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