

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

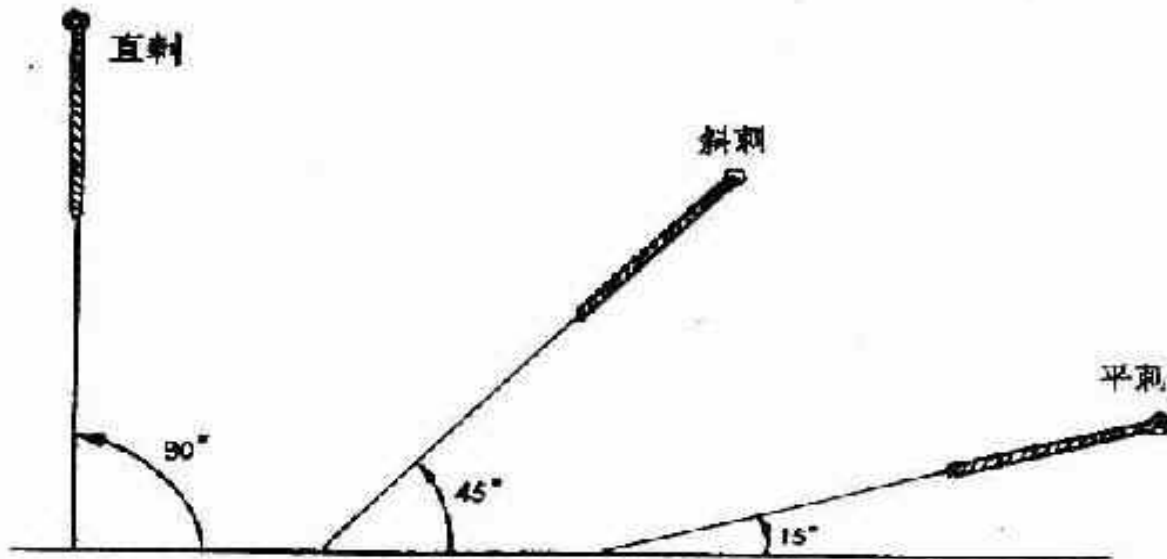
- Insert the needle with guide tube
 - With both hands
 - With one hand
- Pressing: Inserting the needle aided by the pressure of the finger of the pressing hand
- Holding: Inserting the needle with pressing hand holding the lower part of the needle shaft
- Stretching: Inserting the needle with the fingers stretching the skin
- Pinching: Inserting the needle by pinching the skin

Angle of insertion

Perpendicular
 90°

Oblique
 $30-60^\circ$

Horizontal
/ transverse
 $15-25^\circ$



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