

Guidelines for treating musculoskeletal disorders

General

Any twisting – check G.B.26, needle Kid7 first then G.B.26. This can apply to knee, neck, shoulder, back etc.

Bone pain – check Kid2, if sore, Kid7 + 10, add U.B.11 on the back

Joint pain – check SP2, if sore, SP5 + 9

Ligament pain – check Liv2, if sore, Liv4 + 8

Muscle spasm – SP3.2 + Odi (right ST22), add T11,12 Hua Tuo on the back

Any postural problems – check ankles (it can be Kid6 + U.B.62, or U.B.61 + Kid4, or ST41)

Back Pain:

The back is divided into 7 vertebrae segments, often pain in one section is resolved by 7 vertebrae away.

T5 and T11,12 are very important for the whole spine

G.B.39/38 (needle upwards) – very important for spine (use for scoliosis)

Any spinal problem – check Ren12, 10, 13

Tail shift/injury:

U.B.66

LU8

C7/T1 Hua Tuo

Sacrum:

Kid6 (black) + U.B.62 (red)

Piriformis:

Huakaya G.B.31

T11,12 (it is a muscle contraction usually)

Top of iliac crest:

Immune related

L4-L5:

This is SP9 category usually

Check twisting (G.B.26)

Check inguinal area (possible viscerop-tosis – use ST13 outwards)
Sacro-iliac ligaments
Check twisting (G.B.26)

Quadratus Lumborum:

Huakaya LU10 (on thenar eminence) – moxa
Kid7
Check of any spinal shifts/twists

Mid-back:

Usually related to sugar, treat SP3.2 + Odi (Right ST22), on the back T11,12
If right sided only – it is related to Liver – use left U.B.35

Upper Thoracics:

S.I.9/10 + Yao Yan
This area is related to emotional disturbance, circulation, or lungs

T4 – one sided – use HT7, or Ear Brainstem

Neck:

Scalenes:

Always check these for any neck, shoulder, upper back and headaches
Use SP3.2, LU8, HT3, Inner Yin (5 fingers above Kid10)

SCM:

Always check SCM, especially most symptoms are on one side
Use opposite side S.J.8 (one third down from elbow) + G.B.40
(if rapid pulse use opposite S.J.5 + G.B.41)
ST41 can do a good job also

Behind SCM (gland area – S.J.16:

This is reflection area of immunity – use Immune points (L.I.10-11 close to bone)

Trapezius:

Inner Yin
Sugar treatment (SP3.2 etc. – because it is muscular in nature)

Cervical para-spinals:

Same side S.J.8, Liv8, Kid7 or 9
IHiKun (U.B.40, 58, 60)

Occipital Ridge (U.B.10, G.B.20 area):

Hormonal – treat U.B.2, S.I.3, Inner Yin area
ANS (insomnia, blood pressure, etc.) – treat under-3rd-toe, opposite side

G.B.21:
SP9

Always check T5 area for the neck
Kawaii Thyroid point (behind ear) is often very useful)

Shoulder:

Top (L.I.15):
This is G.B.26 related (as is LU1 area)

Deltoid:
U.B.43 area

Any shoulder pain – use S.I.9/10
Always check scalenes and SCM

Check wrist combinations:
L.I.5 + LU9, or P.7 + S.J.4 (in centre), or S.I.5 + HT7 (yang gets black)

Knee:

Any knee pain – SP5 (red) + ST41 (black)

Bending/stretching problem – ST31-31 area + Stomach Qi + Sacro-iliac

Make sure quads are well lifted (use SP10 + ST34 to “lift” the muscle)

Always check Immune (weak immunity allows for weak ligaments)

Check structure in terms of ankle and/or hip involvement)

Inner knee Eye:
Related to Spleen (SP4 – can be either side)
Also check G.B.26

Outer Knee Eye:
G.B.41

Kid10 area:
Kid6

Patella:
Stomach Qi

Sciatica:

Tight piriformis – Huakaya G.B.31 (two fingers above or below G.B.31, and towards U.B. channel)

Release Lumbar spine – use sacro-iliac points

L1 – relates to inguinal

L3 – relates to hip/trochanter

Liv3 (black) + G.B.41 (red)

Foot:

Plantar Fascitis – relates to Immune

Bone Spur – relates to Kid7

Big toe – relates to inner thigh tension

Twisted ankle – usually around G.B.40 – use Kid7

On back check for tightness around U.B.57