

Arrival of Qi & Manipulations

Arrival of Qi

- Signs of arrival of qi / Qi sensation
 - Patient:
 - Soreness
 - Numbness
 - Heaviness
 - Distension
 - Radiating
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 - 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