

Clinical Application of Acupuncture in soft tissue disorders

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This lecture stresses the need for adequate medical history and physical examination, as well as proper laboratory tests and X-rays to establish the proper diagnosis. All musculoskeletal pain may be considered a sequelae of soft tissue injury, irradiation or inflammation. Trauma in the broadest concept of the term is the greatest cause of soft tissue pain and functional impairment. Each joint on the human body has its own characteristic structure and function, and involves soft tissue. These soft tissues include muscles, capsules, ligaments, disks, tendons, menisci, and cartilaginous surfaces. The acupuncture evaluation itself has to deal with the selection the main points on the main meridians as well as the auxilliary points on the meridians. The treatment of pain should frequently include the palpitation of the person to find trigger points, or yes points, which are locally tender points or spastic points. The main point can be usually determined by the primary pathology or etiology. Also, the location of the pain and the meridians that cross it geographically are important in trying to determine the main point. A number of auxilliary points may be found and may also be adjacent to the area of pain.

There are some soft tissue disorders that may be responsive to acupuncture. The following are most commonly treated.

1. Cervical Strain, fibromyositis, stiff neck

Main points: Luoh jeen	落枕
GB20 Fengchi	風池
Auxilliary points: TE3 Zhongzhu	中渚
SI3 Housi	後谿
SI13 Quyuan	曲垣

Methods: 1) Acupuncture
2) Cupping
3) Immobilization of neck motion
4) Moxibustion
5) Heat therapy

Result: Excellent response

2. Cervical spondylosis (Osoteoarthritis)

Main points: SI3 Housi	後谿
Louch jeen	落枕
GB20 Fengchi	風池

Auxilliary points:

- 1) Large Intertine Meridian C 5/6
 - LI4 Hegu 合谷
 - LI10 Shousanli 手三里
 - LI11 Quchi 曲池
 - LI15 Jiamyu 肩禺
 - LI16 Jugu 巨骨
- 2) Triple Energizer Meridian C 6/7
 - TE3 Zhongzhu 中渚
 - TE5 Waiguan 外關
 - TE13 Naohui 臑會
 - TE14 Jianlian 肩髃
 - TE17 Yifeng 翳風
- 3) Small Intestine Meridian C 7/8
 - SI3 Housi 後谿
 - SI6 Yangliao 養老
 - SI8 Xiaohai 小海
 - SI9 Jianzhen 肩貞
 - SI10 Naoshu 臑俞
 - SI11 Tianzong 天宗
 - SI12 Bingfeng 秉風
 - SI13 Quyuan 曲垣

Methods: 1) Acupuncture
2) Electro-Acupuncture
3) Immobilization
4) Physical therapy
hot packing, cervical traction

Result: 1) Good response
2) Severe case, Acupuncture + physical therapy
3) Disc herniation, no response to Acupuncture — operation necessary

3. Frozen Shoulder (Adhesive capsulitis)

Main points: ST38 Tiaolou 條口
GB34 Yanglingquan 陽陵泉
Auxilliary points: LI15 Jianyu 肩禺
TE14 Jianlian 肩髃

- 1) Large Intestine Meridian 大腸經
 - LI3 Sanjian 三間
 - LI4 Hegu 合谷
 - LI14 Binao 臂臑
 - LI16 Jugu 巨骨
- 2) Triple Energizer Meridian 三焦經
 - TE3 Zongzhu 中渚
 - TE5 Waiguan 外關
 - TE13 Naohai 臑會
- 3) Small Intestine Meridian 小腸經
 - SI3 Houxi 後谿
 - SI6 Yangliu 養老
 - SI8 Xiaohai 小海
 - SI9 Jianzhen 肩貞
 - SI10 Naoshu 臑俞
 - SI11 Tianzong 天宗
 - SI12 Bingfeng 秉風

Methods: 1) Acupuncture
2) Moxibustion
3) Electro-Acupuncture
4) Passive & active exercise

Result: 1) Good response to Acupuncture
2) Shoulder exercise is very important

4. Tennis elbow (lateral epicondylitis)

Main Points: LI10 Shousanli 手三里
LI11 Quchi 曲池
Auxilliary points: lateral epicondylic point 肘尖
LI4 Hegu 合谷

Methods: 1) Acupuncture
2) Moxibustion
3) Electro-Acupuncture
4) Immobilization

Result: Good response

5. Golfer's elbow (medical epicondylitis)

Main point: SI8 Xiaohai 小海

Auxilliary point: med. epicondylic point

Methods: 1) Acupuncture

2) Moxibustion

3) Immobilization

Result: Good response

6. De Quervian's tenosynovitis

Main point: LU7 Lieque 列缺

Auxilliary points: LI4 Hegu 合谷

LI5 Yangsi 陽谿

Methods: 1) Acupuncture

2) Moxibustion

3) Immobilization

Result: Good response

7. Carpal tunnel syndrome

Main point: PC6 Neiguan 內關

Auxilliary point: PC7 Daling 大陵

Methods: 1) Acupuncture

2) Moxibustion

3) Electro-Acupuncture

Result: Good response

8. Trigger finger (Tenosynovitis)

Main points: LI4 Hegu 合谷

SI3 Housi 後谿

Auxilliary point: Yes point

Methods: 1) Acupuncture

2) Electro-Acupuncture

3) Moxibustion

4) Immobilization

Result: Good response

9. Low back pain

Main points: Lumbago points 腰腿點
BL40 Weizhong 委中
Auxilliary points: BL23 Sdhenshu 腎俞
BL24 Qihai 氣海俞
BL25 Dachangshu 大腸俞

Methods: 1) Acupuncture
2) Cupping
3) Moxibustion
4) Exercise

Result: Excellent response

10. Sciatica

Main points: Lumbago points 腰腿點
SI3 Houxi 後谿
GB30 Huantiao 環跳

Auxilliary points:

- 1) Gallbladder Meridian 膽經 L5
GB34 Yanglingquan 陽陵泉
GB39 Xuanzhong 懸鍾
GB40 Qiuxu 丘墟
GB41 Zuliugi 足臨泣
- 2) Bladder Meridian 膀胱經 S1
BL23 Shenshu 腎俞
BL25 Dachangshu 大腸俞
BL30 Baihuanshu 白環俞
BL40 Weizhong 委中
BL60 Kuulou 崑崙

Methods: 1) Acupuncture
2) Electro-Acupuncture
3) Physical therapy
4) Willian's Exercise
5) Surgery

Result: Good response

11. Osteoarthritis of the Knee

Main points: GB34 Yanglingquan 陽陵泉
 SP9 Yinglingquan 陰陵泉
Auxilliary points: ST35 Dubi 犢鼻
 SP10 Xuehai 血海
 BL40 Weizhong 委中
 yes point
Methods: 1) Acupuncture
 2) Moxibustion
 3) Heat therapy
 4) Control body weight
 5) Exercise
Result: Good response

12. Ankle sprain

Main point: GB34 Yanglingquan 陽陵泉
Auxilliary points:
 1) lateral: GB40 Qiuxu 丘墟
 BL60 Kuuluu 崑崙
 BL62 Shenmai 申脈
 2) Anterior: ST41 Jiexi 解谿
 LR4 Zhongfeng 中封
 3) Medial: KI6 Zhaohai 照海
 SP5 Shangqiu 商丘
Methods: 1) Acupuncture
 2) Moxibustion
 3) Immobilization
Result: Good response

13. Plantar Fasciitis

Main point: GB34 Yanglingquan 陽陵泉
Auxilliary points: KI5 Shuiquan 水泉
 KI1 Yongquan 湧泉
 yes point
Methods: 1) Acupuncture
 2) Moxibustion
Result: Good response

14. Halus valgus

Main point: GB34 Ynaglingquan 陽陵泉
Auxilliary points: LR3 Taichong 太衝
 SP3 Taibai 太白
 SP4 Congsun 公孫

Methods: 1) Acupuncture
 2) Electro-Acupuncture

Result: Good response

Relief of pain seems to be fairly easy accomplished in most soft tissue disorders. As a general principle, early diagnosis and early treatment are very important; it is also generally accepted that functional disorders respond quite well. We must always keep in mind that, although the pain is cured, the underlying illness may not be, and so we must continue to do an exact diagnosis if the pain recurs. Acupuncture treatment provides excellent and good results for functional disorders, and reversible diseases.