

## Cutaneous Needle Technique

### Introduction

Basic idea:

Cutaneous needles used to stim skin, w/o punc deeper tissues – subcut.

Needles: Cutaneous needles = plum blossom (the plant has 5 lobes on the flower-5 needles), 7 star (7 needles). Hammer-headed device, needles clustered on other end. Gives more force for each whack and stronger stimulation. Don't really penetrate – stimulate the local area. Heads are replaceable, discard after use and keep the hammer. (Some are totally discardable)

Origin:

Multiple needles to stimulate one point. Stimulation was very strong.

- ◆ half-insertion needling
- ◆ superficial needling
- ◆ quintuple needling.

### Theories

Collaterals and vessels of 12 meridians supply the cutaneous regions superficially, so occurrence of various diseases always start at skin/pores. – per Plain Questions.

12 cutaneous regions are closely related to Jingluo and Zangfu organs, and cutaneous needles are applied to stim these regions superficially by tapping which activates and regulates the function of the Zangfu/channels to treat diseases.

Since each of the channels has its corresponding domain on the skin and is linked to 1 of the organ systems, 'tapping' the skin stimulates not only the tissues in the immediate vicinity, but channels which transverse it also.

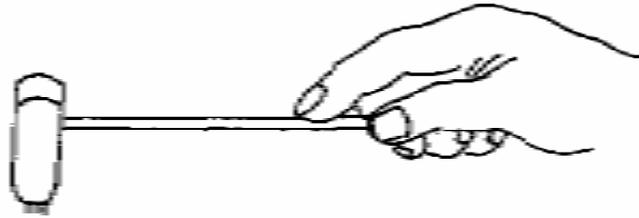
### Manipulation

#### Examination of needles

- ◆ Package should be intact and clean...unless you happen to have an autoclave in the closet and know how to use it.  
Sterilization as opposed to disposal is more common in China, fyi. Gotta know how to inspect because repeat use/autoclaving can degrade quality over time.
- ◆ Tips of needles should be level with each other, not "hooked." If they are, that's mighty painful
- ◆ Head and handle of needle should be firmly joined to avoid possible movement of head during tapping.

## Posture of holding the needles

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### Tapping Methods.

Use the force of your wrist/fingers in a bouncing force. Tap perpendicularly to evenly distribute the force on the skin. How fast: 70-90 times per minute. How long: 5-10 minutes or until skin turns pink.

For best results, use your qi and don't engage in chitchat!

The head of the instrument should strike at right angle to surf, not oblique to ditrib the force equally so one single needle doesn't punc the skin. Hold 1-2 inches above the surface of the skin and tap rapidly with wrist motion only!

Holding too high or using the arm may be too forceful and cause bleeding.

### Volume of Stimulation

Mild, mod, strong stim applied according to

- ◆ Body constitution (too weak or sensitive to handle the stimulation?)
- ◆ Age (kids are very sensitive and the elderly and weak are too. Give milder version of stimulation.)
- ◆ Condition of disease (acute, chronic, severe, etc.)
- ◆ Area to be tapped ...more on this next

### Intensity of Stimulation

- ◆ Mild
  - Skin turns pink, no pain.
    - Elderly, weak, children, preggers
    - Face, head, areas with thin muscles/tissues
- ◆ Moderate
  - Skin turns red, no bleeding, slight pain
    - Most cases except face, head, areas of thin muscle/tissues
- ◆ Strong
  - Some bleeding (light), pain
    - Strong constitution
    - Muscular areas like shoulders, back, low back, buttocks, four limbs

## Areas and Indications for Stimulation

With the channel direction = tonify, against the direction = reduce

- ◆ Basic tapping area/point
  - This is the most common use. Esp back shu area, which can stim several organs at a time – handy for complex conditions which is also rather common.
    - Du channel
      - BL channel on neck, back, sacrum (1<sup>st</sup> Bladder line for organs, 2<sup>nd</sup> line for emotional imbalances)
    - Jaiji points, reactive pts beside spine
    - Single points too.
      - Can use the the cluster at the other side of the hammer.
- ◆ Tapping along the channel
  - Regular channels below elbow and knee
- ◆ Tapping the local area
  - Disorder of joints
  - Skin disorders: numbness, neurodermatitis, rash, tinea, psoriasis, alopecia (probably better right after hairloss starts than after longterm – in china also use fresh ginger juice—cut and rub on skin for acute hairloss), etc.
    - Mild damage here can cause the body to increase blood flow, stimulation of immune response, etc.
  - Disorders of eye (carefully tap in orbital area), nose, face, head, etc.

**See the presentation, slide 6. Probably some exam questions from this chart!**

## Precautions:

### Sterile

- ◆ Disposable and plastic equipment that cannot be sterilized only on one patient
  - Then again, you shouldn't use on one area, then another – like going from foot/spleen area up to face, or butt/face, etc. Use one hammer point per area or you risk autogenous infections.
    - And this is why you shouldn't shave your legs and your face with the same razor! And why you shouldn't share razors with another person.
- ◆ Reusable needles must be sterilized after each patient following the standard procedure

### Contraindications

Not for use on skin wounds, ulcers, scars, etc.

Scar tissues – like keloiding – can be really mildly tapped to reduce nature of scar, but won't fix it.

### Other considerations

- ◆ Usual sequence of tapping from above to below, lat to med, yang to yin
- ◆ When along a meridian, single tap is given at each centimeter or so and generally 8-16 is plenty for one treatment
- ◆ Treatments are daily or alternating days, or weekly

- ◆ 10-15 treatments over a period of 2-3 weeks may be about average for most chronic diseases.