

Course:	Advanced needling 2	Date:	June 17, 2009
Class #:	9 and 10 – Wrist and Ankle acupuncture		

Practical Final:

Wrist ankle + 4 animal (dragon, tiger, turtle, phoenix) + cool or heat inducing techniques.
Practical and written test on Week 11.

Wrist and Ankle Acupuncture

Wrist and ankle acupuncture is a micro-system needling technique which maps the whole body onto a small area. Other micro-system acuapunctures we have studied include:

- ☉ Scalp acupuncture which maps the areas of the brain onto the scalp
- ☉ Auricular acupuncture which superimposed the whole body onto the ear
- ☉ First metacarpal bone therapy, another map of the body with the head at about LI 3

Wrist/ankle acupuncture was conceived in 1965 by Professor Chang Xin Shu, a neurologist in China. He found LI 4 and PC 6 with e-stim were found to be good points to treat neuro-paralysis of the upper limbs. Originally he experimented with perpendicular insertion, but discovered subcutaneous techniques gave better results and could be used without electrical stimulation. One possible reason for this is that the skin and neurological system develop from the same embryonic tissue and are therefore closely related in the body after fetal development. The tissues around the wrist and ankle form a micro-system for vertical and horizontal zones of the whole body.

This system treats common diseases of different areas of the body. Six points around the wrist and around the ankle correspond to diseased areas in the six bilateral perpendicular zones of the body. Needling technique for Wrist and Ankle acupuncture is subcutaneous rather than into the muscular tissues and is ideally without needling sensations such as soreness, numbness, distention, heaviness and pain. **When you are doing this correctly there is no De Qi sensation for the patient!** You do not manipulate the needle in this form of acupuncture.

The layer needled is between the skin and muscle layers. When you needle this layer it should feel rather like it does when you get the right layer in scalp acupuncture – the needle should angle is transverse just under the skin and should slide in and out without resistance and without pain for the patient.

Advantages of this form of acupuncture

- ☉ Simple and convenient
There are only 12 points used in this form and the operation is simple once you get the technique of insertion down. Patients can keep their clothes on, so it can be done in any environment.
- ☉ Safety without pain
There is no risk of organ damage as you never needle near an organ. Since you insert so shallowly there is no risk to nerves or blood vessels either. Because the stimulation is so mild and there is no Qi sensation, there is less risk of fainting and less pain for the patient.
- ☉ Wide range of applications
This form can be used to treat pain syndromes such as headache and dysmenorrhea as well as mental diseases and neuropathy.

Sectioning the Body for Wrist-Ankle Acupuncture

To determine which of the wrist and ankle points to use you separate the body into zones. The position of the body is in the Western anatomical position with palms out. The modification to this is that the feet also turn out so that you can see the medial side of the foot in this same view.

Transverse Line - Upper and lower

Separate the body into top and bottom. The dividing line for this is the diaphragm. Use the sternal corner or sternal costal angle as your body landmark.

Front and Back

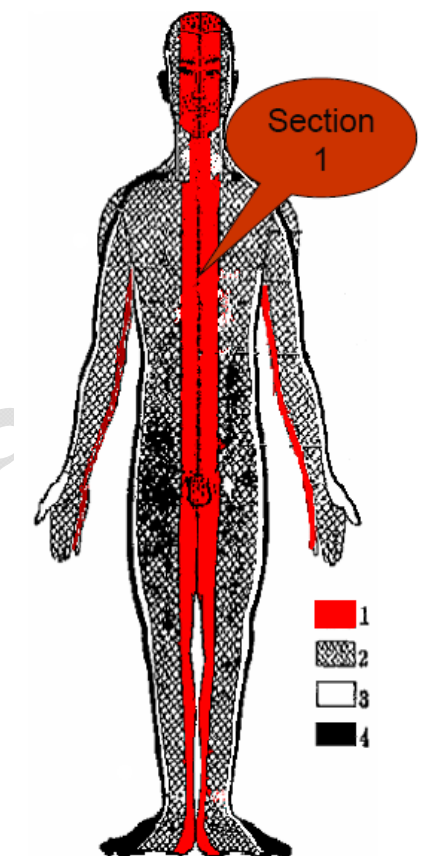
Further separate the body into front and back along the lateral plane on the midaxillary line (SP 21 lies on this line). The front of the body is Yin and the back is Yang (yeah, I know you know that already...).

Left and Right

Use the Midsagittal plane (Ren and Du channels) as your dividing line for left and right.

Lateral and Medial

This isn't exactly news either: lateral is Yang and medial is Yin.



Sections

Section 1 (Yin area)

A narrow bilateral strip running on the anterior midline. Red portion in the diagram to the right.

- Head/Face: Du 20 down the medial portion of the face. Use the outer canthus as the vertical landmark for the line
- Neck:
- Trunk: 2 cun from centerline down the trunk. This follows the Kidney line on the chest and the Stomach line of the abdomen.
- Legs: Follow the Kidney channel area on the medial aspect of the legs.
- Arms: Follow the Heart meridian area on the medial aspect of the arm, encompasses the pinkie finger.

Organs/areas this section includes:

- Forehead
- Sensory organs: eyes, nose, mouth, tongue
- Throat, trachea, esophagus
- Heart
- Abdomen
- Uterus
- Bladder
- Perineum

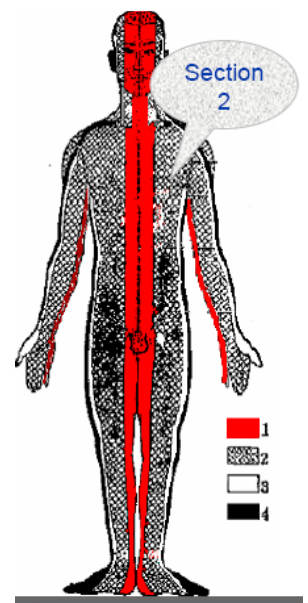
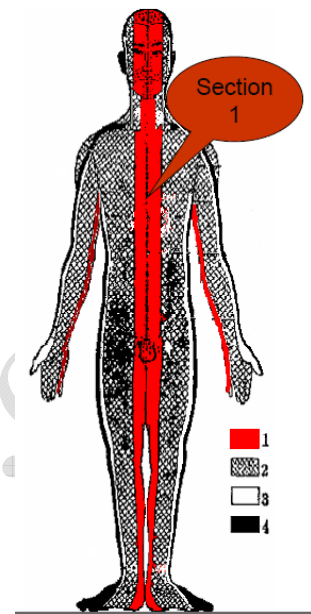
Example indications:

- Yangming headache
- Red, painful eyes
- Congested nose
- Swollen throat
- Cough
- Stomach ache
- Palpitations
- Dysmenorrhea
- Leukorrhea
- Enuresis

Section 2 (Yin area)

Bilateral on the front of the body as indicated by the greyed areas in the illustration to the right.

- Head/face: Top of the head lateral to section 1. On the face, this section is between the outer canthus and 1 finger width anterior to the ear.
- Neck: Lateral side of the neck, lateral to Section 1.
- Trunk: From the edge of the Kidney channel on the chest (2 cun from midline) to the vertical line at the anterior axillary tip or anterior fossa where you find LU 2. On the abdomen this is the edge of the Stomach channel to the same vertical line drawn downward from the anterior axillary tip.



- ☯ Legs: Follow the Spleen channel between Liver and Kidney. Includes the medial malleolus and the medial arch of the foot.
- ☯ Arms: between Lung and Heart meridian. Includes the biceps, medial elbow, palm, and palmar aspect of the 2nd, 3rd, and 4th fingers.

Organs /Areas included:

- ☯ Temporal area
- ☯ Cheek
- ☯ Posterior jaw
- ☯ Breast
- ☯ Lung
- ☯ Flank

Example indications:

- ☯ Chest pain
- ☯ Cough
- ☯ Asthma
- ☯ Hypochondriac pain
- ☯ Breast pain

Section 3 (Yin area)

This is a very narrow band on the lateral side of the body as indicated by the blue strip on the figure to the right. What it doesn't show is where this section is on the arm. Sorry about that.

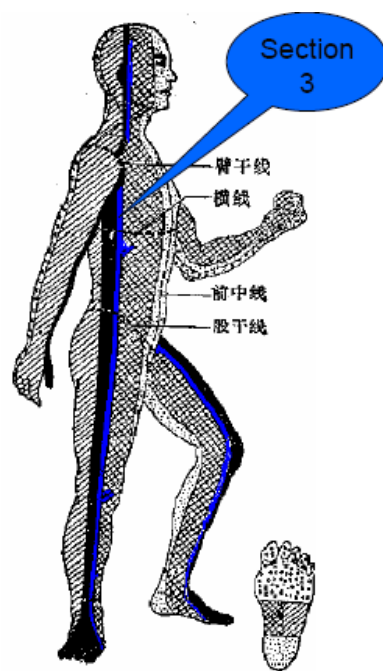
- ☯ Head/Face. One finger width anterior to the ear.
- ☯ Neck: Down the neck on the same vertical plane, following the San Jiao channel on the neck
- ☯ Trunk: Lateral side of the trunk on the axillary line.
- ☯ Legs: Roughly follows the Spleen/Liver area on the legs. The diagram isn't very clear but the right leg is turned medially outward. It shows better on the left leg in the fellow to the right. This includes the medial patella, medial tibia and the ankle.
- ☯ Arms: From the coracoid process down the lateral border of the biceps, roughly along the Lung meridian line.

Organs/Areas included:

- ☯ Areas in front of the ears
- ☯ Narrow stripe below the axilla.
- ☯ Medial patella and medial ankle.

Example indications:

- ☯ Chest or abdominal pain according to location
- ☯ Knee, thigh, ankle pain according to location



Section 4 (Yang area)

This is the Yin/Yang margin between anterior and posterior, indicated by the black section in the illustrated man to the right.

- Head/Face: Lateral/posterior to Section 3 (which is indicated this time by the white strip) and includes the whole ear.
- Neck: Latero-posterior to Section 3 on the neck
- Trunk: From the deltoid insertion vertically down the trunk, again latero-posterior to Section 3.
- Legs: Lateral hip to tibial crest and dorsum of the foot.
Follows the Stomach channel on the leg.
- Arms: From the deltoid, radial side of the elbow, radial bone and lateral side of the thumb. Use the LI channel as your reference, but note that it does go to the thumb rather than index finger.

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Organs/Areas included:

- Ears
- Areas below the axilla
- Dorsum of foot

Example indications:

- Vertex headache
- Chest or ab pain in the areas indicated
- Tinnitus
- Deafness

Section 5 (Yang area)

This is opposite to Section 2, indicated by the grey section in the illustration.

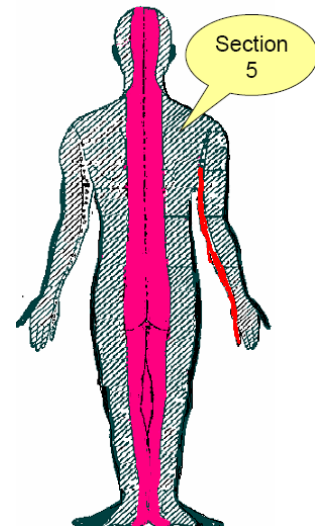
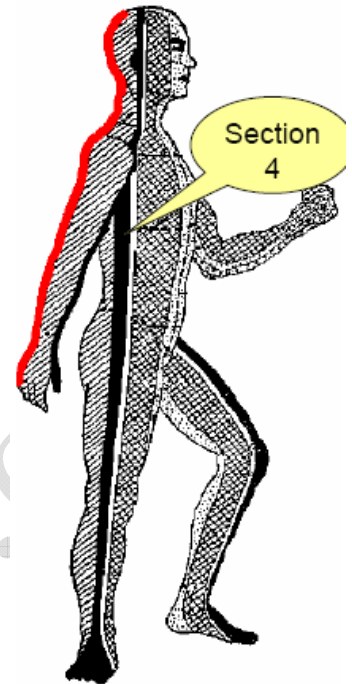
- Head: Behind the ear to the UB channel
- Neck: Between GB and UB channel
- Trunk: From the 2nd bladder line lateral as indicated. Includes the scapular area and musculature, lower back and buttocks.
- Legs: Latero-posterior aspect of the leg to the lateral ankle. Between the ST and UB channels.
- Arms: Triceps to the forearm extensor muscles, dorsum of hand and dorsal aspect of the 2nd, 3rd, and 4th fingers. Use the area between the LI and SI channels as a guide.

Organs included:

- Head
- Neck
- Scapula to spinal cord
- Lateral side of the legs

Example indications:

- Pain in corresponding areas
- Scapula pain
- Stiff neck
- Pain in lateral lumbar



Section 6 (Yang area)

Opposite to Section 1. Narrow area on either side of the spine and mid back as indicated by the pink section on Mr. Illustration to the right.

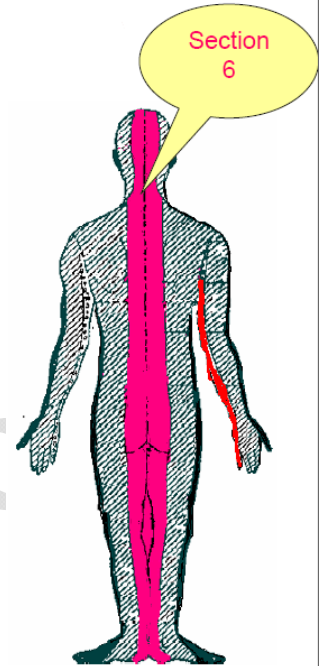
- ☯ Head: Du 20 down the posterior head along the UB channel on the head to the midline
- ☯ Neck: UB channel to the midline bilaterally on the neck.
- ☯ Trunk: From 2nd UB line bilaterally to the posterior midline.
- ☯ Legs: Postero-lateral leg, covering a lot of the UB meridian.
- ☯ Arms: Posterior axillary tip down the back of the arm, encompassing posterior lateral elbow to the lateral pinkie finger.

Organs/Areas included:

- ☯ Occiput
- ☯ Posterior neck
- ☯ Spinal cord
- ☯ Sacrum
- ☯ Anus

Example indications:

- ☯ Pain in corresponding areas
- ☯ Occiput headache
- ☯ Stiff neck
- ☯ Pains or sprains in the lumbar areas



Principles for Selecting Points

Selection of points follows some fairly simple guidelines. Basically the **points are based on the location of the disease.**

- ☯ Problems above the transverse line/diaphragm – use wrist points.
- ☯ Problems below the transverse line/diaphragm – use ankle points
- ☯ Problems on the right – treat on the right
- ☯ Problems on the left – treat on the left
- ☯ Problems on the midline – treat bilaterally.
- ☯ Non-localized problems such as whole body itching, urticaria, night sweats, insomnia and some mental diseases are treated with *Upper 1*. Use these points bilaterally for non-local diseases. (See point discussions to follow).

Multiple problems are likely in clinic. Divide these into chief and secondary syndromes with the chief syndromes being those of pain. The wrist/ankle points related to the chief syndrome will be sensitive so you can use them diagnostically also.

You can combine wrist and ankle acupuncture with other forms. You can also needle multiple wrist/ankle points.

Needling Techniques for Wrist and Ankle Acupuncture

Needle selection:

Use filiform acupuncture needles of 1 – 1.5 cun length and gauges of either 30 or 36.

Posture of patient:

Use a **seated posture for wrist points** and a **lying posture for ankle points**. Of course, you could also have the patient in a lying position for wrist points, especially if you are combining wrist/ankle points with standard acupuncture techniques.

One of the cool things about wrist/ankle is that the needles lay flat against the skin, so the patient doesn't have to maintain as rigid a posture and there's no risk of bending needles. You can even tape them flat against the skin and then move the patient around as needed.

Needling direction:

Generally the **needle tip points toward the affected area**, usually upward towards the heart. However, for pain in the wrist and ankle joints or in fingers and toes, needle toward the ankle or wrist.

Needling position:

Generally, you needle in a perpendicular line as illustrated to the right. →

You don't generally deviate from this during insertion *except* when

- ⊙ it will clearly puncture a visible vessel
- ⊙ there is stabbing pain upon insertion when you are clearly in the correct layer and it wasn't hurting a second ago...
- ⊙ there is a scar or injury in the path of the needle.



When you are needling away from the heart, like when you are treating pain in the hands/wrists or ankle/feet you definitely want to maintain that perpendicular direction rather than deviating to the sides.

Needle insertion:

Freehand needling is superior for this, but if you use a guide tube, you want an angle of 30° or less. Tap the needle in superficially then remove the guide tube. You don't want the needle in too deep. It should “drop and flop” against the skin. If it doesn't, barely pull it out until it will lay flat but still be in the skin. If you press down on it you should see the tip making a little bulge under the skin.



Needling depth

Use the same technique you use for scalp acupuncture. The way I do it is I bow the shaft of the needle so the tip and the lower part of the needle are parallel to the skin, the upper part of the

shaft forms the bow and the handle is almost (or is) perpendicular to the skin. Now slide the needle in the skin. Even though the handle is perpendicular, it is traveling parallel.

Insert to a depth of 1 – 1.5 cun. There should be no soreness, numbness, distention or heavy sensation. The patient will have *a* sensation, but no Qi sensation. It just feels kinda weird because there isn't usually anything at this place.

Don't manipulate the needle – no twisting, thrusting, etc.

Ipsilateral or Contralateral?

Treat ipsilaterally, or on the same side as the problem.

Needle bilaterally if diseases are located on the midline.

Needle retention:

Generally, you retain 20-30 minutes. You can retain for an hour for severe situations or chronic conditions/syndromes. Don't retain for longer as a scar could occur for long and repeat long retentions or manipulations.

Treatment/Needle frequency

To treat acute disease needle once per day or every 2 days. Ten treatments = 1 course of treatment

Insufficient Results:

If your needle is too short, too long, not shallow enough or too shallow your results will be poor. If the needle is too short the relief will not be satisfactory. If the needle is too long/deep, client might experience palpitations, hard breathing, dizziness.

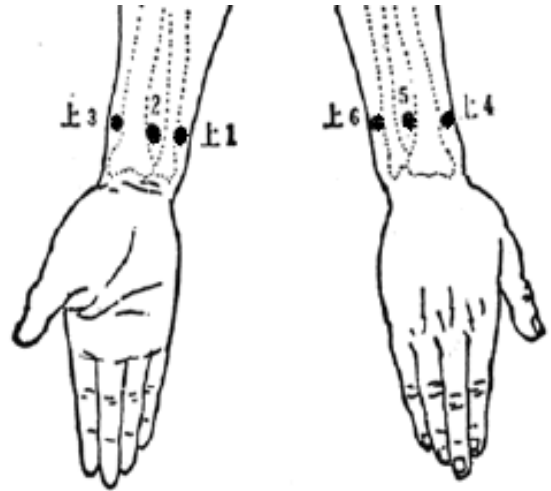
Points on the Wrist and Ankle

Any problem above the diaphragm is treated by the points of the wrist, while any problem below the level of the diaphragm is treated by ankle points.

Points on the ankle are 3 cun above the level of the ankle. There are 6 points here too, referred to as Lower 1 – 6. Example: Lower 3 treats problem on Section 3 below diaphragm.

Wrist Points

Wrist points are 2 cun above the crease of the wrist at the level of PC 6 and SJ 5. There are a total of 6 wrist points, referred to as Upper 1 – Upper 6.



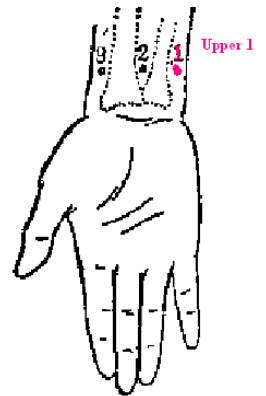
Upper 1 – Upper 3 are located on the Yin side of the arm, the palmar aspect on the same side as PC 6. Upper 4 – 6 are located on the Yang side of the arm on the same side as SJ 5.

Upper 1

This point treats any problem manifesting in Section 1 above the diaphragm (as well as problems that have no specific location).

Location:

On the medial aspect of the forearm between the border of the ulna and the tendon of m. flexor carpi ulnaris, 2 cun above the palmar crease of the wrist. (This is in the area of the Heart meridian.)



Indications:

- ☉ *Non-locatable problems such as:
 - Dizziness
 - Night Sweats
 - Shingles
 - Skin itching
- ☉ Sinusitis and allergies affecting the nose
- ☉ Forehead headache
- ☉ Frontal toothache
- ☉ Cough
- ☉ Stomach ache
- ☉ Mental and emotional disorders such as:
 - Insomnia
 - Depression
- ☉ Eye affectations of various kinds
- ☉ Facial neuritis
- ☉ Swollen throat
- ☉ Asthma
- ☉ Palpitations

** for non-local problems, treat bilaterally!*

Upper 2

This point treats problems manifesting in Section 2 above the diaphragm.

Location:

On the medial aspect of the forearm between the palmaris longus and flexor carpi radialis, 2 cun above the transverse crease of the wrist on the palmar side. (We all know and love this insertion point as PC 6.)

Indications:

- ☉ Head and face:
 - Parotitis
 - Posterior toothache
 - Swollen mandible lymph nodes
- ☉ Carpal tunnel syndrome
- ☉ Thoracic:
 - Chest stuffiness and pain
 - Asthma
 - Breast disorders
- ☉ Pain in the palm



Upper 3

This point treats problems and pain in Section 3 above the diaphragm.

Location:

On the medial aspect of the forearm either 1) 1 cm lateral to the lateral border of the radius or 2) lateral to the radial artery. Two cun proximal to the transverse palmar crease of the wrist. (Needle right along the edge of the bone on the Lung meridian.)

Indications:

- ☉ Hypertension (which is actually a non-locatable)
- ☉ Chest pain below the axilla
- ☉ Elbow tendinitis
- ☉ Carpal tunnel syndrome



Upper 4

This point treats problems and pain in Section 4 above the level of the diaphragm.

Location:

On the lateral side of the forearm along the radial border – the flat portion of the radial bone. Two cun proximal to the dorsal transverse crease of the wrist. It's in the neighborhood of LU 7, but more lateral than that.

Indications:

- ☉ Vertex headache
- ☉ Ear disorders such as:
 - Inflammation
 - Tinnitus
 - Deafness
- ☉ TMJ (upper 3 or 2 may work better)
- ☉ Chest pain in Section 4 above the diaphragm
- ☉ Stiff shoulder (along LI 14)
- ☉ Elbow pain
- ☉ Thumb joint pain



Upper 5

This point treats problems and pain in Section 5 above the level of the diaphragm.
(See illustration above)

Location:

Two cun proximal to the dorsal transverse crease of the wrist between the radius and ulna (use SJ 5 as your reference).

Indications:

- ☉ Posterior temporal headache
- ☉ Dizziness
- ☉ Stiff neck
- ☉ Common cold
- ☉ Sensory and motor dysfunction of the upper limbs
- ☉ Shoulder pain
- ☉ Elbow pain
- ☉ Wrist sprain
- ☉ Finger joint pain

Upper 6

This point treats problems and pain in Section 6 above the level of the diaphragm.
(See illustration above)

Location:

Two cun proximal to the dorsal transverse crease of the wrist 1 cm into the Yang area (toward the dorsal midline of the lower arm) from the border of the ulna. This is along the Small Intestine channel.

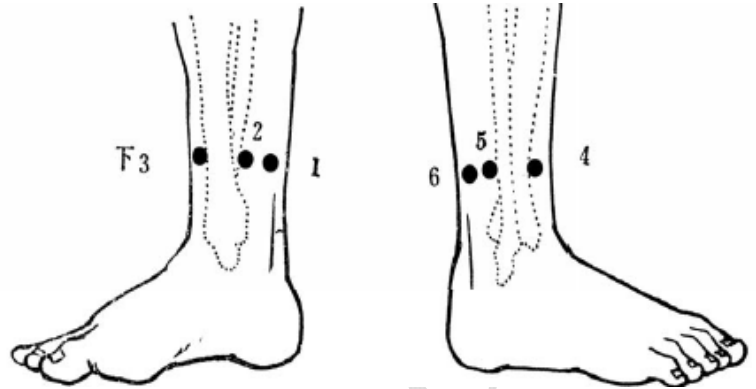
Indications:

- ☉ Posterior headache
- ☉ Pain in the cervical and thoracic vertebrae
- ☉ Scapular pain
- ☉ Pain in Section 6 above the diaphragm

Ankle Points

These points are all located 2 or 3 cun above the prominence of the lateral malleolus. You can flex the location of these by that one cun difference and still be fine. If you use 3 cun measurement, use SP 6 and GB 39 as your reference points.

There are a total of 6 ankle points referred to as Lower 1 to Lower 6. Lower 1 to Lower 3 are located on the medial or Yin aspect of the ankle area while Lower 4 to Lower 6 are located on the lateral or Yang aspect.



Lower 1

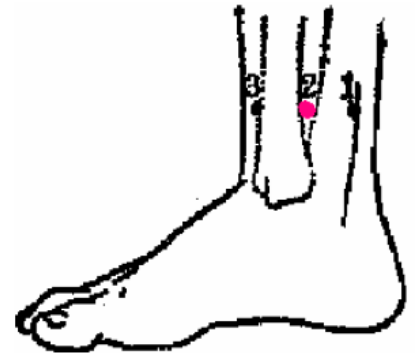
This point treats problems in Section 1 below the level of the diaphragm.

Location:

Two cun proximal (three fingers) to the prominence of the medial malleolus close to the anterior border of the Achilles tendon. Just in front of the tendon. Follow the tendon as you needling path.

Indications:

- ☉ Intestinal disorders:
 - Abdominal distention
 - Enteritis
 - Constipation
 - Really bad diarrhea
- ☉ Urinary disorders:
 - Enuresis
 - Frequent urination
- ☉ Menstrual disorders:
 - Dysmenorrhea
 - Leukorrhea
 - Irregular menstruation
- ☉ Pubic pruritus
- ☉ Inner sural/calf pain
- ☉ Heel pain



Lower 2

This point treats problems in Section 2 below the level of the diaphragm.

Location:

Two cun proximal to the prominence of the medial malleolus close to the medial border of the tibia. Use SP 6 as your reference, right behind the tibial bone. Very popular usage. See the illustration above.

Indications:

- ☉ Liver and gallbladder disorders, pain in liver area and gallbladder
- ☉ Pain in knee and related areas
- ☉ Swollen lymph nodes in the groin
- ☉ Abdominal pain
- ☉ Intestinal distention
- ☉ Really bad diarrhea

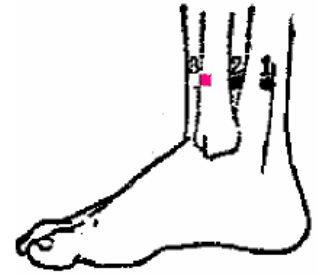
You can actually keep these points in place for a couple of days if you want. Needle really close to the bone for this.

Lower 3

This point treats problems in Section 3 below the level of the diaphragm.

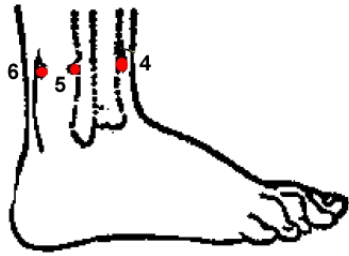
Location:

On the front crest of the tibia, 1 cm from the anterior border of the bone (or the crease of the bone). See the illustration to the right. This point is located on the Liver channel and on the bone, just like LV 5 or LV 6.



Indications:

- ☉ Interior knee pain



Lower 4

This point treats problems in Section 4 below the level of the diaphragm

Location:

Midway between the front crest of the tibia and the front border of the fibula. This is on the Stomach meridian.

Indications:

- ☉ Pain in Section 4 below the diaphragm – hip, knee
- ☉ Sensory and motor dysfunction of the lower limbs.
- ☉ Neuritis
- ☉ Foot pain on the dorsum

Lower 5

This point treats problems in Section 5 below the level of the diaphragm.

Location:

In the shallow fossa between the fibula and the long fibula tendon. You can find the fibula bone and needle right behind it. This is basically on the GB channel line.

Indications:

- ☉ Hip pain
- ☉ Calf cramps
- ☉ Pain in posterior leg
- ☉ Lateral ankle pain
- ☉ Sciatica

Lower 6

This point treats problems in Section 6 below the level of the diaphragm.

Location:

Lateral side of the leg just anterior to the Achilles tendon. This point is opposite to Lower 1.

Indications:

- ☉ Lumbar sprain
- ☉ Sacro-iliac joint pain
- ☉ Sciatica
- ☉ Calf cramps