

More notes are in the hardout Electroacupuncture II.

Unilateral stimulation. Don't cross the body or may interfere with heart sinoatrial wave.

Most important: follow the nerve pathways for stimulation.

## Head

### Facial nerve

SJ 17, Qian Zheng: facial nerve

Facial nerve good to treat Bell's palsy and facial paralysis.

Earlobe: find the horizontal midline, go ½ cun in front of the ear. This is an extrapoint related to the facial nerve.

### Trigeminal nerve

GB 14, BL 2, ST 2, Jia cheng jiang, ST 7

Comes out about GB 14, goes above the pupil, above eyebrow by 1 cun. This is the first branching. Exits at the inner section of the eyebrow near Bladder 2. Go lateral slightly and there is a foramen here where the 1<sup>st</sup> branch exits. Use GB 14 and BL 2 to affect the 1<sup>st</sup> branch.

2<sup>nd</sup> branch comes out around ST 2, right at the infraorbital foramen. Can use this for the 2<sup>nd</sup> branch.

3<sup>rd</sup> branch exits at an extrapoint just below the mouth corner about 1 fingerbreadth. There's a foramen here too. Feel for a tender point. Stomach 7 is on the pathway of the 3<sup>rd</sup> trigeminal branch.

Trigeminal neuralgia – use oblique insertion on some points like ST 2, GB 14, the extrapoint below the corners of the mouth. Use transverse or oblique.

Use mild stimulation for e-stim, not strong, for acute condition. I.e., Bell's Palsy: if you catch it very early you use mild stim. Once the condition stabilizes strengthen the stimulation.

Facial paralysis: wait perhaps a week for the condition to stabilize then begin strong stim.

Use 2 points to form one pair. Which points do you use? Example: 2<sup>nd</sup> branch of the trigeminal nerve chronically hurts. Use ST 2 + ST 7 for instance. 3<sup>rd</sup> branch, use that extrapoint and ST 7 to connect and stim. 1<sup>st</sup> branch, GB 14 and ST 7. Stomach 7 is about where the nerve splits into 3.

Look up the nerve paths and try to plot the points around and on them to get a good idea as to how to make this work.

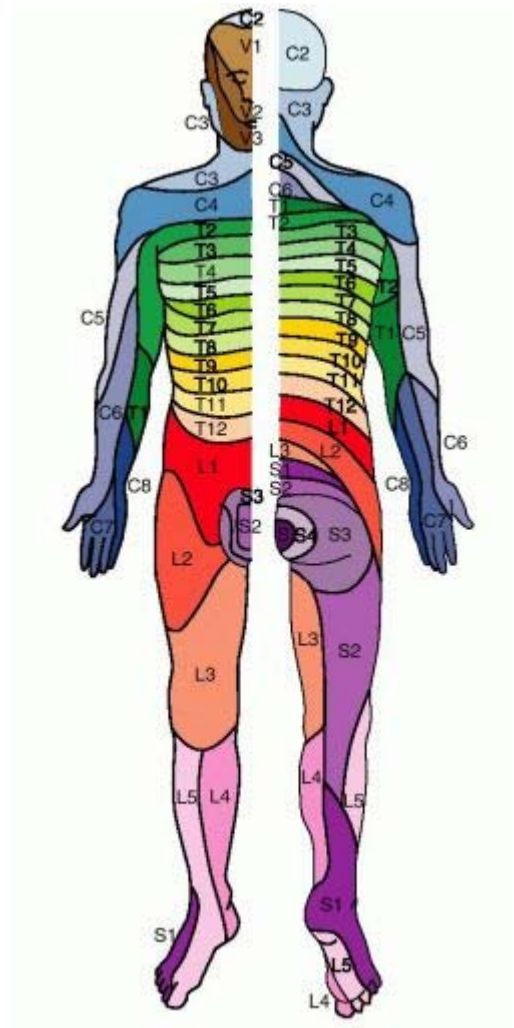
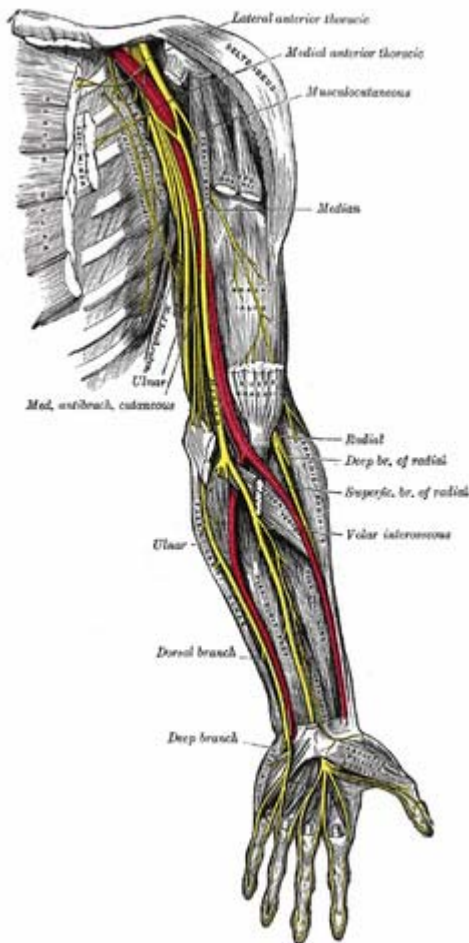
## Upper Limb

### Jia Ji points

Upper limb use Jiaji points quite a lot. Here's a breakdown of how the different spinal nerves innervate the skin.

### Ulnar nerve

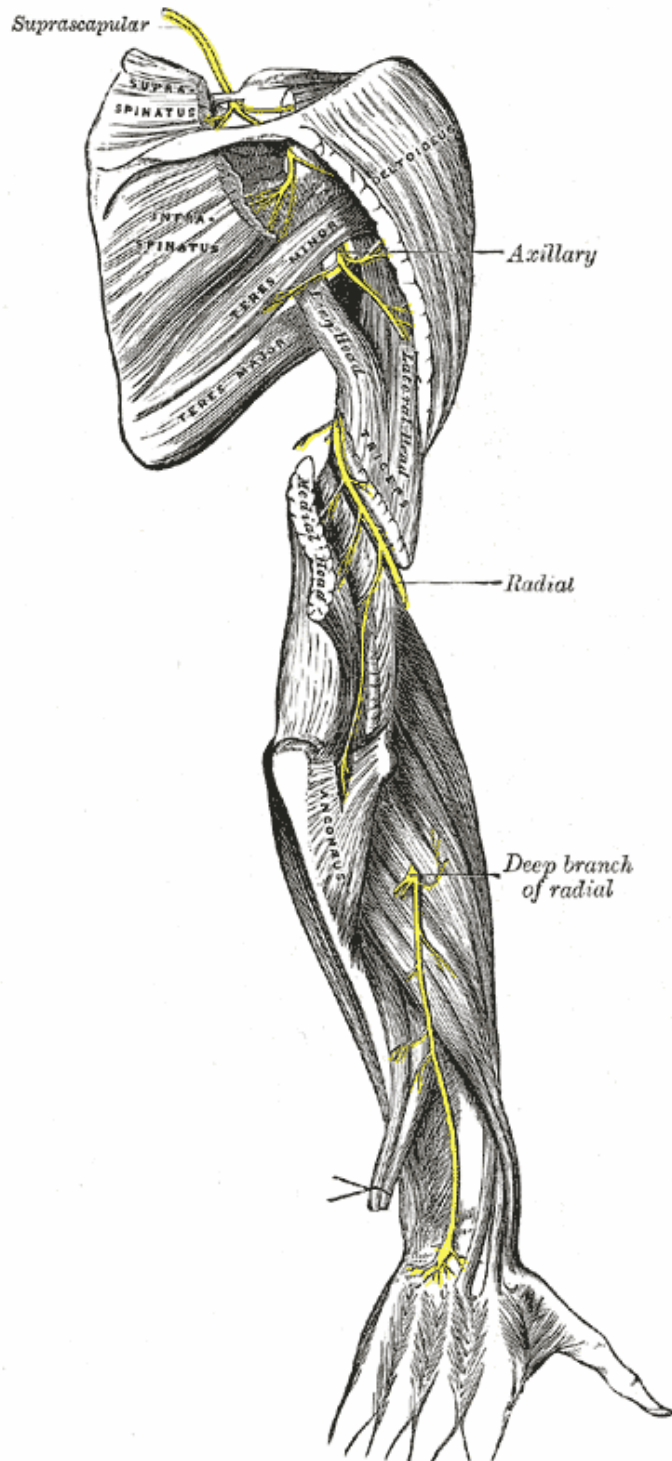
HT 2, SI 8. Both of these good for ulnar nerve. HT 2 is right on the ulnar nerve.



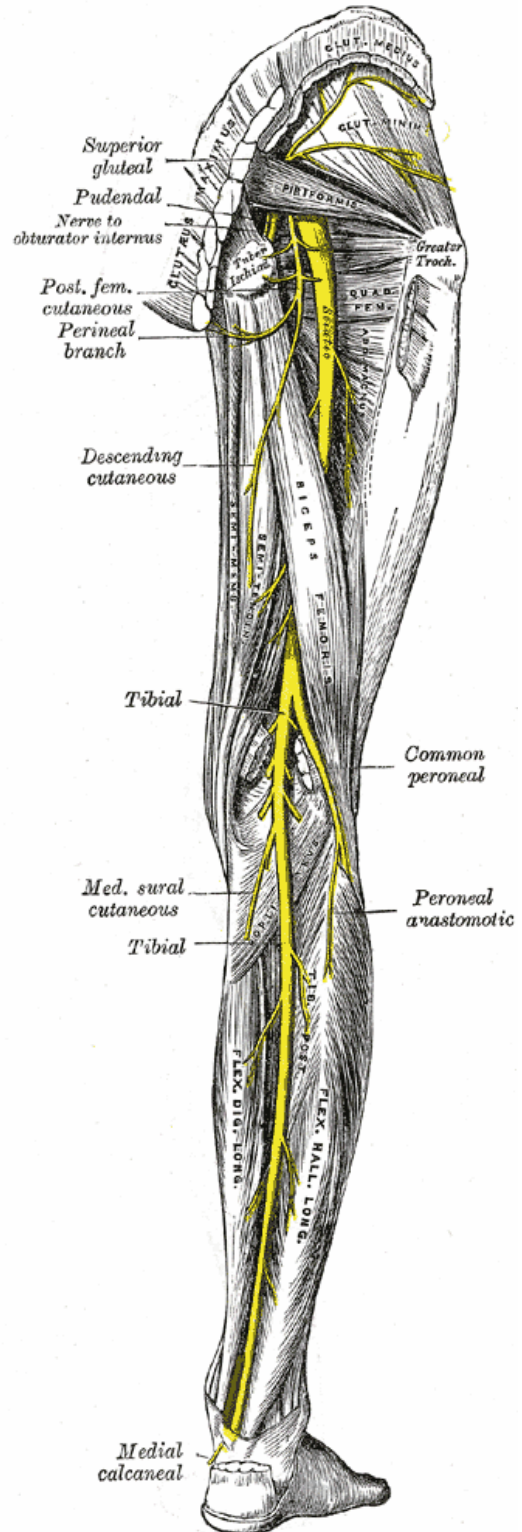
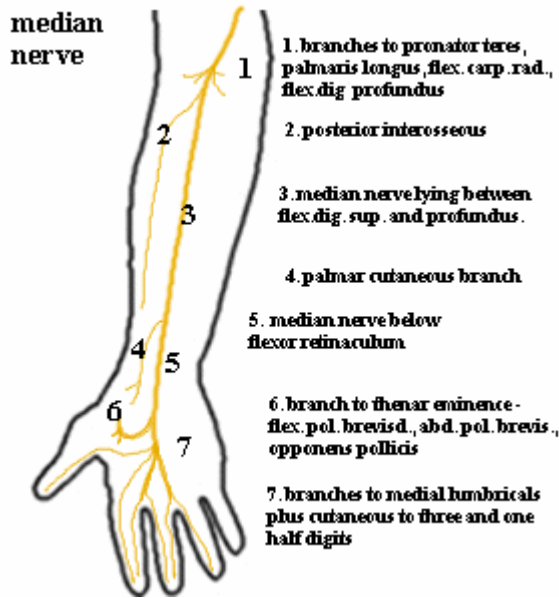
Radial nerve

LI 13, LI 11

Starts at the back on the scapula, curves around the arm and innervates the fingers. Choose the points closer to the nerve trunk for best effect.



Median nerve  
PC 3, PC4, PC 6



## Lower Limbs

Use jai ji points – choose the points at the level of pain in the back. If internal organ problems can also use Jiaji's.

### Sciatic Nerve

GB 30 (lie on side, curl leg and find hip high point). If laying prone, will be on side. Needle downward and inward to reach sciatic nerve. Better way is to get qi sensation down to the foot. Better than getting it just on the buttock. But gotta be careful not to damage nerve. Stimulation should not be too strong.

BL 37 is right on the sciatic nerve. Many points on BL channel (BL 36, BL 40 – tibial branch which is pt of sciatic, i.e.) are on the sciatic nerve. 2 branches above pop fossa: tibial, use BL 40.

Use GB 34 to get 2<sup>nd</sup> branch which curves to the side. Location of GB 34: find tib and head of fib. Point is in front of head of fib. Very close to the nerve. Many ppl have sciatic pain radiating down back – tibial nerve. If pain curves on thigh or side of leg is still sciatic pain is on that 2<sup>nd</sup> trunk. Can use GB 31 and GB 34 and an extrapoint called Ling Hou. Sciatic nerve curves around neck of fibula bone here.

## Point Selection

Facial paralysis

Qian zheng, SJ 17, GB 14, BL 2, ST 2, Jia cheng jiang

ST 4, ST 6, GB 20 (wind, back of head, front of head), LI 4 (use contralateral side according to where problem is.).

Chosen according to channel, affected organ, pattern differentiation, nerve distribution. You could choose a nerve point and a local point.

Trigeminal neuralgia.

GB 14

BL 2

ST 2

Jia cheng jiang

ST 7

LI 4

LIV 2 (treat liver wind)

GB 20

Sciatic

Low back jia ji to treat root of sciatic nerve

BL 23-25, BL 31, 32, 34, GB 30, BL 36, 37.

Sometimes pt will feel pain on front of leg – use stomach points like ST 31 or 38. Choose root of the sciatic nerve with jiaji points, then select another point on the sacral nerve – level of L1 for instance.

What wave form? Dense wave or dense disperse.

Hemiplegia

See slides for total points. Can use e-stim on any of these points. What wave form? Disperse or discontinuous.

Points you DON'T connect to a machine: ST 12, GB 10. Think if the points are close to a structure that might be injured if depth is too much – if so, don't use e-stim!

For paralyzed patients: use gentle stim, look at the muscle and look for contraction. If intensity is about average (most feel between 3 and 5), then follow that for these pt's too.

Arthritis

Dense or dense disperse wave. Use local points. i.e., if knee, use ST 34/35, SP 10/9, GB 34 and ashi points. Want needle to be deeper so the e-stim will get to the nerve. You probably want a machine that has light weight wires and clips so you don't have to needle so deep for the needle to stay up. If you use heavier wires, you gotta have deeper penetration of the needle.

Shoulder arthritis: jiaji points are appropriate. Hip and knee arthritis, use some lumbar and sacral located points.

Note: it's still ok to use this with artificial knees/hips.

Toothache:

Jia cheng jiang, SJ 17, ST 7/6, GB 20, LI 4, ST 44. You could connect ST 6 or 7 w/SJ17. Basically, don't use too far away points or won't be a cross stim. LI 4 and ST 44 for instance would be supplementals.

### Schizophrenia

See slides. Wire 'em up and stim 'em. Can also treat insomnia using these points. 1<sup>st</sup> row of points is primary. 2<sup>nd</sup> row of points have to do with the pattern differentiation.

### Obesity

See slides for points. Not just limited to pain or paralysis – can also be used for this. Fat mainly in ab, choose stomach area points. Can also use the points on the lower leg to improve metabolism etc. Again, 2<sup>nd</sup> row of points on the slide are for the pattern diff, channels.