

## Second Metacarpal Bone Therapy

**What are the 3 principles of ECIWO (embryo containing the information of the whole organism)?**

1. Each long bone segment (i.e., 2<sup>nd</sup> MC) of the human body corresponds to the various regions of the whole body, one to one.
2. There is a physiological or pathological correspondence between each pair of corresponding regions.
3. Distribution of correlated regions on each (long) bone segment is in an epitome-of-the-whole body style

**How many points are there when you are using the original 2<sup>nd</sup> Metacarpal Bone Therapy style of needling?**

12

**What are they from top to bottom.**

1. Head
2. Neck
3. Upper Arm
4. Lung and Heart
5. Liver
6. Stomach
7. Duodenum
8. Kidney
9. Lumbar
10. Lower abdomen
11. Leg
12. Foot

**How does the modern system differ from the original system?**

The modern system divides the 2<sup>nd</sup> MC bone into fewer equal parts.

**What are the nine divisions for the more modern version of the 2<sup>nd</sup> MC bone therapy moving from the head of the bone (distally) to the base of the bone (proximally)?**

1. Head point
2. Neck/shoulder
3. Lung/Heart
4. Liver/GB
5. Spleen/Stomach
6. Kidney
7. Lumbar
8. Lower Ab
9. Foot/Reproductive

**What is the middle point in both systems?**

Stomach, just like in the body.

**Do you needle contralaterally or unilaterally with 2<sup>nd</sup> MC Bone Therapy?**

You can needle unilaterally. Both 2<sup>nd</sup> Metacarpal Bones are microsystems for the whole body. That said, use left bone for left side of body and right bone for right side of body.

**For the modern 2<sup>nd</sup> MC Bone Therapy, give the location, organs/tissues affected, and indications for each point below.**

Point	Location	Organ/tissue affx	Indications
<b>Head</b>	Depression posterior to radial side of MCP joint of 2 <sup>nd</sup> MC. Similar to LI 3	Head, eye, ear, nose, mouth, tooth	<ul style="list-style-type: none"> <li>• Head/facial areas</li> <li>• 5 sense problems (i.e., toothache, headache, trigeminal neuralgia, acute conjunctivitis, etc.)</li> </ul>
<b>Neck/Shoulder</b>	Midway between LU/HT and head points.	Neck, thyroids, throat, upper trachea, upper esophagus, shoulder, upper limbs.	<ul style="list-style-type: none"> <li>• Frozen shoulder</li> <li>• Stiff neck</li> <li>• Elbow/wrist disorders</li> <li>• Throat diseases</li> </ul>
<b>Lung/Heart</b>	Mid point between SP/ST point and the head point	Lung, breasts, lower trachea, lower esophagus, back.	<ul style="list-style-type: none"> <li>• Heart</li> <li>• Lung</li> <li>• Breast Glands</li> <li>• Bronchial diseases</li> <li>• Diseases of upper back</li> </ul>
<b>Liver/GB</b>	Mid point between LU/HT and SP/ST points	Liver, gallbladder	<ul style="list-style-type: none"> <li>• Liver disease</li> <li>• Gallbladder disease</li> <li>• Insomnia</li> </ul>
<b>Spleen/Stomach (Middle)</b>	Mid point between head and foot/reproductive area	Spleen, Stomach, pancreas, diaphragm	<ul style="list-style-type: none"> <li>• Gastrointestinal diseases (gastritis, st ulcer, etc.)</li> <li>• Muscular diseases and sprain.</li> </ul>
<b>Kidney</b>	Upper ¼ of distance between SP/ST and Foot/Repro.	Kidney, LI, SI	<ul style="list-style-type: none"> <li>• Enuresis</li> <li>• Kidney disorders</li> <li>• Lower ab disorders</li> </ul>
<b>Lumbar</b>	Mid point between SP/ST and Foot/Reproductive	Lumbar, navel, small intestine, large intestine	<ul style="list-style-type: none"> <li>• Lumbar sprain</li> <li>• Lumbar-leg pain</li> </ul>

	points		
<b>Lower Abdomen</b>	Mid point between Lumbar and Foot/Repro points	Lower abdomen, LI	Lower ab disorders such as appendicitis, enteritis
<b>Foot/Repro</b>	Junction of 1 <sup>st</sup> and 2 <sup>nd</sup> MC bones (bases). Needle toward 2 <sup>nd</sup> bone on the process.	Uterus, UB, rectum, ovaries, testicles, vagina, urethra	<ul style="list-style-type: none"> <li>• Uterus</li> <li>• UB</li> <li>• Anal disorders</li> <li>• Diseases of the foot</li> </ul>

**How do you use this therapy to diagnose?**

Press from head point to foot/reproductive point, focusing on patient’s facial reaction. Use an ear probe tool for most precise effect.

**If many points along the bone are sensitive, how do you select?**

Select the most sensitive one. You can also select based on TCM theory and where the dysfunction is on the body.

**What size needles do you use for 2<sup>nd</sup> MC Bone Therapy?**

No. 28-30 (16mm) and about ½ cun in depth.

**What are the insertion techniques for this therapy?**

Find and clean the painful point.

Needle perpendicular and on the radial border...except for the head point, which is at a 30 degree angle. You can change the direction of the needle if there is not strong stimulation.

**How long do you retain the needle?**

30 minutes, manipulating when stimulation becomes weak.

**What can you do besides needling to stimulate these points?**

You can use ear seeds or magnetic pellets, send the patient home with them in and have them press on them.

**What is the primary clinical application for Second Metacarpal Bone Therapy? Give examples**

Mainly for painful syndromes and functional disorders.

Facial spasms, trigeminal neuralgia, facial paralysis, stiff neck, toothache, shoulder pain, tonsillitis, sore throat, palpitations, gallstones, insomnia, stomachache, gastritis, sciatic pain, arthritis, lumbago, dysmennorrhea, hypochondriac pain, etc.

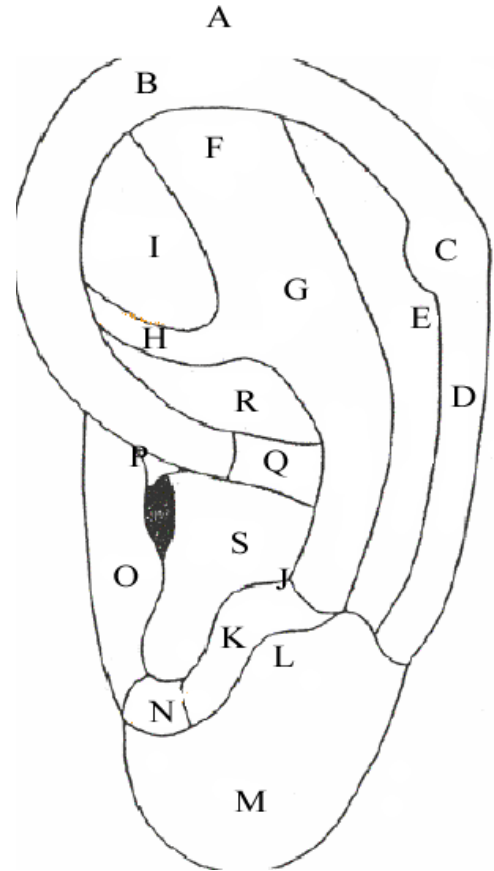
**What are the two main precautions for this therapy?**

1. Since stim is strong, explain this to patients to prevent fainting and acushock.
2. Because points are so close together, focus on location and sensitivity of point to find the best spot.

## Auricular Acupuncture

Label the anatomical features of the ear as shown in the diagram to the right.

A	Apex
B	Helix (superior portion labeled here)
C	Darwin's tubercle or Helix tubercle
D	Helix (Helix tail labeled here)
E	Scaphoid Fossa (or Scapha)
F	Superior Antihelix Crus
G	Antihelix (Body labeled here)
H	Inferior Antihelix Crus
I	Triangular Fossa
J	Helix notch
K	Antitragus
L	Helix Cauda
M	Lobe or Lobule
N	Intratragic notch
O	Tragus
P	Supratragic notch
Q	Helix Crus/Root or Concha Ridge
R	Superior Concha or Cymba Concha
S	Inferior Concha or Cavum Concha



How many points are there in the current flavor of auricular acupuncture we are studying?  
90

Auricular acupuncture superimposes a human figure over the ear. What does it look like and how is it oriented?

Looks like a developed fetus, head down with face and body  $\frac{3}{4}$  oriented toward the anterior. The arm of the child runs from the bottom to top of the scaphoid fossa, the spine along the antihelix, the organs curved around the concha ridge or helix crus.

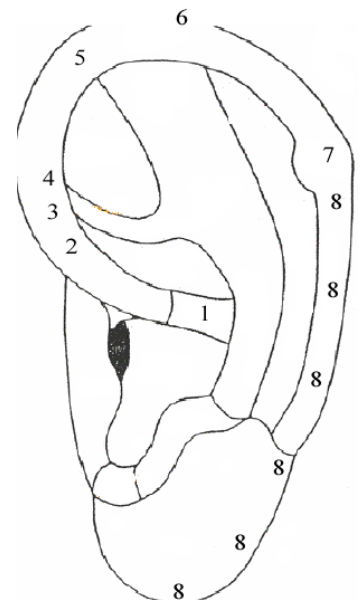
Give the area represented for each anatomical ear feature below:

Ear Lobe	Head/facial area
Antitragus	Head and brain
Tragus	Nose and throat
Body of antihelix	Trunk
Superior Antihelix	Lower limbs

Inferior Antihelix	Hip, buttock
Scaphoid fossa	Upper limbs
Triangular fossa	Pelvic cavity, internal genitals, Shenmen
Root/Crus of Helix	Diaphragm
Area surrounding the Helix Crus	Digestive tract
Cymba concha/superior concha	Abdominal cavity
Cavum concha/inferior concha	Thoracic cavity

**Identify the 8 points on the Helix of the ear shown in the diagram below.**

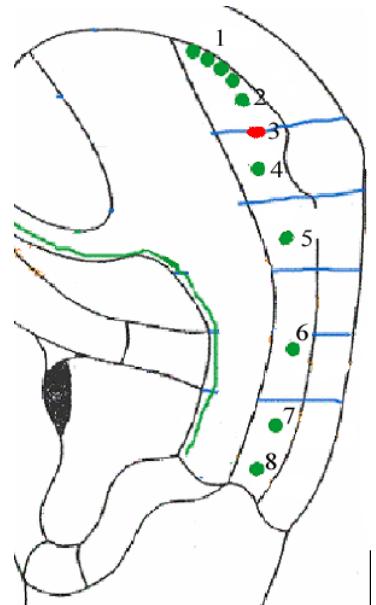
	Name	Location	Indication
1	Middle Ear/ diaphragm	Helix crus/root, concha ridge	<ul style="list-style-type: none"> <li>• Hiccups</li> <li>• Jaundice</li> <li>• Hemoptosis</li> <li>• Urticaria</li> <li>• Cutaneous pruritus</li> <li>• Infantile enuresis</li> <li>• Jaundice</li> </ul>
2	Rectum	On helix, just superior to the supratragic notch	<ul style="list-style-type: none"> <li>• Constipation</li> <li>• Diarrhea</li> <li>• Anal prolapse</li> <li>• Hemorrhoids</li> <li>• Tenesmus</li> </ul>
3	Urethra	On helix, lvl with lower border of inferior antihelix crus	<ul style="list-style-type: none"> <li>• Enuresis</li> <li>• Freq/urg/pain of urination</li> <li>• Retention of urine</li> </ul>
4	External genitalia	On helix, level with upper border of inferior antihelix crus	<ul style="list-style-type: none"> <li>• Impotence</li> <li>• Inflamm of ext genital orgs</li> <li>• Eczema of perineum</li> </ul>
5	Hemorrhoid Nucleus	On helix, lvl with lower border of superior antihelix crus	<ul style="list-style-type: none"> <li>• Internal and external hemorrhoids</li> </ul>
6	Ear apex	Tip of ear, superior	<ul style="list-style-type: none"> <li>• Fever</li> </ul>



		edge of helix	<ul style="list-style-type: none"> <li>• Hypertension</li> <li>• Conjunctivitis</li> <li>• Hordeolum</li> </ul>
7	Liver Yang	Auricular or Darwin's tubercle	<ul style="list-style-type: none"> <li>• Dizziness</li> <li>• Headaches</li> <li>• Hypertension</li> </ul>
8	Helix 1-6	Lower border of auricular tubercle to the zenith of the ear lobe. Divide so region is in 5 equal parts.	<ul style="list-style-type: none"> <li>• Fever</li> <li>• Acute tonsillitis</li> <li>• Hypertension</li> </ul>

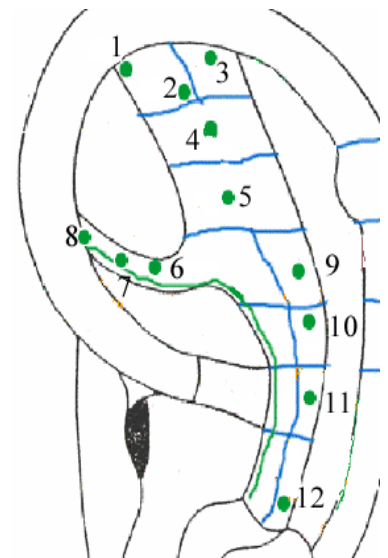
Identify the points in the Scaphoid Fossa as shown in the drawing below.

	Name	Location	Indication
1	Fingers	4 points at the top of the scapha	Disorders of the fingers
2		(Thumb—forget it)	
3	Wind Stream (aka allergic area, urticaria point)	Between fingers and wrist point	<ul style="list-style-type: none"> <li>• Allergic Rhinitis</li> <li>• Urticaria</li> <li>• Cutaneous pruritus</li> </ul>
4	Wrist	Level with the auricle tubercle	<ul style="list-style-type: none"> <li>• Wrist sprain</li> <li>• Pain and swelling in wrist area.</li> </ul>
5	Elbow	Midway between fingers and clavicle point in the 3 <sup>rd</sup> area of the scapha	<ul style="list-style-type: none"> <li>• Pain in elbow</li> </ul>
6	Shoulder	In the 4 <sup>th</sup> and 5 <sup>th</sup> scaphoid area	<ul style="list-style-type: none"> <li>• Pain</li> </ul>
7	Master Shoulder or Shoulder joint	Between shoulder and clavicle	<ul style="list-style-type: none"> <li>• Frozen shoulder</li> <li>• Painful shoulder</li> </ul>
8	Clavicle	6 <sup>th</sup> area of the scapha, level with the helix notch (or helix tragic notch)	



Identify the points on the inferior and superior antihelix crus as shown in the drawing.

	Name	Location	Indication
1	Heel	Medial/superior angle of the superior antihelix crus	Heel pain
2	Ankle	On superior antihelix crus, midway between heel (1) and knee (4)	Ankle sprain
3	Toes	Laterosuperior angle of the superior antihelix crus	<ul style="list-style-type: none"> <li>• Pain in the toes</li> <li>• Paronychia</li> </ul>
4	Knee	Middle of the superior antihelix crus	Pain and swelling of the knee
5	Hip	Inferior 1/3 of the superior antihelix crus	<ul style="list-style-type: none"> <li>• Hip joint pain</li> <li>• Sciatica</li> </ul>
6	Buttocks	Posterior 1/3 of the inferior antihelix crus	<ul style="list-style-type: none"> <li>• Pain in the lumbar region</li> <li>• Sciatica</li> </ul>
7	Sciatic nerve/ischium	Middle 1/3 of the inferior antihelix crus	Sciatica
8	Sympathesis (sympathetic nerve)	Anterior end of the inferior antihelix crus	<ul style="list-style-type: none"> <li>• Palpitations</li> <li>• Spontaneous sweating</li> <li>• Funx disorders of autonomic nervous system.</li> <li>• Gastrointestinal pain/spasm</li> <li>• Angina pectoris</li> <li>• Rectal colic</li> </ul>



Divide the body of the Helix down the middle. The posterior side is the spine, the anterior side closer to the auditory opening is neck, chest, abdomen.

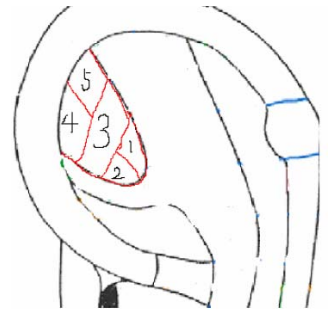
9	Lumbosacral	Upper 2/5ths of the antihelix body	Lower back pain
10	Abdomen	On antihelix body, level with lower brdr of inferior antihelix crus	Ab pain and distention Diarrhea Acute lumbar sprain Women's diseases
11	Thoracic region	Mid 2/5ths of the antihelix body, actually covering the region of 10 and 11	
	Chest	On antihelix body level with the suprtragric notch	Pain in chest/hypochon region Mastitis Insufficient lactation
12	Cervical spine	Posterior side of the lower 1/5 <sup>th</sup> of the antihelix body	Stiff neck Cervical spondylopathy
	Neck	Anterior side of the lower 1/5 <sup>th</sup> of the antihelix body	Stiff neck Pain and swelling of the neck Goiter





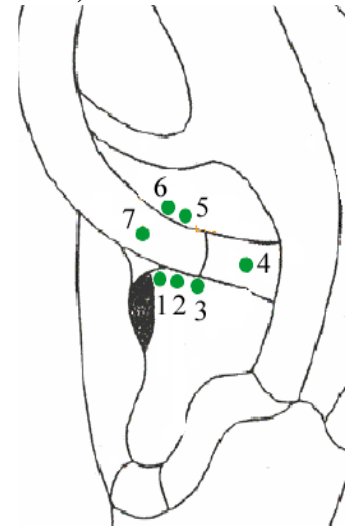
**Identify the points in the Triangular Fossa as shown in the drawing**

	<b>Name</b>	<b>Location</b>	<b>Indication</b>
<b>1</b>	Shenmen	Superior area of the posterior 1/3 of the triangular fossa where the superior and inferior antihelices bifurcate.	<ul style="list-style-type: none"> <li>• Insomnia</li> <li>• Dream-disturbed sleep</li> <li>• Pain</li> <li>• Emotional disorders</li> </ul>
<b>2</b>	Pelvic Cavity	Inferior portion of the posterior 1/3 of the triangular fossa where the superior and inferior antihelices bifurcate.	<ul style="list-style-type: none"> <li>• Pelvic inflammation</li> <li>• Irregular menstruation</li> <li>• Lower ab pain/distention</li> </ul>
<b>3</b>	Middle Triangular Fossa	Mid 1/3 of the triangular fossa	Asthma
<b>4</b>	Internal Genitalia	Middle of the depression in the inferior portion of the anterior 1/3 of the triangular fossa	<ul style="list-style-type: none"> <li>• Irregular menstruation</li> <li>• Dysmenorrhea</li> <li>• Leukorrhagia</li> <li>• Dysfunctional uterine bleeding</li> <li>• Nocturnal emission</li> <li>• Prospermia</li> <li>• Prostatitis</li> </ul>
<b>5</b>	Superior Triangular Fossa	Anterior 1/3 of the triangular fossa, superior aspect.	Hypertension

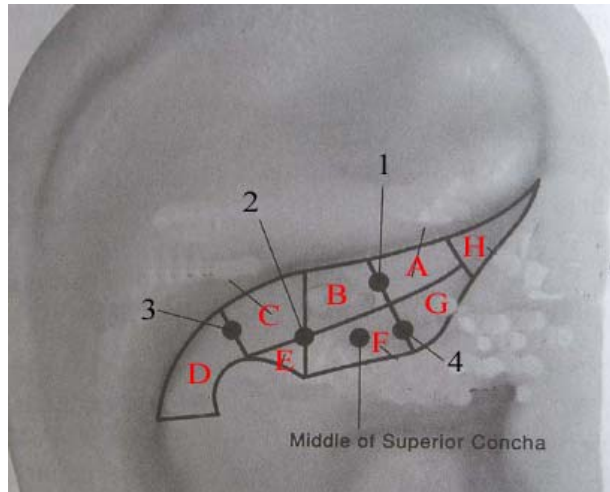


**Identify the points around the periphery of the Helix Crus (aka, Root of the Helix)**

	<b>Name</b>	<b>Location</b>	<b>Indication</b>
<b>1</b>	Mouth	Close to the posterosuperior aspect of the auditory opening below the helix	<ul style="list-style-type: none"> <li>• Facial paralysis</li> <li>• Stomatitis</li> <li>• Cholecystitis</li> </ul>
<b>2</b>	Esophagus	Mid 2/3 point of the margin of the inferior aspect of the helix crus	<ul style="list-style-type: none"> <li>• Esophagitis</li> <li>• Esophagisms</li> <li>• Vomiting</li> </ul>
<b>3</b>	Cardiac orifice	Posterior/lateral 1/3 of the inferior margin of the helix crus	<ul style="list-style-type: none"> <li>• Cardiospasm</li> <li>• Nervous vomiting</li> <li>• Nausea</li> </ul>
<b>4</b>	Stomach	Area where the helix crus terminates	<ul style="list-style-type: none"> <li>• Gastrosplasm</li> <li>• Gastritis</li> <li>• Gastric ulcer</li> <li>• Insomnia</li> <li>• Toothache</li> <li>• Indigestion</li> <li>• Vomiting</li> <li>• Nausea</li> </ul>
*	Duodenum	Between Small Intestine and Stomach	
<b>5</b>	Small Intestine		
*	Appendix	Between small intestine and large intestine	
<b>6</b>	Large Intestine		



Identify the points in the cymba/superior concha as shown in the drawing.



	Name	Location	Indication
A	Bladder	On the anterior aspect of the lower border of the inferior helix crus	<ul style="list-style-type: none"> <li>• Lumbago</li> <li>• Cystitis</li> <li>• Retention of urine</li> <li>• Occipital pain</li> <li>• Bladder channel disorders</li> </ul>
B	Kidney	On the lower border of the inferior helix crus directly above SI, surrounded by the middle of the superior concha.	<ul style="list-style-type: none"> <li>• Urogenital disorders</li> <li>• Gynecopathy</li> <li>• Lumbar pain</li> <li>• Tinitus</li> <li>• Insomnia</li> <li>• Dizziness</li> </ul>
C	GB and pancreas		•
D	Liver	Posterior and inferior border of the cymba concha	<ul style="list-style-type: none"> <li>• Hypochondriac pain</li> <li>• Dizziness</li> <li>• Eye disease</li> <li>• Irregular menstruation</li> <li>• Dysmenorrhea</li> </ul>
E			
F			
G			
H			
1			
2			
3			
4			

