

Course:	Advanced Acupuncture Theory and Techniques 2	Date:	April 22, 2009
Class #:	2		

Twelve Kinds Needling Technique

This treats diseases of the 12 meridians. There are 12 different techniques covered in the Twelve Kinds Needling Techniques. The nine kinds were somewhat about formula. This is strictly technique.

Symmetrical Needling (Ou Ci)

This treats **Zangfu organ diseases** by combining both front mu and back shu points at the same time. You are needling both the back of the body and the front of the body at the same time. Sometimes called “couple needling” or “Yin-Yang needling.” You can use lateral recumbent position and needle at the same time or you can needle the back then the front while patient is prone or supine.

This an effective treatment for Zang fu organ’s problems.

Trigger Needling (Bao Ci)

This treats **wandering Bi syndrome**. Wandering bi syndrome means you don’t know where the pain is going to travel next.

Needle the region that feels painful to the patient. Manipulate the needle and ask the patient if the pain has stopped. When the pain stops you remove the needle and see if the pain moves. If so, needle there next. Basically you are following the wandering pain around.

Don’t confuse this with the term ‘trigger point.’ The Chinese term Bao means something like ‘report to me.’ The patient is telling you where the pain is, you needle, patient reports, you needle the next place, etc.

Rehabilitating Needling (Hui Ci)

This treats bi syndrome due to cramping of the muscles by needling around the affected region. This helps restore the function of the affected area. This is mostly, but not always, on the joints.

Needle is inserted beside the joint. Needle Qi sensation is obtained and withdraw so needle is sitting shallowly in the tissue. Now have the patient move the joint. Repeat, changing the direction of the needle for dredging the meridian. This relieves spasms of the tendons.

Alternatively, instead of using only 1 needle, you could use a couple of needles and do this, having the patient move at the prescribed time.

Ranked Needling (Qi Ci)



Similar to rehabilitating needling, but uses more needles at the same time. Treats deep bi syndromes. Ranking uses 3 needles. The term “ranked” means something like the major problems has ‘assistants’ which you also needle. This is similar to using HT 7 to calm the spirit or Buddha’s triangle to make the treatment stronger.

Often used for sciatic pain. Gb 30 plus extra needles around it. Needle just into the nerve – just touch it. Patient will feel electricity go down the leg. You only want them to feel this just for a moment, then withdraw just slightly. Tell your patient in advance what you want them to feel and that it won’t damage them. You probably won’t catch this a 2nd time – the nerve will move! Try it again after 15 minutes anyhow! Pain will release more quickly this way.

Remember that sciatica pain is different than wandering bi!!!

Add the other 2 needles and you have a better chance to catch the nerve again. Angle the needles toward the main needle. Follow the path of the pain and size of the pain.

Surrounded Needling (Yang Ci)

This was originally designed for Bi Syndrome with superficial cold retention in a large area.

Insert one needle into the center of the problem area and 4 around it in the 4 directions a shallow needling pattern (yang means shallow). This is where the plum blossom needle came from.

You can also do this deeply, not just shallowly. You could also use this for surface area skin type problems to surround the problem and kill it.



Straight Needling (Zhi Zhen Ci)

Superficial an collateral disease are treated this way. This is a shallow, subcutaneous needling technique. The skin is kneaded and the needle is inserted into the location of the disease. This is a form of threading. You could use this on the face, between back shu points, etc.

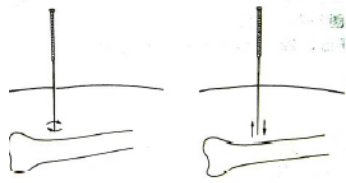
Shu Needling (Shu Ci)

This technique eliminates pathogenic heat by directing yang away from yin.

You begin by needling deeply in a perpendicular direction. Wait for a needling sensation and when obtained, withdraw the needle slowly. This is a *reducing* technique.

Close Bone Needling (Duan Ci)

This is to treat deep bone Bi syndrome.



Insert slowly and when close to the bone, slightly shake the needle and rotate it mildly when it gets near the bone.

Superficial Needling (Fou Ci)



This treats cold cramps of muscles and numbness syndromes. This is an oblique subcutaneous superficial needling technique on the superficial aspect of the muscle.

Yin Needling (Yin Ci)



This treats yin cold. This is simultaneous bilateral needling of an acupoint – like KI 3.

Hmmm. Isn't this what we usually do when we treat?

Accompanied Needling

Similar to ranked needling but with 2 needles. Used to treat stubborn Bi syndrome with obvious tenderness and fixed location. Insert one needle perpendicularly and then insert the other obliquely beside it.

Repeated Sparse Needling (Zhuan Ci)

To treat early stage carbuncle, furuncle and erysipelas, similar to blood letting toxic heat. Can cause bleeding but must do this before they change to pus. If it's already pus filled, do major reducing from the nine kinds.

Insert needles perpendicularly and withdraw slightly. This a shallow needle, quick withdrawl technique. Repeat sparse and shallow and then blood let. (Plum blossom and 7 star needles are too big. These lesions are usually rather small. Dr. Liu uses 3 needles in one hand and pricks it like you do with a plum blossom. Make it bleed and squeeze.)