

Course:	Advanced Needling Technique 2	Date:	June 10, 2009
Class #:	8 – Threading Needling Techniques		

## Threading Technique

One needle can cover more than one point with this technique. Might be on same channel or different channels by threading across channels. Can thread from GB 4 – 6 for instance for migraine. You have to really know the deep structure where you are needling to avoid bone, vessels, nerves, etc.

Threading **increases stimulating action of the points**, reduces patient's fear of too many needles, and reduces practitioner's work load.

Mainly this is good for **long term and difficult diseases**, which need stronger stimulation.

### Classifications of Threading

- ☉ Threading on the same channel  
Like between UB back shu points for example
- ☉ Thread on the close channel  
I.e., HT → SI, LU → LI, HT → PC, HT → LU, etc. along neighbor channels.
- ☉ Thread on exterior/interior  
SJ→PC, LU→LI, SI→HT, etc.
- ☉ Based on different needle angles
  - Transverse threading  
Just under the skin. LI 20 to Bitong for instance.
  - Oblique threading  
Like SJ6 – PC 6 is an oblique angle. Longer distance.
  - Perpendicular/direct  
SJ5 – PC 6 for instance is a perpendicular insert.

### Needling Methods

1. Choose your needle  
Choose length and breadth according to what you are needling. ST 36 – SP 9 for instance, would require a long thicker needle. You can also choose based on strength of stimulation desired.
2. Find which point is the main point, which is the auxiliary.  
You determine this based on your differentiation.

Ex: Between KI 3 and BL 60. Say you are treating low back pain and let's say further it's a bladder channel point. You would thread from BL 60 to KI 3. If the pain was chronic and with sore knees, you'd go KI 3 → UB 60.

## Principle

Threading is convenient to manipulate, less pain than multiple needles, and is based on anatomical structure. Pay attention to the stimulating volume during the needle process. Will vary depending upon patients.

## Threading Needling Methods on the Head and Face

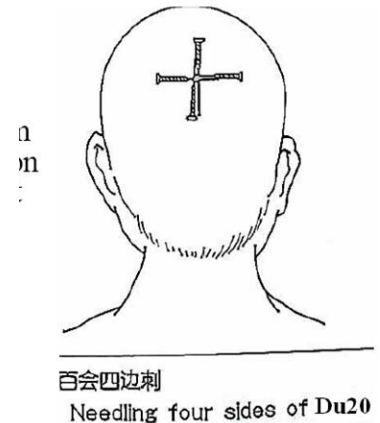
### Needling 4 sides of Du 20

This refers to needling starting at Du 20 and going outward toward the 4 Sishencong points. This strongly stimulates Du 20.

The insertion point is the primary and is more strongly stimulated. The point you thread to is the one that gets less stimulation.

This is indicated for:

- ☉ Headache
- ☉ Insomnia
- ☉ Mental disorders
- ☉ Anal prolapse

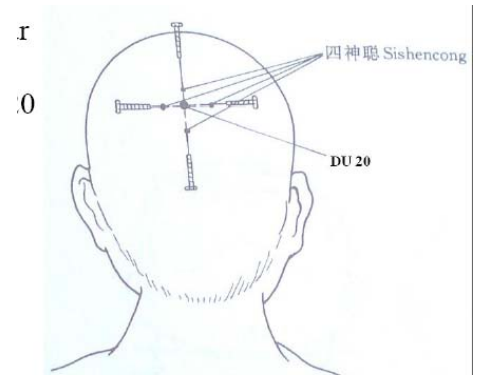


### Four Flower Needling Towards Du 20

Opposite of the above method. You needle from Sishencong toward Du 20.

Indicated for:

- ☉ Headache
- ☉ Insomnia
- ☉ Mental disorders
- ☉ Anal prolapse

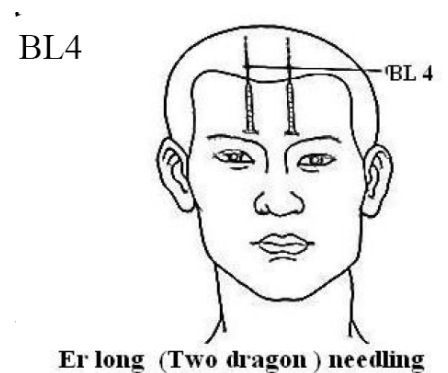


### Two Dragon Needling

This threading method is on the UB channel.

Insert at BL 4 and thread toward BL 6 until needling sensation is felt

Indicated for mental disorders, nasal, and sinus disorders.



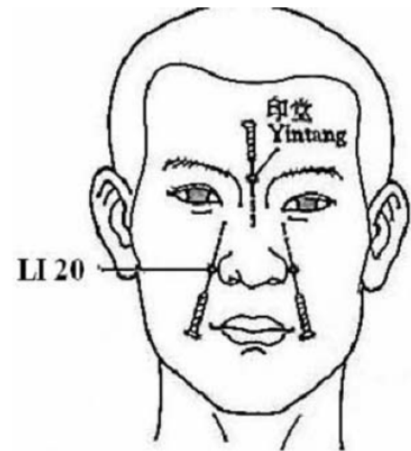
### Triple Dragon Needling of Nose

This refers to 1) threading from LI 20 toward Bitong or BL 1 bilaterally and 2) threading from Yintang downward.

This is indicated for:

- ☹ Nasal disease and sinus problems.

NOTE: Very popular technique – “Austin formula” for allergies. ☺ **Know this technique well!** Do this rather shallowly – too deep feels too tight, painful. Needle *toward* Bladder 1. LI 20 and Yintang are the primary points here because that’s where the insert started.



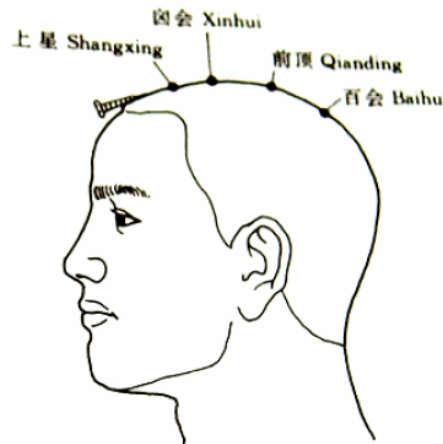
**Triple Needling of Nose**

### ST 4 → ST 6

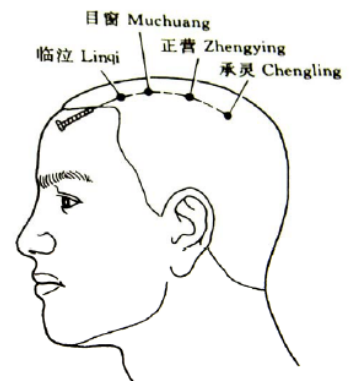
For facial paralysis and facial muscular spasms.

This treats Bell’s Palsy as well. I don’t have a diagram to show you, but do have one to the right showing alternative threadings for facial paralysis, muscular spasms and palsy.

Others:



通顶针 Vertex needling

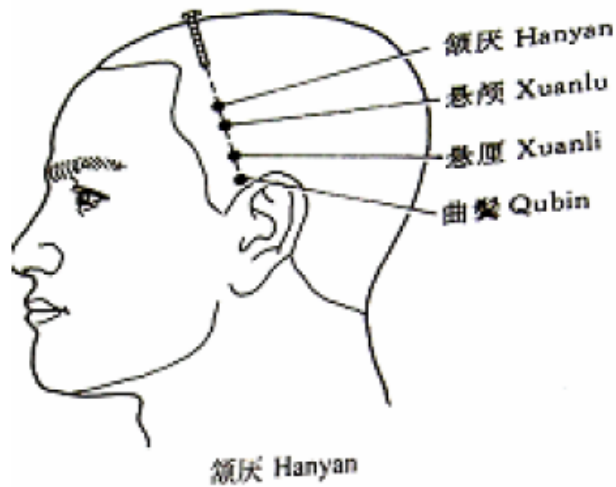


通冲针  
Impulsive needling

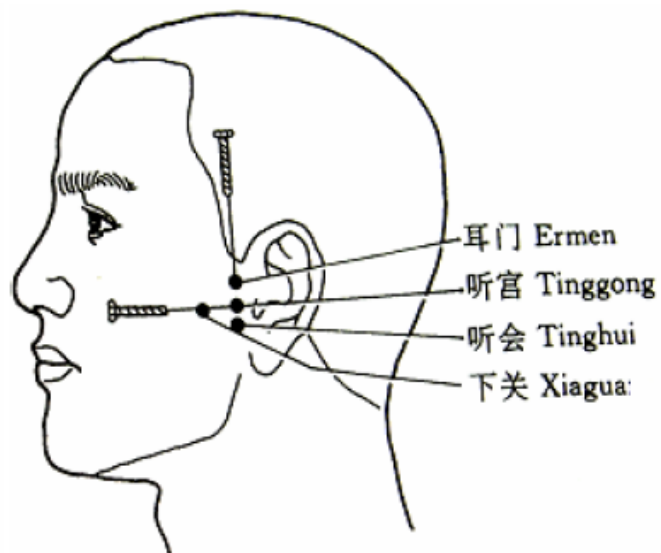
## Other threadings on the head/face areas

These aren't on the test...

GB 4 → GB 7 for migraines



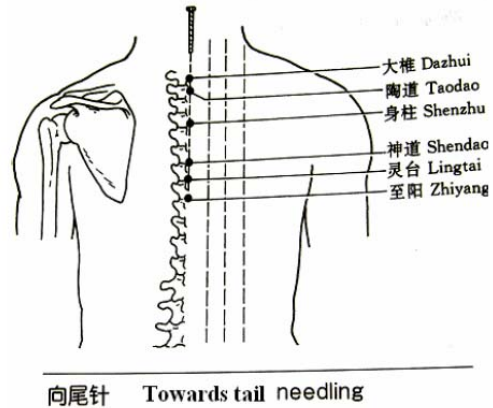
Ear clearing uses 2 needles which cross slightly when inserted.



清耳术 Ear-clearing needling

## Threading Needling Methods on the Back

This displays Du channel threading...which is really along the Jiaji line, not the Du line. It is used frequently in clinic and is a recommended technique. You need a thicker patient rather than a bony patient (bony makes threading really hard and hurts like a mother for the patient.) The jiaji muscles (backstrap if you're a deer) tend to be tight so you will feel resistance when you thread.



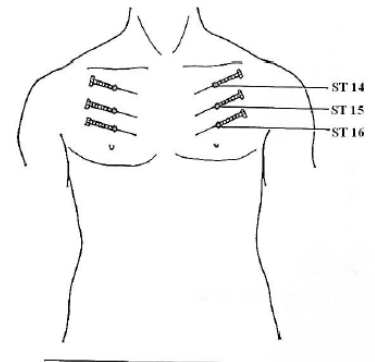
Bladder line threading works great for pain due to muscular issues. *Follow the lines of muscular pain* – use Ashi points rather than named points. Don't use very strong stimulation.

## Threading Needling Methods on the Chest

### Heart Soothing Needling

Threading on the chest works better for men than for women due to breast tissue involvement. You can probably do ST 14 and 16, but 16 might not be possible on women. Use your judgment as to breast size and patient's comfort level.

This is called Heart soothing needling. Start at ST 14, 16, and 16 bilaterally along the skin over the intercostal space. Thread through the kidney channel or conception vessel along the IC space until needling sensation is felt.



舒心术  
Heart-soothing needling

Indicated for:

- ☉ Palpitation
- ☉ Pain of the heart
- ☉ Stiffness of chest
- ☉ Cough
- ☉ Dyspnea

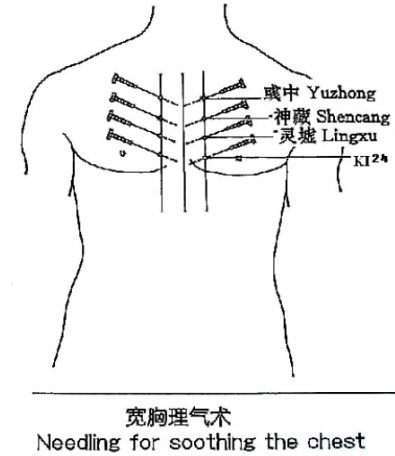
### Soothe Chest and Regulate Qi

Needle KI27, KI 26, KI 25 and KI 24 bilaterally along the skin over the intercostal spaces to the midline until needling sensation is felt.

Palpate KI 27 and you will find that it's sensitive for most people. Be sure to needle inward not outward – this is safer. For females you may only be able to do KI27 and 26.

Indicated for

- ☉ Heart system disorders
  - Chest distress
  - Chest pain
  - Palpitations
- ☉ Lung system disorders
  - Coughing
  - Dyspnea



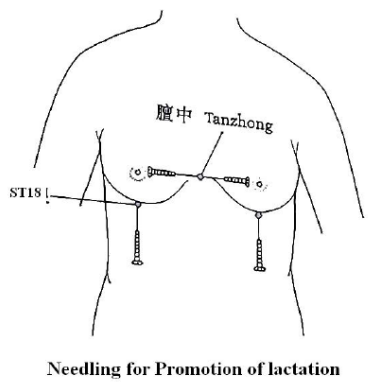
### Needling for Promotion of Lactation

First, insert a needle obliquely upward into ST 18 with an angle of 30 degrees. Insert 1/2 to 0.8 cun toward ST 17. Do this bilaterally. You can also needle in different directions from ST 18 (like turtle seeking hole, but you're still threading in this technique) to open the milk ducts.

Second, needle horizontally into Ren 17 from the *direction* of ST 17 ... in other words, use ST 17 as your landmark and needle towards Ren 17 from there. Use a 15 degree angle of insertion and thread until the needle sensation is felt. Do this bilaterally as well. Do not manipulate like you did in the paragraph above.

Third, add SI 1.

This technique is used for lack of lactation, retention of milk and for breast abscesses.



Definitely a test question.

## Threading Needling Methods on the Abdomen

### ST 25 → SP 15

Threading on the abdomen is used for obesity, weight loss and digestive issues. For obesity, use with high frequency e-stim which helps melt and evaporate adipose/fatty tissue. You can do cupping for this as well, but e-stim is stronger.

### Ren 4 → Ren 1

OK, you can't really do this without hitting organs. This is really needling *in the direction* of Ren 1 from Ren 4.

Indicated for:

- ☉ Enuresis
- ☉ Impotence
- ☉ Nocturnal emission
- ☉ Irregular menstruation
- ☉ Dysmenorrhea
- ☉ Uterine prolapse

## Threading Needling Methods on the Arm and Hand

### PC 6 → SJ 5

Use an oblique angle and a longer needle for this.

Indicated for

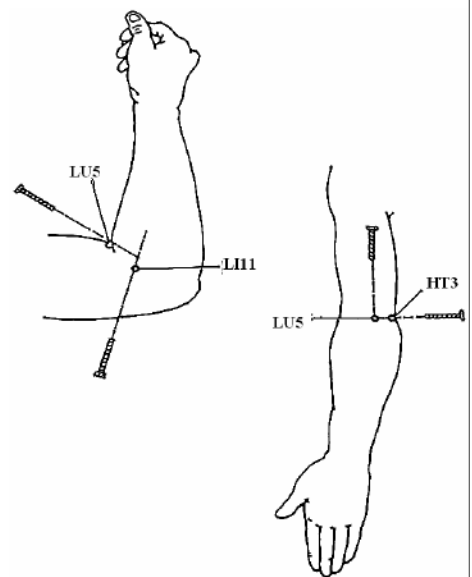
- ☉ Asthma
- ☉ Malaria
- ☉ Upper chest pain
- ☉ Upper back pain

### LI 11 → HT 3

You can also needle from LU 5 to HT 3. Both of these are deep needling threading techniques.

This is indicated for

- ☉ Upper limb paralysis
- ☉ Elbow pain
- ☉ Hypertension
- ☉ Fever



T-shaped needling of LI11

## Hypnosis needling

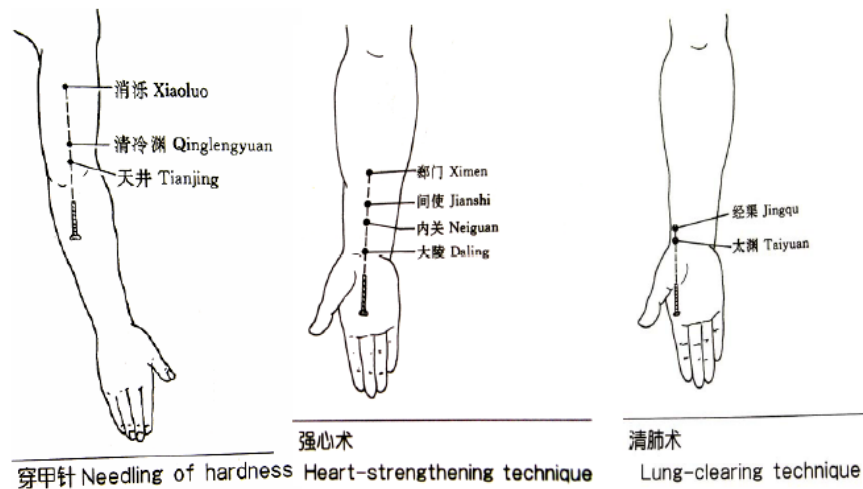
Insert a needle and thread from HT 7 through HT 5, HT 5, and HT 4 until needling sensation is felt.

This is indicated for:

- ☯ Mental disorders
- ☯ Sleep disorders
  - Insomnia
  - Night wandering/sleep walking
  - Dreaminess
- ☯ Heart disorders
  - Palpitations
  - Hypertension
  - Hypotension

Clinically, HT 6 to HT 3 works more easily. **Remember this one!!!** Works pretty well. Later we will learn wrist/ankle and this is similar. *Since you're treating the heart, you want to needle toward it.*

## Other thread needling techniques on the arm



Be careful with the Lung because of the artery. You can shift up a little on the others. Needling of hardness from SJ 10 upward. This treats scrofula...the hardness.

## Threading on the hand from

- ☯ LI 4 to PC 8
- ☯ LI 4 to SI 3 – pretty strong! Used for hand and finger problems – like stiff curled hand post stroke. These patients often have no to little feeling in the hand. Use a 2 cun or 1.5 cun needle starting at SI 3 and thread right under the bone.



- ☯ LI 3 to LI 4  
Stronger stimulation for local pain and such.

Seems really painful, but it's not so bad.

## **Threading Needling Methods on the Lower Leg**

In all but the last set, ST 38 → BL 57, the points are located opposite each other. You will not needle all the way through, but you are needling with the intention of threading through and connecting the points.

### **Liver 3 to Kidney 1**

Indicated for hypertension, headache, dizziness and numbness of the feet and toes.

Sidebar: I do this a lot in clinic. It seems to be the intent that is important. I actually place my fingertip at KI 1 and then insert Liv 3 and feel for the “buzz” when the needle gets to the right spot.

### **Bladder 60 → KI 3**

Indicated for lumbar and back pain, stiff neck, hemiplegia, numbness of the feet, dizziness, tinnitus.

Use 1.5 – 2 cun needles.

### **GB 34 – SP 9**

Again, it's the intent. You probably won't go all the way through. This is needling through the thick part of the leg .

Indicated for hypochondriac pain, shoulder pain, knee pain and pain in the lower leg.

### **GB 39 → SP 6**

Needling through the leg. Indicated for shoulder, back and hypochondriac pain. Indicated for stiff neck, numbness of the feet, irregular menstruation, and vaginal discharge.

### **ST 38 → BL 57**

Indicated for frozen shoulder, sprained shoulder joint, hemiplegia, numbness of the feet.

You aren't needling from one side of the leg to the other on this one, but through the lateral aspect of the lower leg.

**Test questions here!!!** First and 2<sup>nd</sup> are thru the leg. The last one, ST 38 to BL 57 is not.