Cutaneous needle therapy

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Introduction

- Cutaneous needle /
  Plum blossom needle /
  Seven star needle
- Origin: half insertion needling /
  superficial needling /
  quintuple needling
- Stimulation of cutaneous regions of meridians
Manipulation

- Examination of needles
- Posture of holding the needles

- Tapping methods:
  - the force of wrist
  - Bouncing force
  - Perpendicular tapping
  - Frequency: 70-90/min
Stimulation intensity:

- **Mild stimulation:**
  - Skin turn to pink, no pain
    - Aged, weak, children, pregnant women
    - Face, head, areas with thin muscle

- **Moderate stimulation:**
  - Skin turn to red, no bleeding, slight pain
    - Most of the cases except face, head, and areas with thin muscle

- **Strong stimulation:**
  - Slight bleeding, pain
    - Strong constitution
    - Muscular area such as shoulder, back, low back, buttock, four limbs
**Stimulation area**

**Basic tapping area/point**
- Du channel, BL channel on the neck, back and sacrum
- Jiaji points, reactive points besides the spine

- **Tapping along the channel**
  - Regular channels below the elbow and knee

- **Tapping the points**
  - Points based on pattern differentiation

- **Tapping the local area**
  - Disorder of joints
  - Skin disorder such as numbness of the skin, neurodermatitis, rash, tinea, psoriasis, alopecia, etc.
  - Disorders of eyes, nose, face, head, etc.
<table>
<thead>
<tr>
<th>disease</th>
<th>Area to be tapped</th>
<th>Intensity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Skin numbness</td>
<td>Local area</td>
<td>Moderate - strong</td>
</tr>
<tr>
<td>Psoriasis</td>
<td>Local area</td>
<td>Moderate – strong</td>
</tr>
<tr>
<td>Alopecia</td>
<td>Local area; back shu points</td>
<td>Moderate</td>
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<tr>
<td>Acute lumbar sprain</td>
<td>Jiaji; ashi points + cupping</td>
<td>Strong</td>
</tr>
<tr>
<td>Frozen shoulder</td>
<td>Jiaji; Local area + cupping</td>
<td>Moderate-strong</td>
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<tr>
<td>Asthma</td>
<td>Jiaji, Lu channel, chest</td>
<td>Moderate</td>
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<tr>
<td>Insomnia</td>
<td>Head, neck, jiaji, Yintang, Taiyang, DU20</td>
<td>Mild – moderate</td>
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<tr>
<td>Stomachache</td>
<td>Back shu points, Upper abdomen, ST channel</td>
<td>Moderate</td>
</tr>
<tr>
<td>Abdominal pain</td>
<td>Back shu points, Abdomen, ST channel</td>
<td>Moderate</td>
</tr>
<tr>
<td>Impotence, dysmenorrhea</td>
<td>Lower abdomen, Low back, sacrum, Foot 3 yin channels</td>
<td>Moderate</td>
</tr>
</tbody>
</table>
Precautions

- CNT
  - Sterile cutaneous needle
    - Disposable and plastic equipment that can not be sterilized must be used on only one patient
    - Reusable needles must be sterilized after each patient following the standard procedure

- Contraindications:
  - Skin wound, ulcer, scar, etc