

Japanese Acupuncture – Treating Pain**Treatment of Pain Syndromes
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Treatment of Pain Syndromes

Before addressing pain/symptoms
 Address the patient's underlying constitution

What might be holding this pain pattern?
 circulatory disorders
 endocrine disorders
 nervous system disorders
 immune system dysfunctions
 structural imbalances
 etc.

Treating Internal Disorders

Check the following and treat first:

- autoimmune
- sleep
- blood pressure
- autonomic nervous system
- fibromyalgia
- Adrenals and Thyroid
- diabetes/sugar imbalances
- Fire points

This is a minimal, not a comprehensive, list

Treating Internal Disorders I**Autoimmune:**

Treat Kidney and Lung
 Rapid (or normal) pulse – Ren4
 Slow Pulse – U.B.27

DU16 or Mastoid (outside G.B.20)

Treating Internal Disorders II**Sleep Disorders:**

May reflect on Ren17, Ren15, U.B17, T5-T7

Treat Spleen and Pericardium
 Centre of Heel – Okyu

U.B.17 – “ANS Shu”

Treating Internal Disorders III**Blood Pressure:**

Low, high, unusual
 (may reflect under occiput)

SP6, SP9, Pericardium
 Under-3rd-Toe
 S.I.9/10

Treating Internal Disorders IV**Autonomic Nervous System:**

Reflects on
 - SCM and under occiput
 - may also show on Ren line – Ren17, 15, 9
 - Liv12

Treat:
 S.J.8 (or S.J.5 if rapid pulse)
 DU2
 Under-3rd-Toe if pulse is tight

Treating Internal Disorders V**Fibromyalgia:**

may reflect on scalenes

Treat:
 - SP3
 - Stomach Qi

also check – Adrenals, Liver, and sleep

Treating Internal Disorders VI**Adrenals:**

show below Kid16 (4 o'clock, 8 o'clock)
 may have Kid2 pressure pain
 (may show right ST27)
 may have "valley back"

Treat:
 - Kid6 + 27
 - for Kid2 pain: Kid7, 10, 27

Treating Internal Disorders VII**Thyroid:**

Reflects on lower part of SCM (ST9 and below)

Treat:
 - kidney channel – Kid3, 7, or 9
 - Stomach Qi
 - Lung may help
 - hypothyroid: DU2, T11/12, T7, T5

Treating Internal Disorders VIII**Diabetes/Sugar Imbalance:**

SP3
 T11/12

for diabetics add:
 Adrenal
 Immune
 Odi

Sugar type may be more susceptible to left side pain

Treating Internal Disorders IX**Fire Points:**

If a Fire point on any channel is painful
 Treat Metal + Water of that same channel
 (same side)

S.I. channel – treat HT3
 HT channel – treat S.I.9/10

Treatment of Pain Syndromes

Treatments by Pain Type:

Joint – SP9
 Ligaments – Liv4 or Liv8
 Bone – Kid7
 Muscular – SP3
 Bruise feeling – Odi
 Meds – Kid9 + L.I.15
 (Opitates – use 3 fingers below Kid10)

Treatment of Pain Syndromes

Popular Points for Structural Issues:

G.B.26 twisting syndrome
 ST41 standing/posture
 Sacro-iliac bending/stretching, spine
 T11/12, T5 any spine
 Stomach Qi bending/stretching
 Occiput spine
 U.B.2 perception
 G.B.34 torque
 Inner Yin core holding capacity

Treatment of Pain Syndromes: Back Pain I

Spine:

Ren12
 Heart of Sole
 Sacro-iliac
 T11/T12, T5 use one for the other
 use both for all spine issues
 G.B.39 + DU16, possibly L.I.16
 Four Corners

Treatment of Pain Syndromes: Back Pain II

Tail Bone:

LU8
 U.B.66
 T1 Hua Tuo

Treatment of Pain Syndromes: Back Pain III

Sacro-Iliac:

G.B.34
 Opposite Sacro-iliac (if one sided)
 Kid6 (black) + U.B.62 (red)
 DU16 or Under Mastoid
 (this may reflect auto-immune)

Puffy Sacrum:

Compressed tailbone or L5, or hormonal

Treatment of Pain Syndromes: Back Pain IV

L4-L5:

SP9
 Kid7 Fu Liu, 復溜 – “Recover the flow”
 Fu - 復 to repeat, to recover
 step with abundance
 Liu - 溜 slipped, water left behind
 look for a dropped feeling in the tissue
 HT3 for one sided L5
 Sacro-iliac - the “trump card”

Treatment of Pain Syndromes: Back Pain V**PSIS:**

Immune related

Quadratus Lumborum:

Kidney related – use Kid7, LU10

Tight Paraspinals (valley back):

Adrenal and/or Sugar, possibly hormonal

Treatment of Pain Syndromes: Neck I**The Neck (I):**

The neck connects the brain and the heart

Scalenes	SP3, LU8, HT3, Inner Yin
SCM	Opposite S.J.8 (5 – if rapid pulse) Kid9, ST41 – same sides
S.J.16	Immune
G.B.21	SP9
behind G.B.21	TMJ

Treatment of Pain Syndromes: Neck II**The Neck (II):**

Cervicals C2-6	S.J.8 (same side) + Kidney + Liv8 + IhiKun
C3	Right Liv1 Left either Cardiac or SP1
C4	ST9
C5	behind ST9
C6-7	HT3 (if one side)
Atlas (shows on mastoid)	use Yao Tong Xue

Treatment of Pain Syndromes: Neck III**Releasing the Occiput:**

Under-3rd-Toe (if ANS related)
U.B.66 (if hormonal related)
Right only – left ST27

Puffy mastoid – relates to autoimmune – use Liv13

All neck issue – look at T3-T5

Treatment of Pain Syndromes: Shoulder I**Shoulders I:**

Release the neck first (including thyroid)
left/right – Heart and Liver options

Treatment of Pain Syndromes: Shoulder II**Shoulders:**

G.B.26 cannot raise arm, tight pectoralis
(start with Kid7 then G.B.26)

G.B22
S.I.9/10
Immune (also LU5)
U.B.42-43 for deltoid

Trapezius – use Inner Yin
Rhomboids – use Trochanter
G.B.21 – use SP9

Treatment of Pain Syndromes: Shoulder III

Shoulders wrist points:

LU9 + L.I.5
 P.7 + S.J.4 (taken in centre not lateral)
 HT7 + S.I.5

Treatment of Pain Syndromes: Hip

Hip:

SP9
 L3

Consider Kid7, ST41 or ST Qi

Treatment of Pain Syndromes: Knees I

Knees:

ST41 + SP5 first choice for any knee issue
 release the tensor-tasciae-latae
 release the hamstring/quad relationship
 ST Qi
 G.B.26 for inner knee (twist)
 Sacro-iliac ligaments
 ST34 + SP10 (+ ST32) – to lift the quads

Treatment of Pain Syndromes: Knees II

Knees, by location:

Inner Knee Eye	SP4 (can be opposite side) + P.6
Outer Knee Eye	G.B.41 + S.J.5
Liv8	Kid6
back of knee	Kid7 + U.B.23
tight quads	U.B.23
Undefined area	Liv3 + HT6

Treatment of Pain Syndromes: ankle & foot

Ankle:

Most ankle sprains tend to be lateral
 Kid7
 Trochanter

Foot:

Heel – ST41 towards the pain
 Plantar Fasciatis – Immune, Kid7

Treatment of Pain Syndromes: abdominal pain

Check Fire points of leg Yin meridians

Check for weak pancreas (beam across Ren12)
 treat with Kid6, Kid27, LU5, SP5

Inflammatory – use SP5 + Liv5

Liv4 – to smooth abdomen

Treatment of Pain Syndromes: headaches I

According to Nagano, most headaches are related to tight blood vessels ("stress headaches") resulting in lack of O₂ and accumulation of CO₂

Treatment is directed at opening the blood vessels

Treatment of Pain Syndromes: headaches II

By Pulse:

Weak pulse SP6, SP9 + Pericardium

Wiry pulse G.B.39, SP9

Tight pulse Under-3rd-Toe
rapid – Ren6
slow – Liao points

Liao – 膠

bone 骨 + to soar 翬

Blood Pressure type – Under-3rd-Toe, SP6, 9, Per

Treatment of Pain Syndromes: headaches III

Release the Pathways (neck):

Scalenes	SP3, LU8, HT3, Inner Yin
SCM	Opposite S.J.8 (or SJ.5 if rapid pulse)
Occiput	ANS – Under-3rd-Toe hormonal – U.B.66 can also relate to eyes and injury
Cervicals	S.J.8, Liv8, Kid7/9 (original is Kid10)

Treatment of Pain Syndromes: headaches IV

Other Options:

Head Injury S.J.8, Liv8, Kid7/9
+ IHiKun (or IHiZhong)

Eye problems may reflect on occiput
use U.B.2, U.B.32, top of SCM

TMJ can be occipital or temporal
Adrenal (usually Kid9 + 27), S.J.8

Treatment of Pain Syndromes: headaches V

By Location:

Temporal	TMJ (Kid9, 27, S.J.8) SCM tightness (opposite S.J.8) Immune (immune points- use 2-3)
Frontal	Immune
Eyes (U.B.2 area)	hormonal Liv2, HT3, U.B.59
Behind Eye	Liv9

Treatment of Pain Syndromes: headaches VI

By Location II:

Vertex hormonal – use U.B.66 (S.I.3)

Blood Stagnation in Head -
use SP6, 9, LU5, Per

Stress/Insomnia –
check Ren15/17
use SP3 + Per, T5, Heel

SP6 and Chin relate to DU20

Treatment of Pain Syndromes: headaches VII

Other general points for headache:

Ba Feng – oxygenate brain

T2 – T4

Sacro-Iliac (or Liao points)
parasympathetic ganglia

Treatment of Pain Syndromes

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