



# Cutaneous needle therapy

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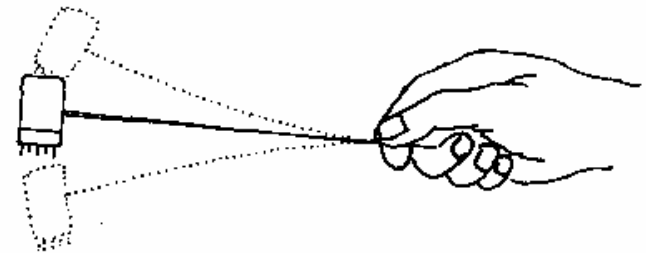
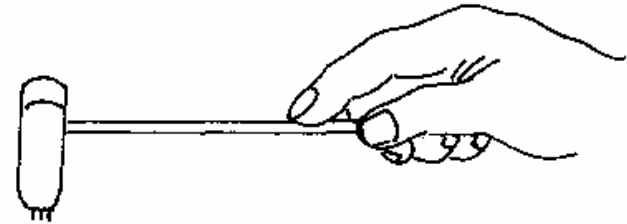
# Introduction

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- 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:

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## ■ 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

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## ■ 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.

| disease                    | Area to be tapped  | Intensity         |
|----------------------------|--|-------------------|
| Skin numbness              | Local area   | Moderate - strong |
| Psoriasis                  | Local area   | Moderate – strong |
| Alopecia                   | Local area;back shu points                                 | Moderate          |
| Acute lumbar sprain        | Jiaji; ashi points + cupping                               | Strong            |
| Frozen shoulder            | Jiaji; Local area + cupping                                | Moderate-strong   |
| Asthma                     | Jiaji, Lu channel, chest                                   | Moderate          |
| Insomnia                   | Head, neck, jiaji,<br>Yintang, Taiyang, DU20               | Mild – moderate   |
| Stomachache                | Back shu points, Upper<br>abdomen, ST channel              | Moderate          |
| Abdominal pain             | Back shu points, Abdomen,<br>ST channel                    | Moderate          |
| Impotence,<br>dysmenorrhea | Lower abdomen,<br>Low back, sacrum,<br>Foot 3 yin channels | Moderate          |



# Precautions

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- 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