

Dr Tan balance method for whole back, from his book
Acupuncture, 1,2,3

Left	Right
LU-5, PC-3, HT-3, HT-7 GB-41, UB-65	Ling Gu, Da Bai, Zhong Bai KI-3, KI-10, SP-6, LR-5

5 Transport Points

The blood pulses are widely distributed at the shu points. They are clear to see and strong to touch

	Well Wood	Brook Fire	Stream Earth	River Metal	Uniting Water
LU	11	10	9	8	5
SP	1	2	3	5	9
HE	9	8	7	4	3
KID	1	2	3	7	10
PC	9	8	7	5	3
LR	1	2	3	4	8

5 Transport Points

The six bowels have six shu points each. Six times six is thirty six.

	Well	Brook	Stream	River	Uniting
	Metal	Water	Wood	Fire	Earth
LI	1	2	3	5	11
ST	45	44	43	41	36
SI	1	2	3	5	8
UB	67	66	65	60	40
TB	1	2	3	6	10
GB	44	43	41	38	34

Well Points

Well Points

When the disease is at the viscera, needle the well point

- Fullness below the heart
- Diseases of the viscera
- Channel disorders

Also used to restore consciousness.

Brook Points

Brook Points

If the disease manifests as a change in color, needle the brook point

- Heat in the body
- Changes in complexion
- Diseases of the Yang channels

SI-2 strongly clears heat from the head, mumps, tinnitus, swelling of the cheek, pain of the neck, nosebleed.

Stream Points

Stream Points

When disease attacks intermittently, needle the stream point

- Diseases manifesting intermittently
- heaviness of the body and pain in the joints
- disorders of the viscera (with Brook points)

Yin channels **Stream** points are also *Source* points. Because of this *they are the most important point on their respective channels.*

River Points

When the disease manifests as changes in the patient's voice, needle the river point

- Dyspnoea, cough, chills, and fever
- Diseases manifesting in the patient's voice
- Diseases of the sinews and bones (yin channels)

HE-4, PC-5, SJ-6 for sudden loss of speech. GB-38 lumbar pain "like a small weight in the middle of the back"

Uniting Points

Uniting Points

If there is disease of the stomach and irregular appetite, needle the uniting point

- Rebellious qi and diarrhea
- Diseases of the bowels
- Diseases of the king (yang channels)

SP-9 for sudden turmoil disorder due to dampness; UB-39 (lower uniting point of the bladder) for retention of urine or difficult urination.

Global Balance

- **First Circuit**

- Lung -> Large Intestine -> Stomach -> Spleen

- **Second Circuit**

- Heart -> Small Intestine -> Bladder -> Kidney

- **Third Circuit**

- Pericardium -> Triple Burner -> Gallbladder -> Liver

Stream Points

*On Yin Channels **increase qi, blood, fluids** and treat **joint pain***

Uniting Points

*Subdue counterflow; on Yang **treat the skin** and on Yin **firming kidney qi***

Greater Yin - Yang Brightness

Greater Yin - Yang Brightness

Left	Right
LI-3; LI-11	LU-9; LU-5
SP-3; SP-9	ST-43; ST-36

LI-3 overlaps with Master Tung point *Da Bai*

Greater Yin - Yang Brightness

Pulse

Floating; distal position significant; slippery or middle vacuous (SP vacuity)

- Any problems on front of body
- Sinus HA
- Allergies, cold or flu with sore throat
- Constipation or Diarrhea
- Digestive or metabolic disorders

Case Study 2.1

42F MC stress and nausea

Subjective

HPI: Always had stress at work, but especially bad this year; digestion worse when at work; feels like she won't make it to the bathroom; happens every day at work the past week

Objective

P: vacuous; deep; slow; vacuous in right distal and middle positions

PE: unremarkable; no ab tenderness

Lesser Yin - Greater Yang

Lesser Yin - Greater Yang

Left	Right
SI-3; SI-8	HT-3; HT-7
KD-3; KD-10	UB-40; UB-65

If Liver Vacuity Pattern; can add **LR-8** on same side as KD-10

Pulse

Deep; faint or no proximal pulses; distal position “bouncy”

- **Any problems on the back**
- Acute, chronic, injury, overuse of back
- Chest along KD channel
- Sciatica if down UB&KD channels
- Leg pain or knee pain

Case Study 2.2

70M MC knee pain and nocturia

Subjective

HPI: Knee pain for 10 or more years; worse with kneeling or overuse; gets up 4 times per night to urinate, patient reports diagnosis of BPH; shoulder pain on scapula; pain 6 out of 10

Objective

P: Vacuous; deep; slow; left middle and proximal positions vacuous

PE: both knees tender to palpation but normal ROM; otherwise unremarkable

Returning Yin - Lesser Yang

Returning Yin - Lesser Yang

Left	Right
TB-3; TB-10	PC-3; PC-7
LR-3; LR-8	GB-34; GB-41

Can add **GB-38** on GB side for sciatica / low back pain.

Returning Yin - Lesser Yang

Pulse

Wiry; tight

- Any problems on sides; or one sided problems
- Holds emotions in; anger, frustration, resentment
- Sleep disorders, emotional stress
- HA lateral and above eyes
- Bi polar, mental problems due to **excess**

Case Study 2.3

70F MC Left sided neck pain and headache

Subjective

HPI: MVC 17 years ago, entire left side of body was crushed; worse with rotating neck and lifting arm; patient describes pain as “severe” and “aggravating”; entire left side of body pain; severity 7 out of 10 today

Objective

P: Vacuous; deep; slow; wiry

PE: Patient states “I need help” upon presentation; A&Ox4; cannot lift left arm more than 80 degrees; voice is soft

Bell's Palsy

Area of Discomfort: Facial paralysis and pain, with difficulty moving the eye, cheek, and mouth, right side.

Returning Yin - Yang Brightness 1:4

Left

PC-9; PC-6

ST-45; ST-42

Right

LI-1; LI-4

LR-1; LR-4

Magic 12 Points

Any western heart problems. Use 12 magic strategy to treat all 12 meridians or when symptoms are hard to diagnose or pain that moves around frequently.

12 Magic Points (V)

Left

LI-3; TB-3; SI-3

KD-1; SP-1; LR-1

Right

PC-6; LU-8; HT-5

ST-36; GB-34; UB-40

NB: can sub KD-2 instead of KD-1

EV Global Balance

EV 1	TB-5	PC-6
Meniere's; floating pulse; Gyn Sx	KD-6	UB-62
EV 2	LU-7	SI-3
All back pain; HA occiput; asthma	UB-62	KD-6
EV 3	TB-5	PC-6
Side HA; Spleen/Pancreas; shingles	SP-4	GB-41
EV 4	LU-7	SI-3
Phlegm; menses w BP or digestive	GB-41	SP-4

Case Studies I

Treating these antique points gives good results for local, channel, and internal organ diseases, and for this reason they are used by the most advanced practitioners as well as being the first points taught to beginning students.

Steps for effective treatment

- ① Determine the **pattern**
- ② Identify the treatment principle
- ③ Pick points based on the treatment principle

Case Study 3.1

50F MC: Ulnar nerve pain

- **Subjective**

- HPI: Pain in elbow from repetitive strain at work; worse after nerve conduction study, worse with working at desk; “burning” pain; radiates from left elbow down to 4th and 5th fingers; severity 8 out of 10; constant but worse with use
- ROS: Patient reports anxiety

- **Objective**

- PE: PR: 84 BP: 130/90; O₂: 94; left arm is painful to the touch
- **pulse:** vacuous; deep; rapid; left middle and proximal positions weak

Case Study 3.1

50F MC: Ulnar nerve pain

Assessment

Lesser Yin - Greater Yang

Plan

Left: SI-3, SI-8, KD-10, KD-3; Right: HT-3, HT-7, UB-40, UB-65

Case Study 3.2

81M MC: LBP and left wrist pain

- **Subjective**

- HPI: Low back pain for 20+ years, today presents with left wrist pain radiating to thumb; worse with turning door knobs; “weak” in wrist; severity 5 out of 10
- ROS: arthritis in knees

- **Objective**

- PE: O₂ sat 85 otherwise vitals unremarkable; patient cannot lay flat without getting short of breath
- **pulse:** minute; all positions barely felt, all three positions on right almost absent

Case Study 3.2

81M MC: LBP and left wrist pain

Assessment

Greater Yin - Yang Brightness

Plan

Left: LU-9, LU-5, ST-36, ST-43; Right: LI-3, Ling Gu, LI-11, SP-3, SP-9

Case Study 3.3

57M MC: LBP

- **Subjective**

- HPI: Low back pain since 1995 due to service related injury; worse with staying in any position too long, improved with movement or changing positions; patient states “it hits” when asked to describe pain, happens multiple times per day; severity 6 out of 10 today up to 10 out of 10
- ROS: patient reports history of PTSD; leg pain on front of legs; ankle pain

- **Objective**

- PE: BP 130/86; PR: 88bpm; O₂ 94; NAD, A&Ox4; RRR, no clubbing or edema, cap refill <5s on all four limbs
- **pulse:** replete; floating; rapid; right middle and distal positions forceless

Case Study 3.3

57M MC: LBP

Assessment

ML 10 + Ling Gu, Da Bai

Plan

Disperse: LU-7, LI-11; Tonify: ST-36, SP-6; Even: Ling Gu, Da Bai

Case Study 3.4

70M MC: Pain, unspecified

- **Subjective**

- HPI: Headaches for 20+ years mostly on left, patient reports multiple head traumas over the years; pain on left side of rib cage that radiates to the whole body and moves around; patient describes pain “like waves” over whole body
- PMHx: prostate cancer, under tx from oncologist at UNMH

- **Objective**

- PE: NAD; PERLA; ENT atrumatic; no thyromegaly; normal resp effort; RRR; appropriate mood and affect
- **pulse:** wiry; replete; slow; left proximal and middle positions weak

Case Study 3.4

70M MC: Pain, unspecified

Assessment

Returning Yin - Lesser Yang (OR Returning Yin - Yang Brightness)

Plan

Right: PC-3, PC-7, GB-34, GB-41; Left: TB-10, TB-3 (or San Cha San), LR-3, LR-8, KD-10

Five Phases

Five elements together create the circle of life. They are the elements Wood, Fire, Earth, Metal, and Water. They delegate their work within us to 12 officials, each with a specific function

Franglen, N. (2013). The handbook of five element practice. Jessica Kingsley Pub.

Four Basic Patterns

- All disease is rooted in vacuity of Yin meridians
- Tonify vacuity; then reduce excess if necessary
- Point selection based on Nan Jing
- Traditionally do **not** treat the heart directly

Liver Vacuity Pattern

Pulse

Often large, floating yet vacuous at the deep levels; wiry; vacuous in left middle and proximal positions.

Liver Vacuity Pattern

Tonify <u>LR-8</u> <u>KD-10</u>	Reduce	GB-38	UB-65	SP-5	LU-5
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Spleen Vacuity Pattern

Pulse

Sinking and vacuous; weak in left distal and right middle positions

Spleen Vacuity Pattern

Tonify	<u>SP-2</u>	<u>PC-8</u>	ST-45	TB-10	KD-1	LR-2
Reduce						

Lung Vacuity Pattern

Pulse

Floating and often rapid; right distal and middle positions vacuous

Lung Vacuity Pattern

Tonify	<u>LU-9</u>	<u>SP-3</u>	LI-2	ST-45	LR-2	PC-7
Reduce						

Kidney Vacuity Pattern

Pulse

Thin, weak, soft, or floating; vacuous in left proximal and right distal

Kidney Vacuity Pattern

Tonify	<u>KD-7</u>	<u>LU-8</u>	UB-65	LI-2	PC-7	SP-5
Reduce						

Now what?

When treatment doesn't work, what do you do??

Now what?

When treatment doesn't work, what do you do??

- Not enough treatment?

Now what?

When treatment doesn't work, what do you do??

- Not enough treatment?
- Wrong diagnosis?

Now what?

When treatment doesn't work, what do you do??

- Not enough treatment?
- Wrong diagnosis?
- Improper technique?

Now what?

When treatment doesn't work, what do you do??

- Not enough treatment?
- Wrong diagnosis?
- Improper technique?
- **Medical red flags!**

Husband Wife Imbalance

Pulse

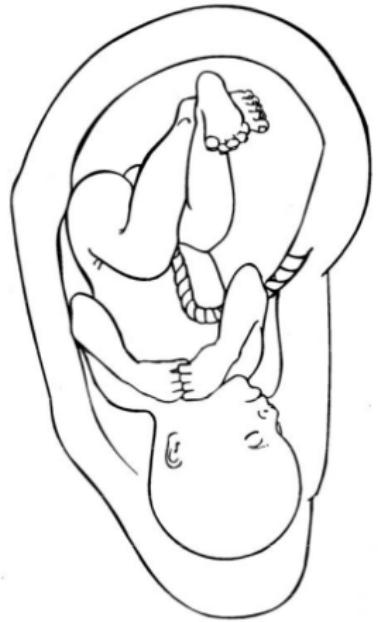
Left all depleted; right all replete

- ① Tonify UB-67 and KD-7
- ② Tonify KD-3
- ③ Tonify LR-4
- ④ Tonify SI-4 and HT-7

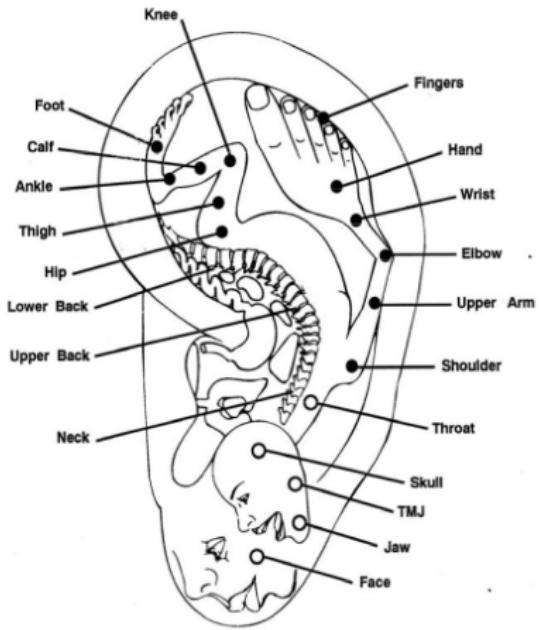
Four Needle Technique

Ear Acupuncture 01

Inverted Fetus represented upon the Ear



Somatotopic Homunculus on the Ear



Points

- Shenmen
- Sympathetic
- Liver
- Kidney
- Lung

Indications

- All addictions, including stop smoking
- PTSD
- Calm mind

Ear Standardized Pain Formula

For all types of pain. Add other points according to the location of the pain, eg, shoulder, knee, low back, ovaries, and according to other signs and symptoms.

Points

- Shenmen
- Brain
- Sympathetic
- Diaphragm
- Adrenal
- Liver
- Relax Muscle - within liver area; treats muscular pain

Ear Standardized Cancer / Side Effects

Use all 8 points or add/delete points based on signs and symptoms or specific areas affected. *ear seeds can be more effective for most cancer patients.* Remember most cancer patients have reduced wound healing

Points

- Shenmen
- Brain (subcortex)
- Sympathetic; for pain
- Lung
- Liver
- Kidney
- Spleen and Stomach

Battlefield Acupuncture

Ask patient to move for about 2min to determine if pain relief is sufficient.
If still not significant reduction in pain, move to next point on opposite ear.

Points

- Cingulate Gyrus
- Thalamus
- Omega 2
- Point 0
- Shenmen

Self Acupuncture



T 22.04; T 22.05

T 22.04 Da Bai

Location

Overlaps with LI-3, between bone and tendon

Indications

Respiratory disorders; Sciatica; Eye pain; Migraine

T 22.05 Ling Gu

Location

On LI channel, dorsal aspect of the hand
at the junction between 1st and 2nd metacarpal bones

Indications

Back pain; Any Gynecological or menstrual
disorder; Any digestive disorder; Shoulder pain; Hip pain

T 22.12 Fan Hou Jue

Location

Dorsal aspect of hand, 1 cun distal to T22.05;
at the ulnar margin of the first metacarpal

Indications

Upper back pain; shoulder pain; clavicle pain;
hip pain

T 22.13 Xiao Jie

Location

on the LU channel at the junction of the shaft
and head of the first metacarpal

Indications

Ankle sprain

T 11.27 Wu Hu

Location

5 point combo evenly distributed along the radial aspect of the proximal phalanx of the thumb

Indications

Bone disorders, arthritis, bone spurs, RA, gout, limb pain

- 1 :: most proximal
- 5 :: most distal
- 1 and 2 :: upper body
- 4 and 5 :: lower body

T 77.22; T 77.23

T 77.22 Ci San Li

Location

1.5 cun lateral to ST-36 between ST and GB channels

Indications

Appendicitis; HA; migraine; intercostal neuralgia

T 77.23 Ce Xia San Li

Location

2cun distal to T 77.22

Indications

Appendicitis; HA; migraine; intercostal neuralgia

T 77.05; T 77.06; T 77.07

- T77.05 :: 3 cun proximal to lateral malleolus and 1 cun anterior to the fibula
- T77.06 :: 2 cun proximal to T77.05
- T77.07 :: 2 cun proximal to T77.06

Hyperthyroidism; Post-stroke deviation eyes and mouth; TMJ; post concussion syndrome; **Tinnitus.**

T 55.01 Huo Bao

Location

plantar aspect of 2nd toe; at the mid point of the transverse crease of the DIP joint

Indications

Angina, AMI; Retention of placenta, difficult labor

Case Studies II

*Knots, although tied for a long time, still can be untied...
Disease, although chronic, still can be ended.*

Putting it all together

- ① Determine the **pattern**
- ② Treatment principle to treat primary pattern
- ③ Add supporting points to treat symptoms; but *harmonize treatment with treatment principle from step 2*

Case Study

36M MC Migraines

• Subjective

- HPI: Migraines since childhood; sometimes OTC pain meds help, worse with over-stimulation; "Sharp stabbing feeling but spread over entire head"; radiates from occiput to whole head usually right side; between 2-3 a year sometimes 1 a month
- PMHx: necrosis of spine due to prescribed steroids; multiple compression fractures of spine; recently prescribed pancreatic enzymes previous diarrhea and cannot eat a full meal

• Objective

- PE: states is in pain but it is manageable; cautious gait; A&Ox4; appropriate mood and affect
- **pulse:** vacuous; deep; rapid; right distal floating left middle sinking left proximal minute

Case Study

36M MC Migraines

Assessment

Liver vacuity pattern; Lung repletion and Spleen vacuity

Plan

Left: +LR-8, +KD-10, Ling Gu, Da Bai; Right: LU-5, LU-3, T77.22, T77.23, ST-43

EAR: shenmen, helix 4, large ocular nerve, brain (subcortex), spine

Questions?

