

The Second Metacarpal Bone Therapy

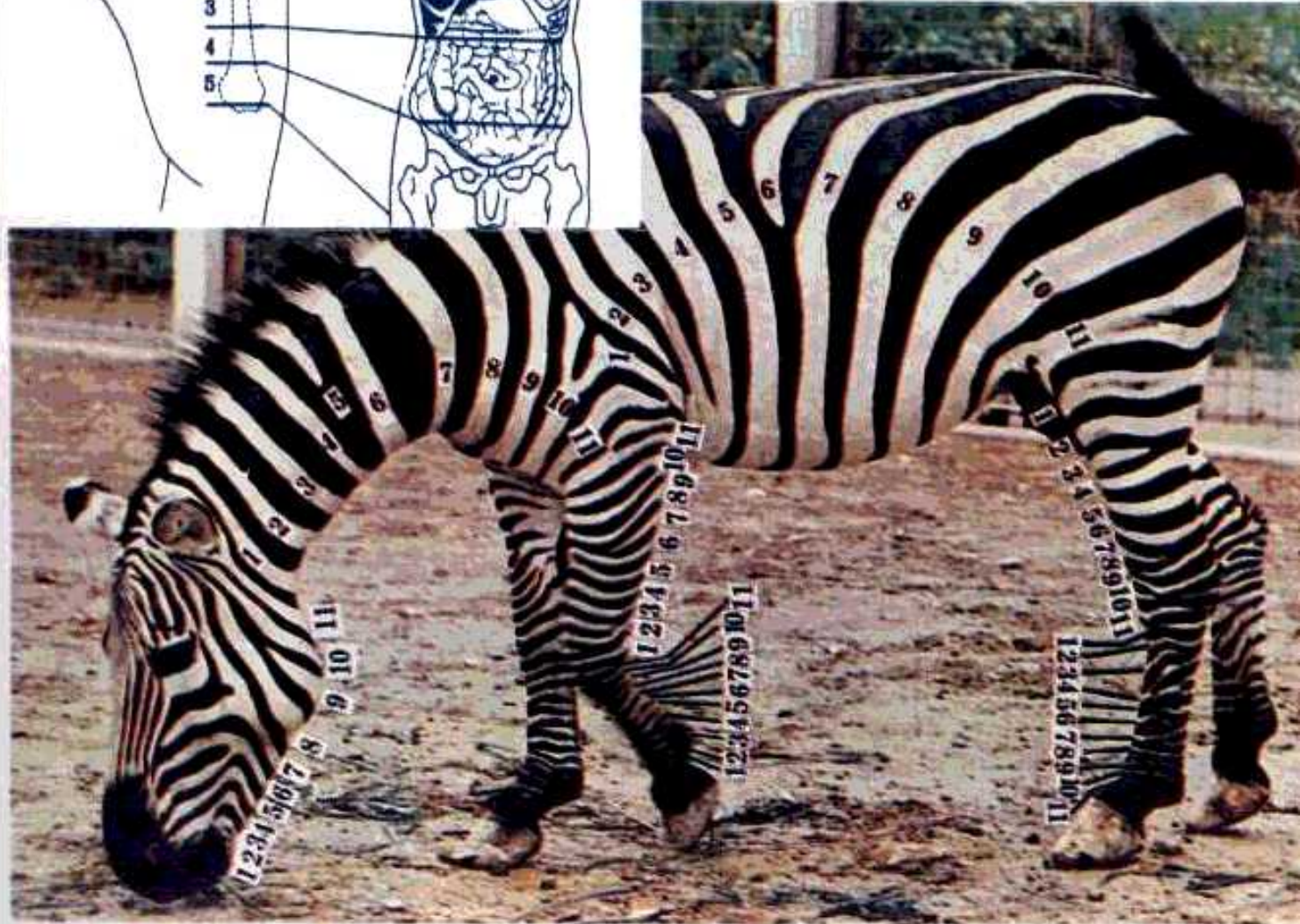
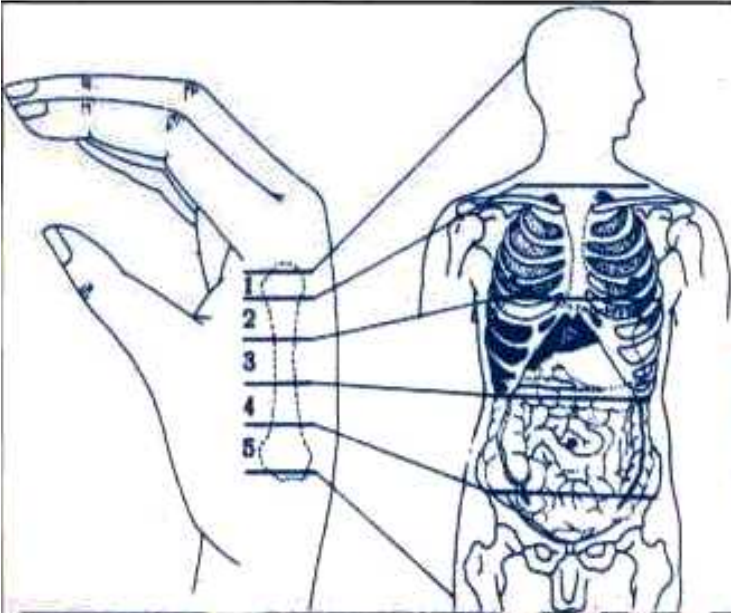
Yuxing Liu



Academy of Oriental Medicine at Austin

Introduction and anatomy

- **History:** discovered by Prof. *Zhang, Yingqing* firstly in 1973. Shandong University, China.
- **ECIWO** acupuncture (Embryo Containing the Information of the Whole Organism) or Bio-holographic diagnosis and therapy

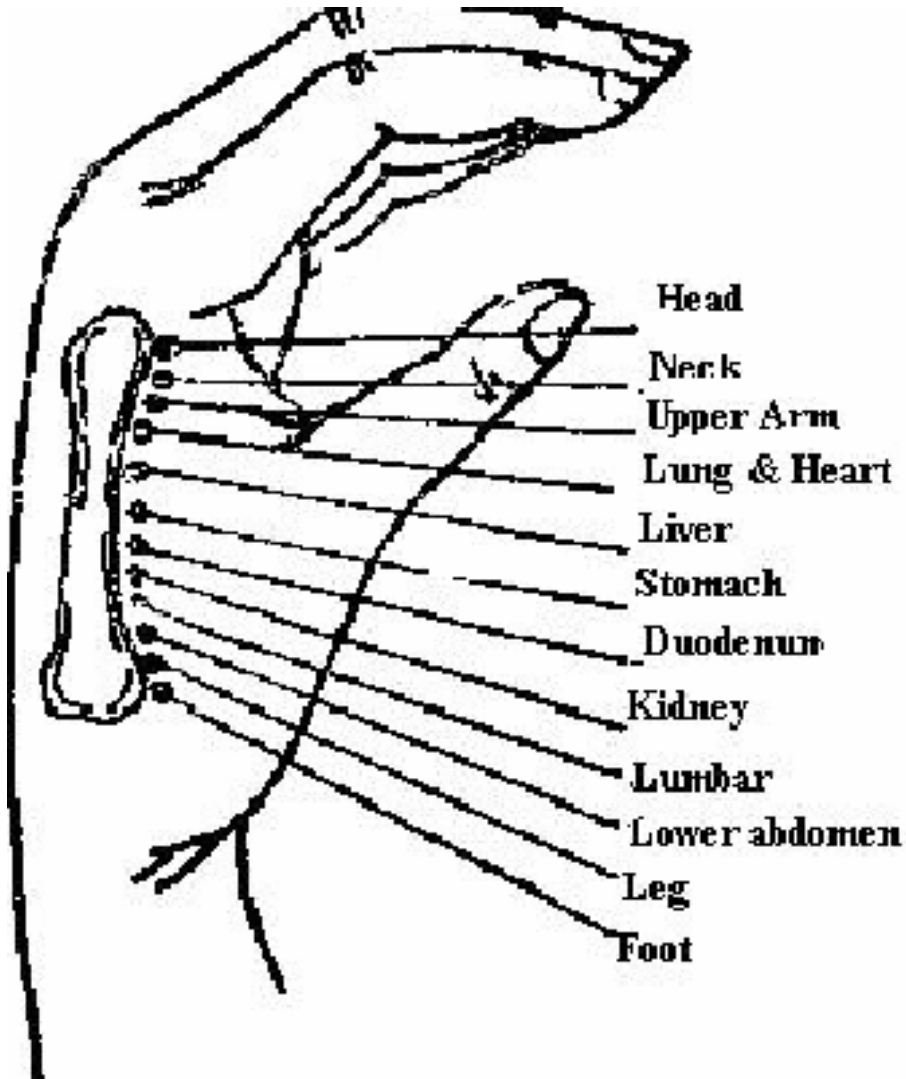


Principles of ECIWO

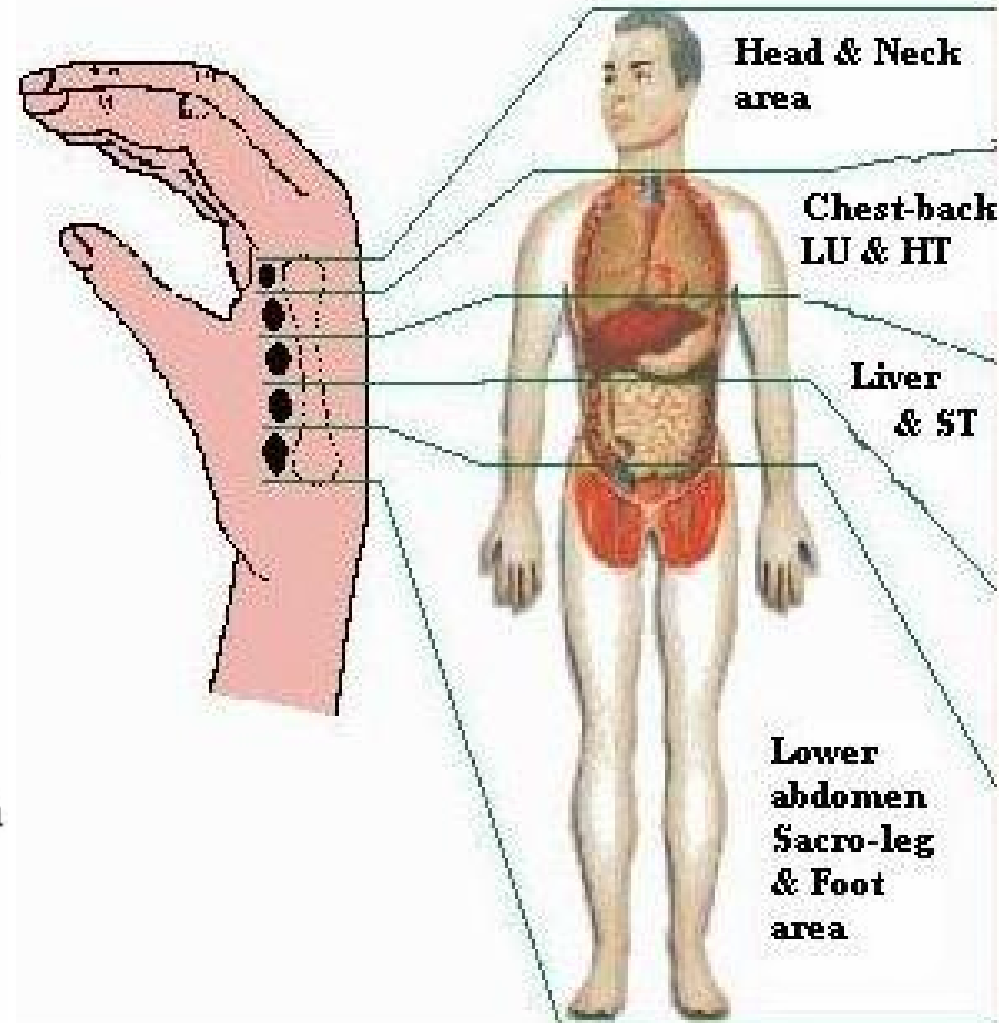
- Each long bone segment (e.g. the second metacarpal segment) of the human body correspond to the various regions of the whole body one to one ;
- There exists a physiological or pathological correlation between each pair of corresponding regions.
- The distribution of the correlated regions on each long bone segment is in an epitome-of-the-whole-body style.

- **Characters:** Convenient to use, The manipulations are simple
- The **Anatomic structures** on the side of the Second metacarpal bone
- **Include:** the second metacarpal bone and muscles, radial nerve, blood vessel, skin, which contains a great deal of free-endless-terminal nerves

Original



Modern



- Original one: 12 points



- Modern one: 9 points



Point Location and Indications

- **The Principle of point location**
 1. Like a sitting fetus with flexed legs (or a person standing)
 2. The two poles of the 2nd metacarpal bone, then locate the middle point between the two poles

The major points and their corresponding Zang-fu organs

1 . Head Point

Organs & tissues related (OTs Related): head, eye, ear, nose, mouth, tooth

Location : in the depression posterior to the radial side of metacarpal-phalangeal joint of the index finger, which is similar to the point “LI3”.

Indications : Treat the head & facial areas, five sense organs' diseases like Toothache, Headache, Trigeminal neuralgia, Acute conjunctivitis.

2.Reproductive (or Foot) Point

OTs Related : uterus, urine bladder, rectum, ovary, testicles, vagina, urethra.

Location : on the crossing between the first and second metacarpal bone.

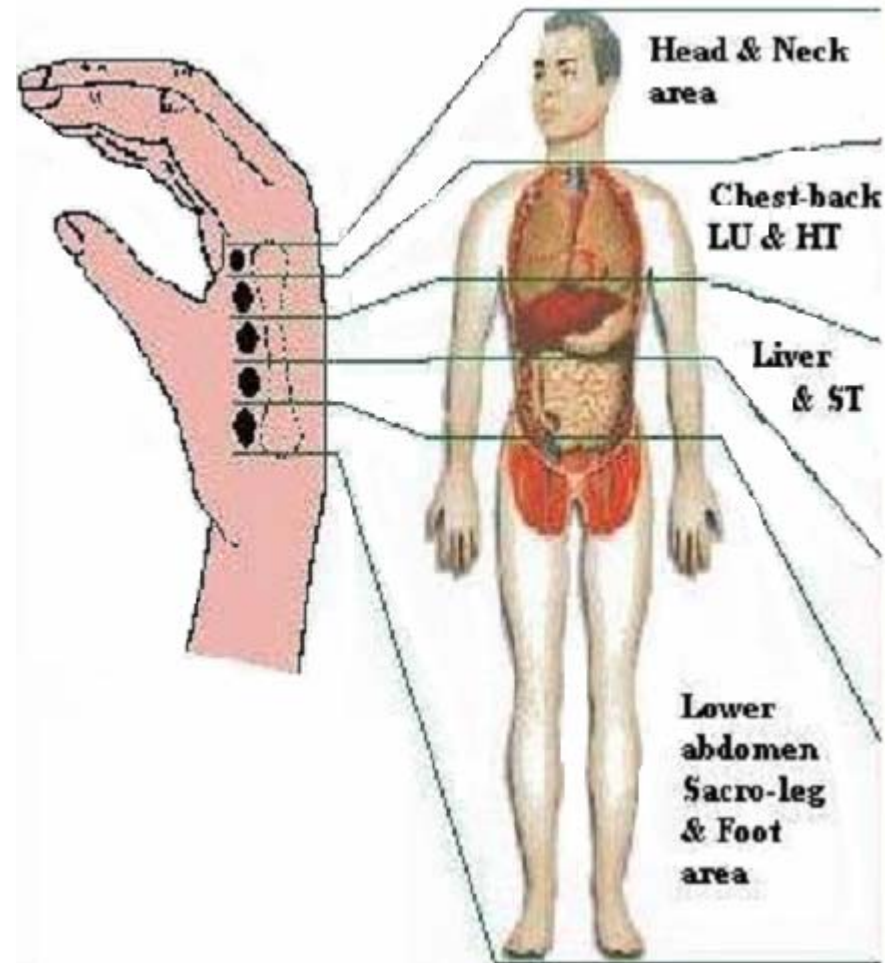
Indications: uterus, urine bladder, urethra, anal disorders, and diseases of the foot.

3. Spleen-stomach point

OTs Related: Spleen, stomach, pancreas, diaphragm.

Location : on the middle point between Reproductive point and Head point.

Indications : Gastrointestinal diseases such as gastritis, stomach ulcer; Muscular diseases, sprain.



4.Lung-heart Point

OTs Related: lung, heart, breast glands, trachea (lower segment), esophagus (lower segment), back

Location : on the middle point between Head point and Spleen & stomach point.

Indications : Heart, Lung, Breast(glands), bronchial diseases, and diseases of the upper-back

5. Neck-shoulder Point

OTs Related : Neck, thyroid-gland, throat, upper trachea, shoulder, upper limbs, esophagus

Location : on the middle point between head point and Heart & Lung point. ◦

Indications : Frozen shoulder, stiff neck, elbow & wrist disorders, and throat diseases.

6. Liver-gallbladder Point

OTs Related: Liver, gallbladder

Location : on the middle point between Heart-lung point and Spleen-stomach point.

Indications : Liver & gallbladder diseases, insomnia.

7. Kidney Point

OTs Related : Kidney, large intestine, small intestine

Location : on the upper $\frac{1}{4}$ of the line connecting Stomach point and Reproductive point.

Indications : enuresis, kidney, and lower abdominal disorders.

8. Lumbar Point

OTs Related: Lumbar, navel, large intestine, small intestine.

Location : on the middle point between Spleen-stomach point and Reproductive point.

Indications : Lumbar sprain, lumbar-leg pain.

9. Lower Abdomen Point

OTs Related : Lower abdomen, large intestine

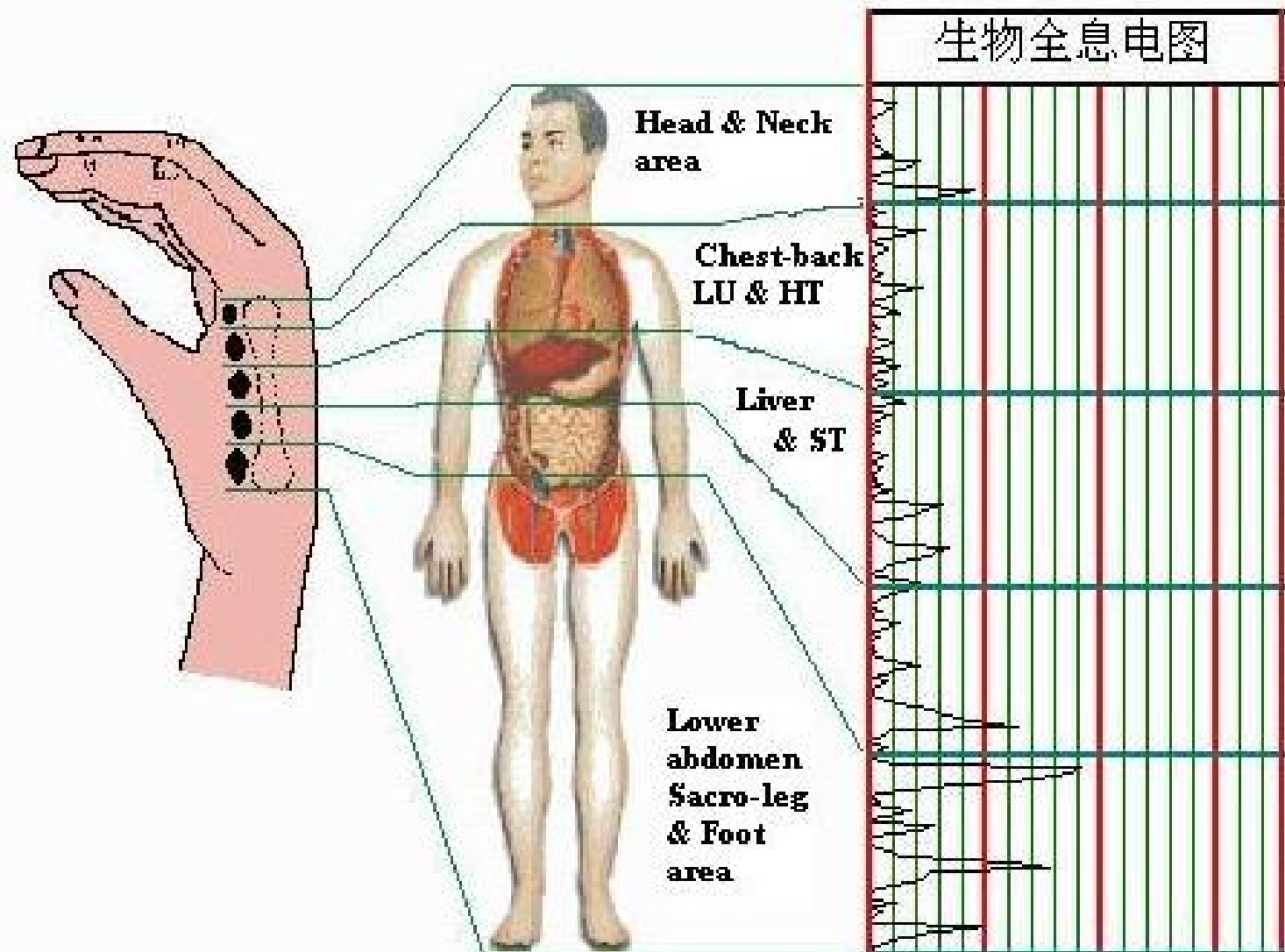
Location : on the middle point between Lumbar point and Reproductive point.

Indications : the lower abdominal disorders like appendicitis, enteritis.

Diagnosis Methods

1. Pressing from head to foot (reproductive point), searching for the sensitive points, focusing on the patient's facial reaction.
2. Left finger corresponding to Left side of body; Right finger to Right side of body.

Checking the Bioelectrography of the Points



Principle for point selection

- 1. Position correspondent points: head point could be selected for head disorders like headache.
- 2. Select the same side points according to the diseases' location, left 2nd metacarpal bone for the left side of the body.
- 3. TCM theory (Zang-fu organs functions)
- 4. Less points with the right location; sensitive points can be detected by palpation, if more than 3, only select the most sensitive one.

•Manipulating Method:

•Needling Methods:

- 1. **Tools:** No. 28-30 0.5 cun filiform needle.
- 2. **Inserting needle:** detect the painful point first, then clean the local area; perpendicularly needle on its radial border. To needle head point with 30 degree angle. Change the direction of needle tip if there is not a strong needling sensation.
- 3. **Keeping the needle:** retain the needle about 30 minutes, if the needling sensation becomes weak, stimulate it again.

•Pressing methods:

- Magnet or pellets stimulating.

Clinical Applications

- **Mainly for Painful syndromes and Functional disorders.**

Including:

Facial spasm/ paralysis, trigeminal neuralgia, stiff neck, toothache, shoulder pain, tonsillitis; sore throat, gall stones, palpitations, insomnia; stomachache, gastritis, sciatica, arthritis, lumbago, dysmenorrhea, hypochondriac pain and so on.

Precautions

- 1. The stimulation of this method is strong, explain it clear to the patients before needling to prevent fainting (acu-shock).
- 2. Since the points are so close together; Focus both on the location and the sensitivity to determine the best point for the patient.

Typical Case

- Xiao, a 40-year-old farmer, paid a visit on a stretcher in September 1994, because he had sprained his waist by accident while cutting firewood the day before. The sprain was so painful that he could not stand, squat and turn over in bed at night. On physical examination, both sides of his first to fourth spinal processes were very tender.

Point selection:

Needling process: