

## Second Metacarpal Bone Therapy

This may be the original to the hand therapies. Guy that came up with is, Prof Zhang Yingqing in 1973, was an animal biologist at Shangdong University, in the north of China. Techniques combined with acupuncture techniques to yield microsystem theories, a very important new idea in chinese medical therapies.

See slide 3 of [Second Metacarpal Bone therapy.pdf](#).

Principles of ECIWO (see slide 2, 4)

- Each bone segment of the body correspond to the various regions of whole body, one to one – see slide 3.
- There's a physiological/patho
- Asdfjlkasdlkjf

Anatomic structure: stimulate *on* side surface of the 2<sup>nd</sup> metacarpal, bone membrane. The stimulation is very strong, very good for pain. You can teach your patients how to stimulate LI 4 and press into the bone with their fingernails for best pain relief.

There are 2 subsystems:

- Original one is more complex, more complex breakdown.
- Modern system is much simplified – broken into fewer equal parts

See slide 7 - + represents head on the left, foot on the right.

### Head Point

See slide 9. 'bout LI 3 at the MCP joint. FEEL the depression here. Treats head and facial stuff. See the slide. Note that this isn't contralateral – either MC2 bone is a microsystem of the whole body.

### Reproductive or Foot Point

Slide 10. Corresponds to the hip/groin/uterus, etc area. This is at the junction of the 1<sup>st</sup> and 2<sup>nd</sup> MC bones (base of the bones). Treats genital/repro system/legs. Also, this same point is used for sciatica in Master Tong's points. Not mentioned on the slides. Needle towards the 2<sup>nd</sup> bone on the process of the bone.

### Spleen/Stomach/Middle point

Slide 11. Middle of the 2<sup>nd</sup> MC point. Gastrointestinal apps mostly.

### Lung/Heart

Slide 12. Location: mid between head and spleen/stomach

### Neck/Shoulder

Slide 13. Between lung/heart and head.

## **Liver/Gallbladder**

Slide 14. Midway between Heart/Lung and spleen/stomach. Insomnia can be treated via liver/gallbladder in addition to the heart stuff.

## **Kidney**

Slide 15. Upper ¼ of the line connecting stomach and reproductive, or between stomach and lumbar.

## **Lumbar Point**

Slide 16. Mid between stomach and reproductive. L2-3 area is here. Use it for lumbar sprain and lumbar/leg pains.

## **Lower Abdomen point**

Slide 17

## **Diagnosis methods**

Slide 18. To dx, press with same strength to palpate for tenderness. You can use an ear probe for this which is extremely handy – recommended that we get one! Focus on the patient's facial rx! Dr. Liu disagrees with the left finger to left body, right finger to right body.

## **Checking Bioelectrography points.**

Slide 20. Rather high tech – can check reactivity. Shows the aptitude and wows the doubters.

## **How to select points**

Slide 20.

1. – for anatomical issues.
2. – refers to the same side principles.
3. – TCM theory, organ's function like spleen for muscles, liver blood or heart for insomnia, etc.

Note:

For test and for treatment: breast tenderness with inflammation choose area related points as your first selection. If this is caused by liver dysfunction – emotional or PMS – then the liver would be the better selection, but you still need to treat locally as well. This is location plus differentiation. You could also think channel thoughts – stomach for instance. Basically, this all depends on what is causing, but still use the local stuff!

4. – there may be several points for a location. Choose the one that is most sensitive. No more than 2-3 points for this treatment

## **Manipulation methods**

Slide 21. Generally, you need a ½ cun needle max, no. 28-30 in size. Don't use the hand needles – too short.

Lay the hand with the 2<sup>nd</sup> mc bone up, resting on the ulnar surface of the hand. Needle perpendicularly on the radial border of the bone, just deep enough to touch the bone. Needle the head point at a 30 degree angle down the bone from distal to proximal. You can change the angle of the needle if there isn't enough sensation.

Retain the needle 30 minutes. If sensation wanes too much, needle it again.

You can also use pressing methods with magnets or pellets.

**Clinical applications**

See slide 22

**Precautions**

See slide 23.