Needling methods
Regulation of SHEN

- Regulate Shen of patient
- Regulate Shen of practitioner
Holding the needle

• Puncturing hand & pressing hand
• The posture of holding the needle
  – Holding the needle with two fingers
  – Holding the needle with three or more fingers
Methods of insertion

• Insert the needle with guide tube
  – With both hands
  – With one hand

• Pressing: Inserting the needle aided by the pressure of the finger of the pressing hand

• Holding: Inserting the needle with pressing hand holding the lower part of the needle shaft

• Stretching: Inserting the needle with the fingers stretching the skin

• Pinching: Inserting the needle by pinching the skin
Angle of insertion

Perpendicular  Oblique  Horizontal
90°  30-60° / transverse  15-25°
Direction of insertion

• Related to the angle of insertion
  – Head: horizontal
  – Face: horizontal
  – Chest along midline: horizontal  downward
  – Chest at the lateral side: oblique  outward
  – Upper and middle back: oblique
  – Abdomen: perpendicular
  – Lower back: perpendicular
  – Four limbs: perpendicular  oblique

• Related to the disease
Depth of insertion

The depth of insertion mostly depends upon:

- Age
- Constitution
- Area
- Disease condition
- Season
- Sensitivity of patient
Withdrawing the needle

• Method:
  – Manipulate the needle until the sensation is loose
  – Lift the needle to the subcutaneous level
  – Withdraw the needle
    • Close the hole
    • Shake the needle to enlarge the hole

• Order:
  – In general, UP ➔ DOWN,
    MIDDLE ➔ LATERAL