

# Arrival of Qi & Manipulations

# Arrival of Qi

- Signs of arrival of qi / Qi sensation
  - Patient:
    - Soreness
    - Numbness
    - Heaviness
    - Distension
    - Radiating
    - .....
  - Practitioner:
    - Tightness, vibration, etc

- Significance of arrival of qi:
  - Related to the therapeutic effect
  - Foundation of tonifying / reducing methods

- Factors influencing the arrival of qi
  - Practitioner:
    - Inaccurate location of the points
    - Improper depth of the needle insertion
    - Imperfect manipulation
    - Imperfect treatment environment
  - Patient:
    - Weak constitution
    - Needle insensitive

- Methods for promoting qi:
  - Adjusting the location and depth
  - Waiting for Qi
  - Tonifying Qi
  - Manipulations
    - Get Qi sensation
    - Adjust the intensity or direction of Qi sensation

- Fundamental manipulation techniques
  - Lifting and thrusting
  - Rotating / twirling

- Auxiliary manipulations
  - Pressing
  - Plucking
  - Scraping
  - Shaking
  - Flying
  - Trembling

# Retaining the needle

- Time
  - In general, 15-30 minutes
  - Chronic, persistent cases: longer
  - Severe pain, muscle spasm: longer
  - Insensitive patient: longer
  - Exterior, heat pattern: shorter
  - Sensitive patient: shorter

- Conditions needle should not be retained:
  - Certain patients: Children, Super sensitive patients
  - Certain area: throat, eye
  - Certain disease: urgent frequent urination, diarrhea, cough, etc
- Method:
  - Retaining the needle without manipulation
  - Retaining the needle with manipulation