

# WRIST AND ANKLE ACUPUNCTURE

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# History of W&A

- 1. 1965, Prof. Chang Xin-shu (neurologist)
- 2. 10 years -----named in 1975

Electronic stimulation (LI4+PC6)----neuromuscular paralysis of upper limb

Probe (Local)----Distal (safe and convenient) → Wrist

Suggestion from auricular acupuncture → Ankle

# Theory of W & A Acupuncture

- Nerve system ?
- Meridian theory ?

## Embryology

1. Neurological theory, the skin and the nervous system are developed by same embryological origin (external layer)
2. The trunk and four limbs are related, the four limbs like the outstretched of the trunk.

# Characters of W & A Acupuncture

1. A new needling therapy used to treat the common diseases of the body in the different areas.
2. Corresponding the diseased area to the 6 perpendicular areas on the bilateral side of the body, then corresponding to the 6 needling points on the Wrist & Ankle.
3. Shallow needling along subcutaneous, without the needling sensations like sore, numbness, distending, heavy, and pain. Or any “De qi” sensation.

# Advantages of W & A Acupuncture

## 1. Simple and Convenient

1. 12 points totally (less points)
2. Simple operation
3. Keep clothes on

## 2. Safety without pain

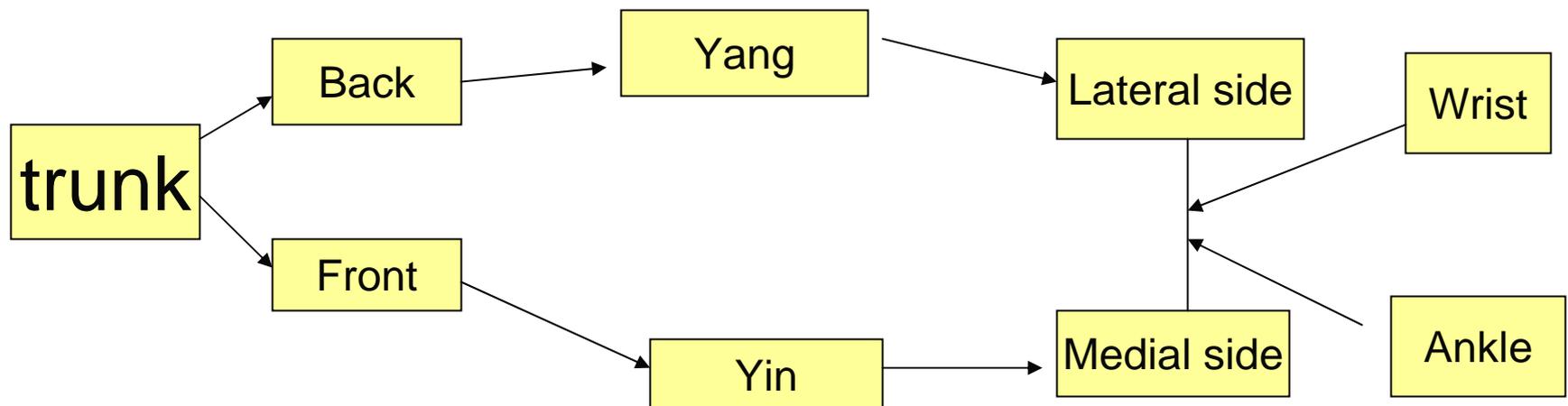
1. No important organs
2. No damage on the major Nerve & B.V.
3. Less pain and fainting needle
4. Mild stimulation

## 3. Wide applications

1. Painful syndrome, such as headache, dysmenorrhea
2. Some mental disease and neuropathy.

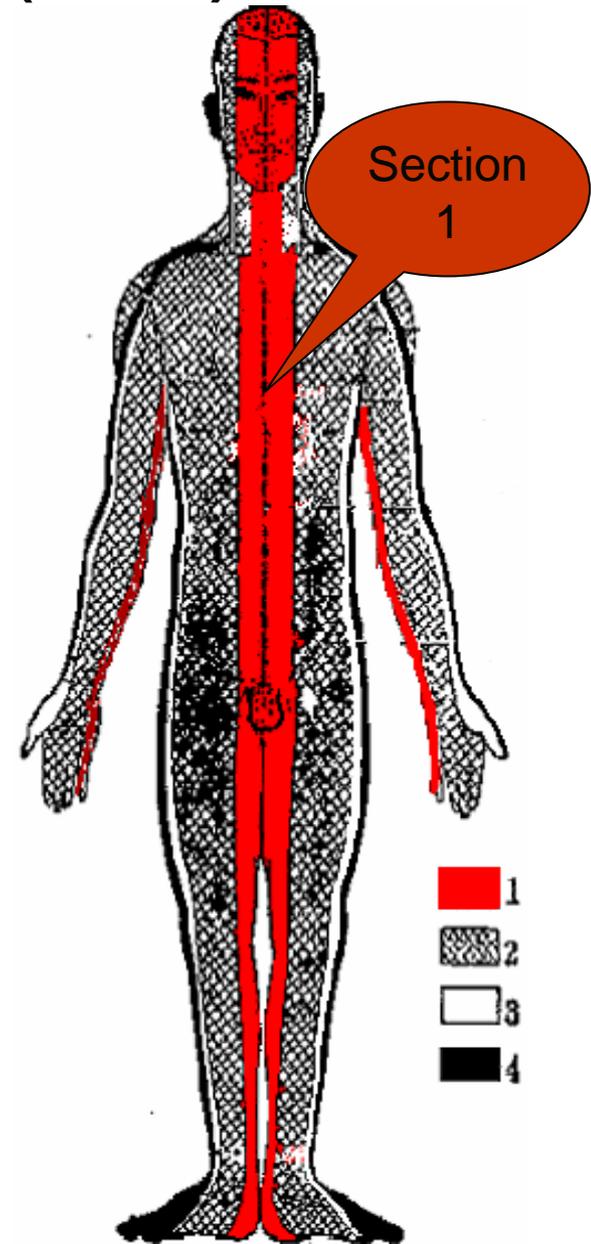
# Sections of the Whole Body

- The front or post midline separates the body into Left and right
- The transverse diaphragm separate the body into the upper part and lower part, which corresponding to the wrist and ankle.



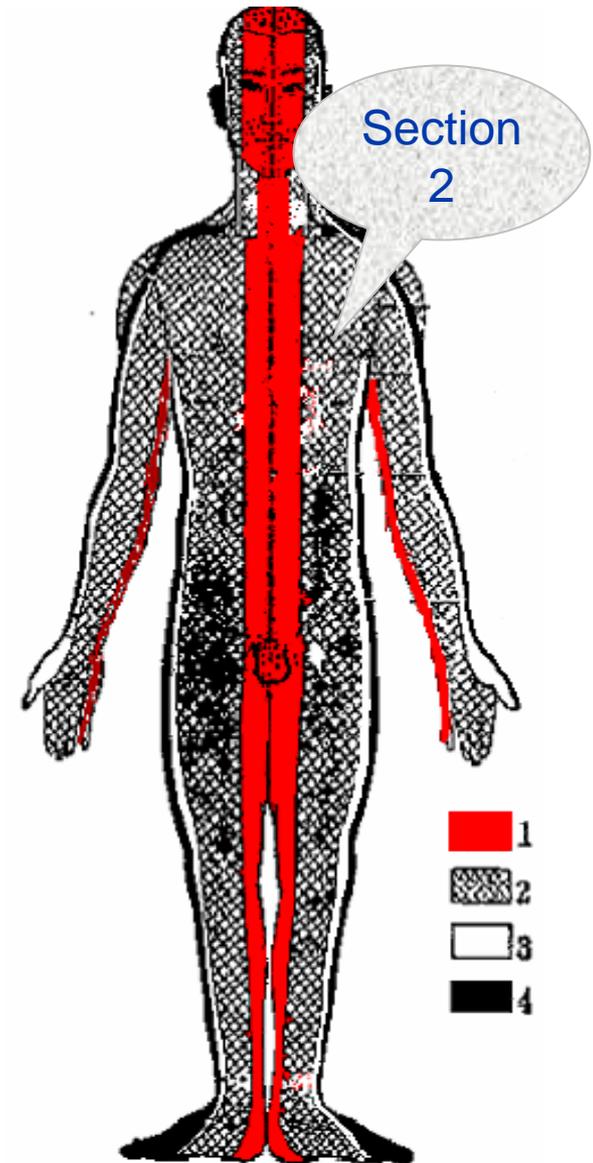
# Sections of the Body (Yin)

- **Section 1** on the narrow bilateral area along the anterior midline
- Distribution: DU20 → the medial front of face → Neck → central sternum → trunk → genitals; → Down the medial leg → medial heel
- Axilla → medial arm → pinkie finger
- Organs included: Forehead, eyes, nose, mouth, tongue; throat, trachea, oesophagus; heart; abdomen, uterus, bladder, perineum.
- Indications: foreheadache, red and painful eyes, congested nose, swollen throat, cough, stomachache, palpitation, dysmenorrhea, enuresis, leucorrhea
- Practice:



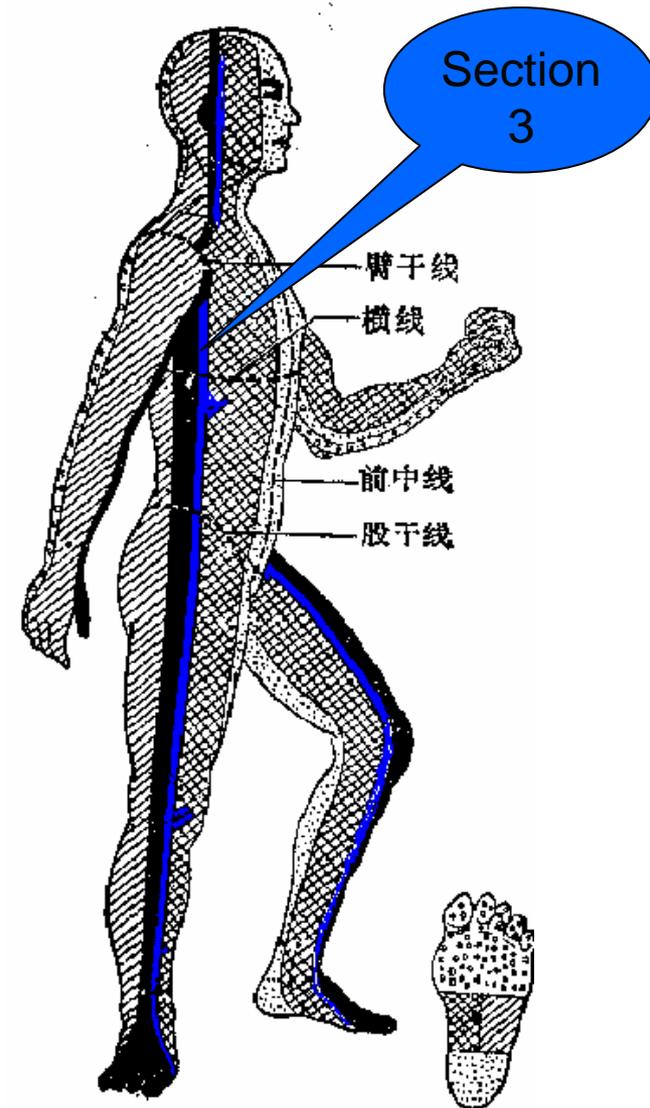
# Sections of the Body (Yin)

- **Section 2** on the bilateral of the front body
- **Distribution:**
  - Top of the head lateral to section 1 → side of cheek front of the ear → neck → breast area antero-lateral trunk & abdomen
  - Antero-medial leg → medial malleolus → medial arch of the foot
  - Biceps muscle → medial elbow → palm → 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup> fingers
- **Organs included:**
  - temporal area, cheek, posterior jaw, breast area, lung, flank
- **Indications:**
  - chest pain, cough, asthma, hypochondriac pain, breast pain



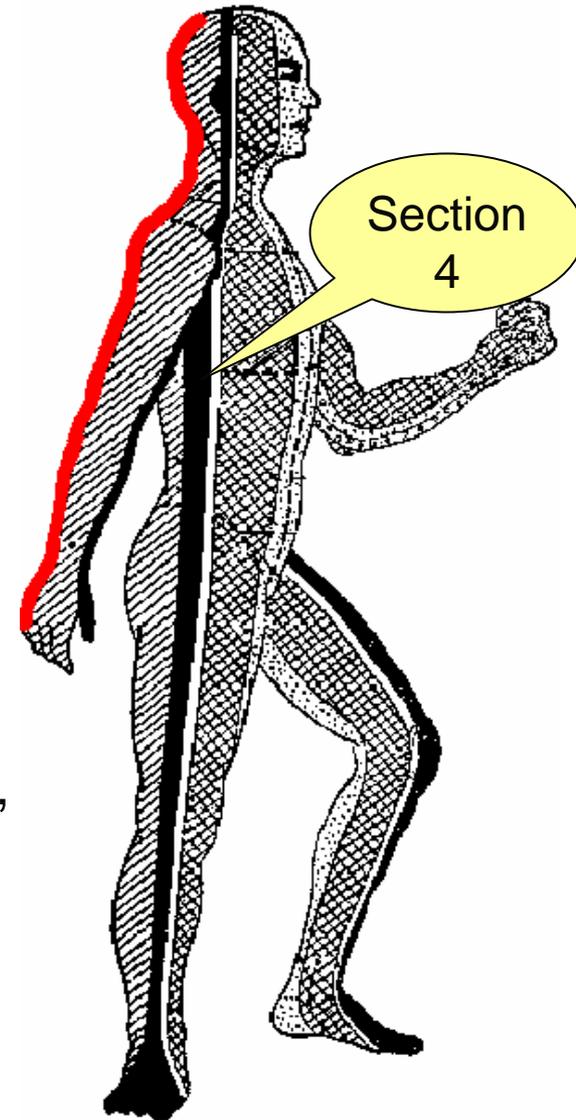
# Sections of the Body (Yin)

- **Section 3:**
- The lateral border of the body anterior. (very narrow band)
- **Distribution:**
- Coracoid process → lateral border of the biceps
- Axilla → lateral trunk → medial patella  
medial tibia → ankle
- **Organs included:** areas in front of ears, narrow stripe below the axilla
- **Indications:** chest or abdominal pains accordingly
- practice



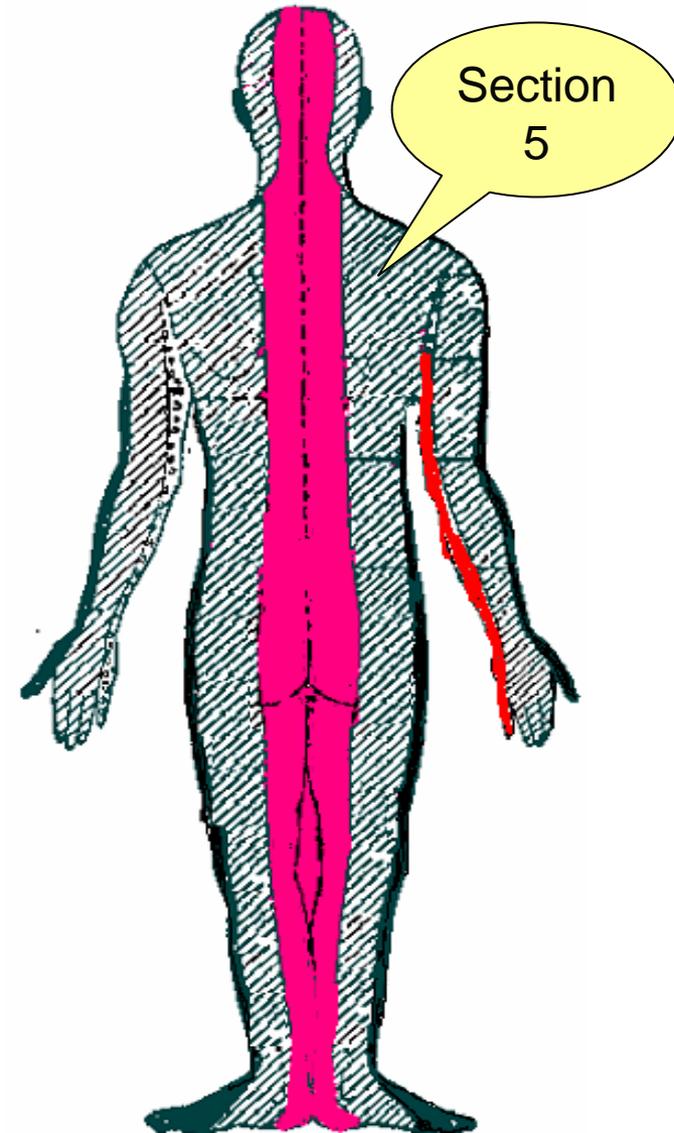
# Sections of the Body (Yang)

- **Section 4:** on the crossing margin between the anterior and posterior (yin and Yang)
- **Distribution:**
  - Lateral to Section 3 → ear → lateral neck → anterior M. deltoid → radial of elbow → radial bone → lateral thumb
  - lateral flank of trunk → lateral hip → tibial crest → dorsum of foot
- **Organs included:** ears, areas below the axilla.
- **Indications:** vertex headache, tinnitus, deafness, chest or abdominal pain accordingly
- practice



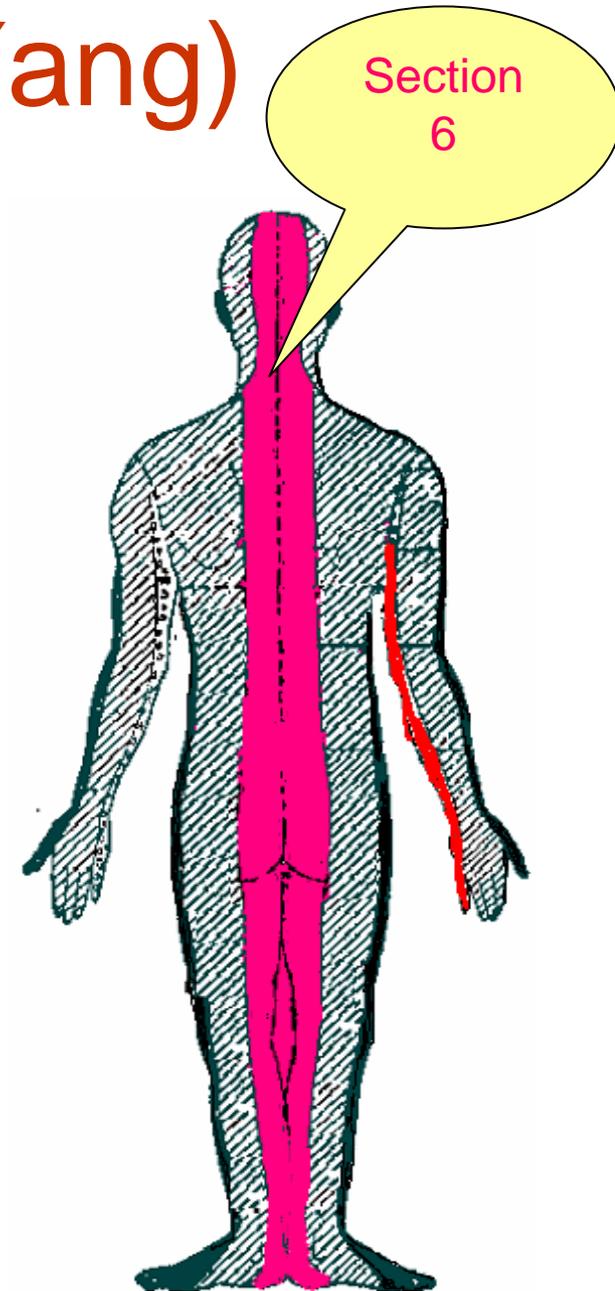
# Sections of the Body (Yang)

- **Section 5:** beside the spinal areas on the back, opposite to the SECTION 2
- **Distribution:**
  - Posterior lateral aspect of head → neck → scapulae → buttock
  - Latero-posterior leg → external ankle
  - M. Triceps → forearm extensor muscle → dorsum of hand → middle 3 fingers
- **Organs included:** head, neck, scapulars, areas beside spinal chord, lateral side of legs
- **Indications:** pains in corresponding areas, stiff neck, scapular pains, pains in lateral lumbar.
- practice



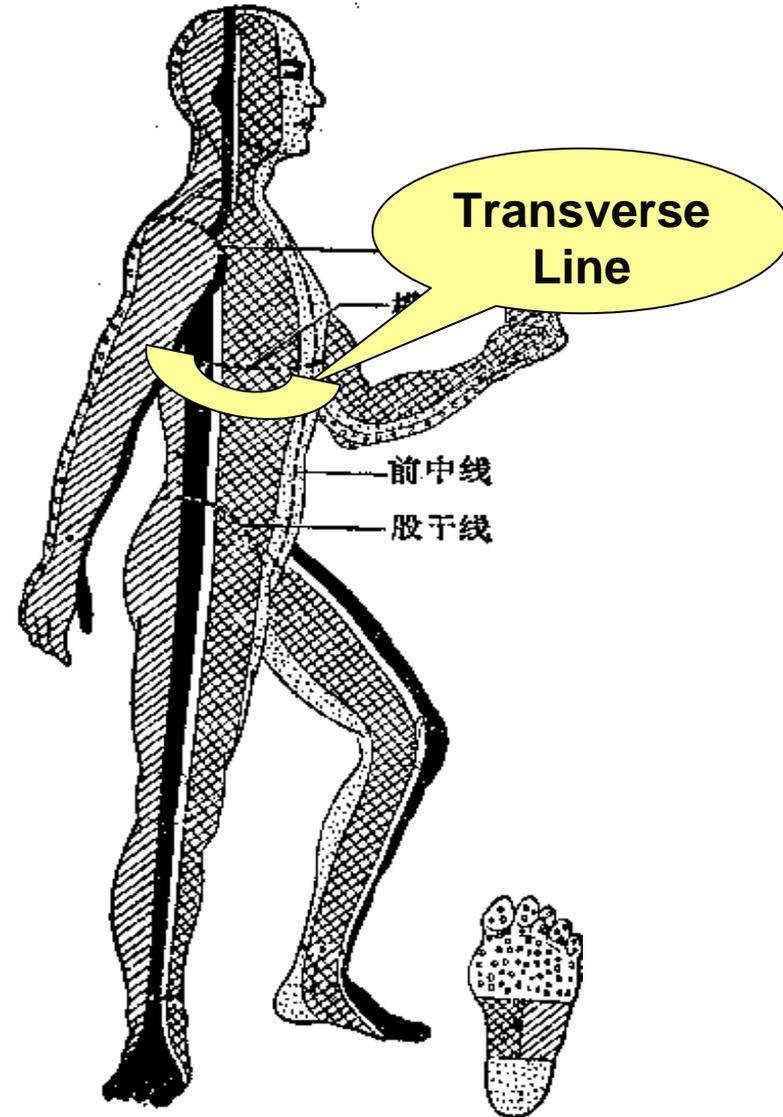
# Sections of the Body (Yang)

- **Section 6:** On the bilateral narrow areas close to the spine. (on the mid-part of the back, just opposite to the SECTION 1 )
- **Distribution:**
  - Du20 → posterior head → Spine → coccyx → postero-lateral leg → lateral heel
  - Posterior axillary → postero-lateral elbow → lateral pinkie finger
- **Organs included:** occiput, posterior neck, spinal chord, sacrum, anus.
- **Indications:** pains in corresponding areas, occiput headache, stiff neck, pains or sprain in the lumbar areas.



# Sections of W&A

- Sections Upper and Lower
- Draw a line around the trunk starting from the sternal corner, named with Transverse Line
- Six Sections in the upper and lower part respectively.



# Points Location and Indications

## Wrist and Ankle

- 
- 
- 

← 2 cun above creases

Six points  
around the  
wrist

Six points  
around the  
ankle

Upper 1, Upper 2, Upper 3,  
Upper 4, Upper 5, Upper 6

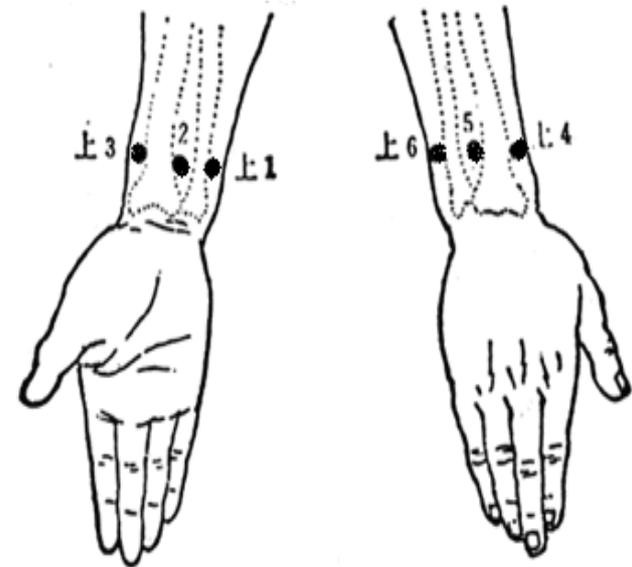
Lower 1, Lower 2, Lower 3,  
Lower 4, Lower 5, Lower 6

Yin-side

Yang-side

## ■ The needling points on the wrist

- Distributed along the cycle 2 cun above the transverse crease of the wrist (level with PC6 and SJ5), which are marked as Upper1-6.
- Upper 1-3 on the palm side(Yin) of the wrist;
- Upper 4-6 on the dorsum side(Yang) of the wrist.

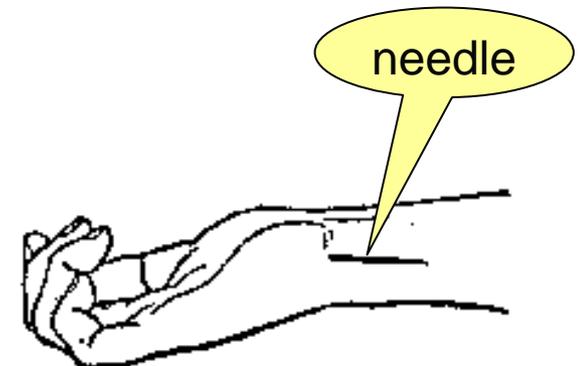


- **Upper 1** : between the ulnar bone border and Tendon of *M. flexor carpi ulnaris*, 2 cun above the transverse crease of wrist

- **Indications:**

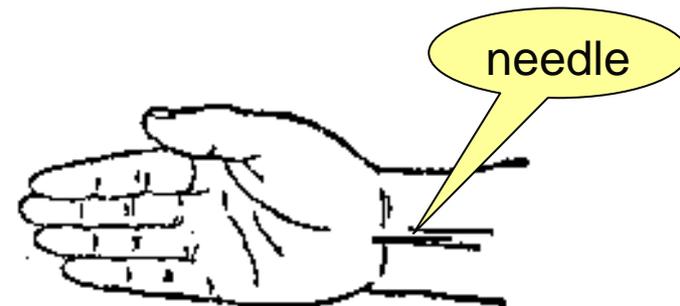
- Mental and emotional disorders, insomnia, depression,
- Sinusitis and allergies (nose)
- Eyes affected,
- Fore headache, facial neuritis, front toothache,
- swollen throat, cough, asthma,
- stomachache, palpitation,
- General disease (no exact location): dizziness, night sweats, shingles, skin itching.

- Practice: locate the point and insert a needle

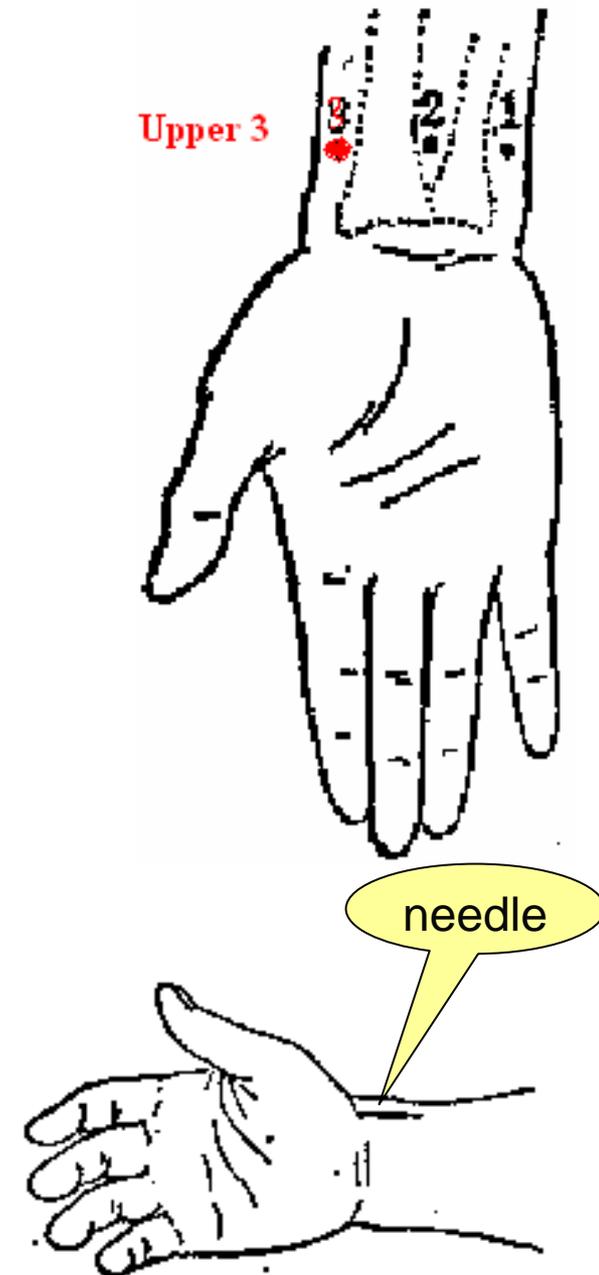


- **Upper 2** : Between the Tendons of M. palmaris longus and M. flexor carpi radialis, 2 cun above the transverse crease
- (Refer to PC6)
  
- **Indications:**
- Head & face: parotitis, posterior toothache, swollen mandible lymph,
- chest stuffiness or pain, asthma, breast disorders
- Carpal tunnel syndrome, palm pain
  
- **Practice:** locate the point and insert a needle

Upper 2



- Upper 3: 1 centimeter inner to radius border, or lateral to the radial artery; 2 cun above the transverse crease
- Indications:
  - hypertension, chest pain below the axilla areas.
  - Elbow tendinitis, carpal tunnel syndrome
- Practice: locate the point and insert a needle



- **Upper 4** : on the thumb side of the radius border.  
( on the top flat point of radio bone)

- **Indications:**

- vertex headache,
- Ear disorders: ear inflammation, tinnitus, deafness,
- TMJ,
- chest pain accordingly;
- stiff shoulder (along LI14), elbow and thumb joint pain

- **Practice:** locate the point and insert a needle



- **Upper 5** : 2 cun above the dorsal crease of the wrist, between the radius and ulna. (refer to SJ5)

- **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

- **Practice:** locate the point and insert a needle



- **Upper 6** : on the dorsum of the wrist, 1 cm to the ulna bone border, 2 cun above the dorsal crease of the wrist

- **Indications:**

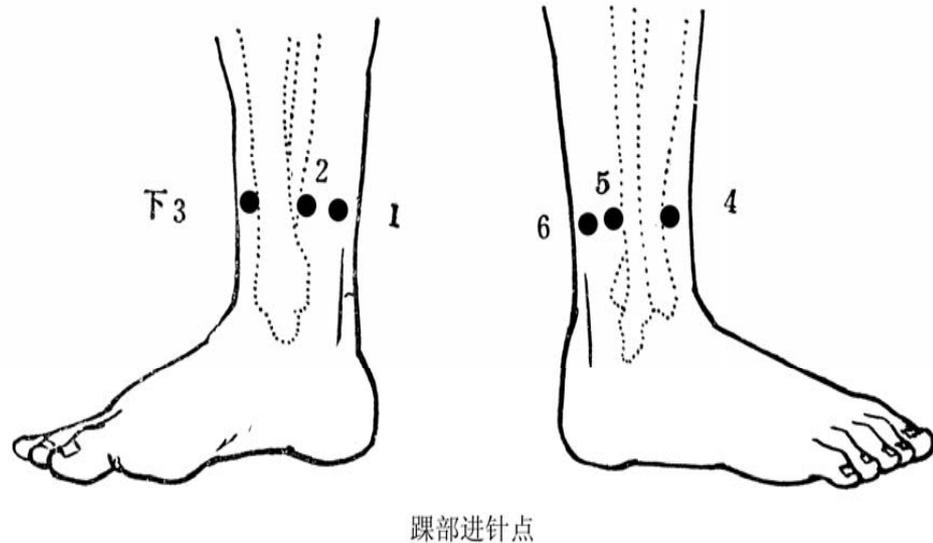
- posterior headache,
- pain in cervical, thorax vertebrae, Scapular pain, and pains in areas according the distribution.

- **Practice:** locate the point and insert a needle



# Needling Points on the Ankle

- They are distributed on the cycle 3 transverse finger (or 3 cun) above the top of external ankle.
- (Refer to SP6/GB39)



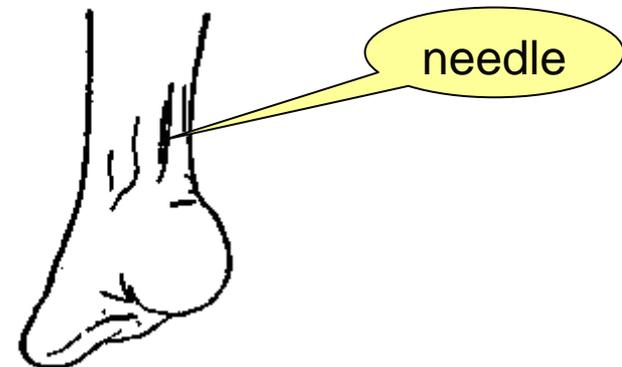
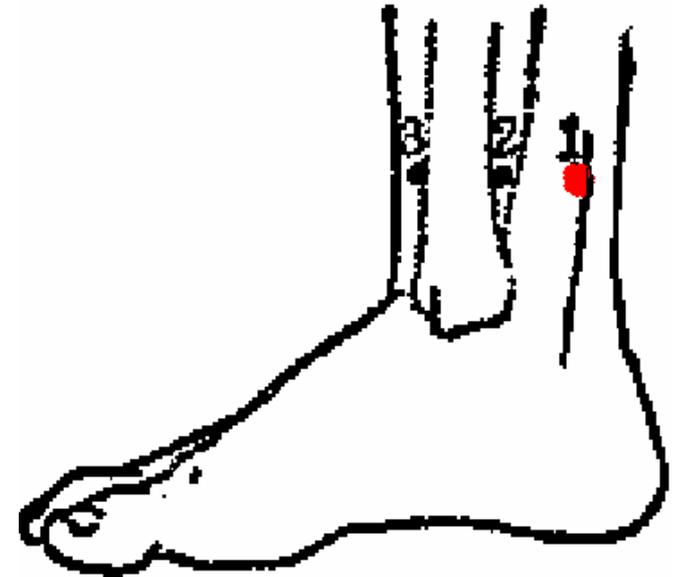
- **Lower 1:** three fingers upwards from the top of inner ankle, close to the inner border of Achilles's tendon

- **Indications**

- Intestinal disorders: abdominal distension, enteritis, constipation
- Menstrual problems: dysmenorrhea, leucorrhea, irregular menstruation;
- pubic pruritus,
- Urinary disorders, enuresis, frequent urination
- Inner sural (calf) pain, heel pain

- **Practice:**

- locate the point and insert a needle



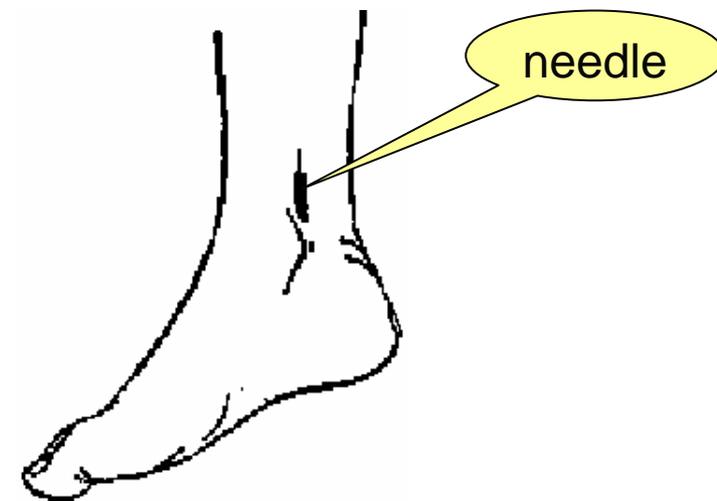
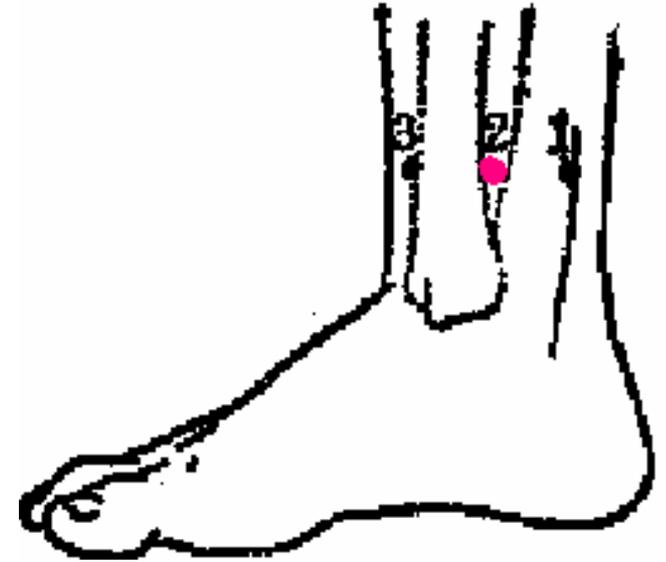
- **Lower 2:** 2 cun proximal to the medial malleolus; close to the medial border of tibia

- **Indications:**

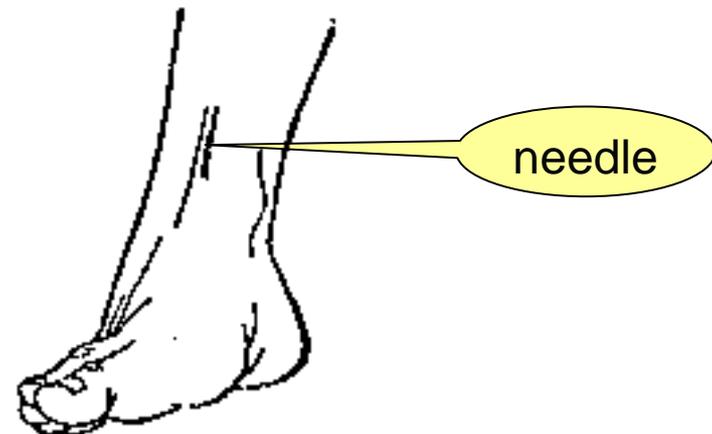
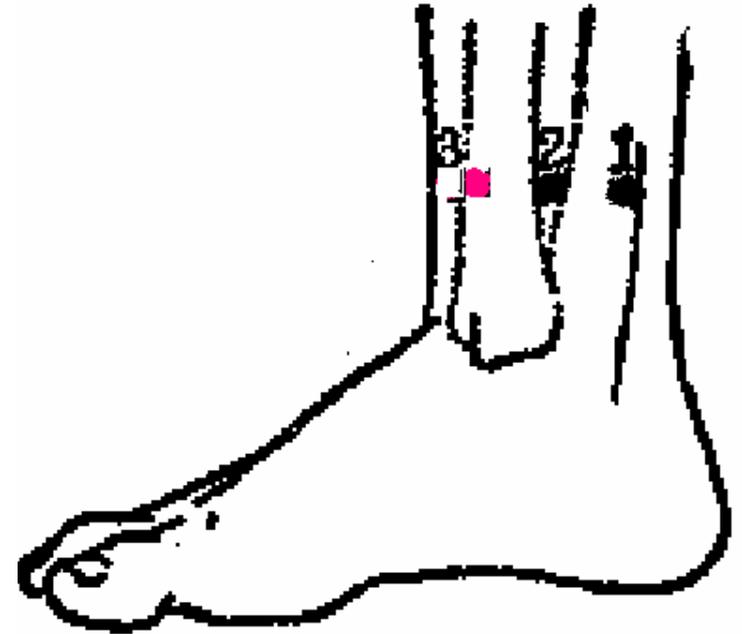
- Liver & gallbladder disorders, pain in liver area, pain in Gallbladder,
- Swollen lymph in the groin,
- Abdominal pain, intestinal distention
- Inner knee pain and pain in related areas.

- **Practice:**

- locate the point and insert a needle



- Lower 3 : 1 cm interior to the front crest of tibia
- Indications: interior knee pain
- Practice: locate the point and insert a needle

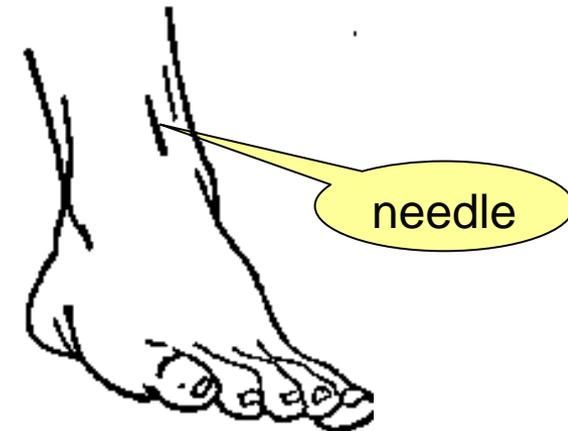
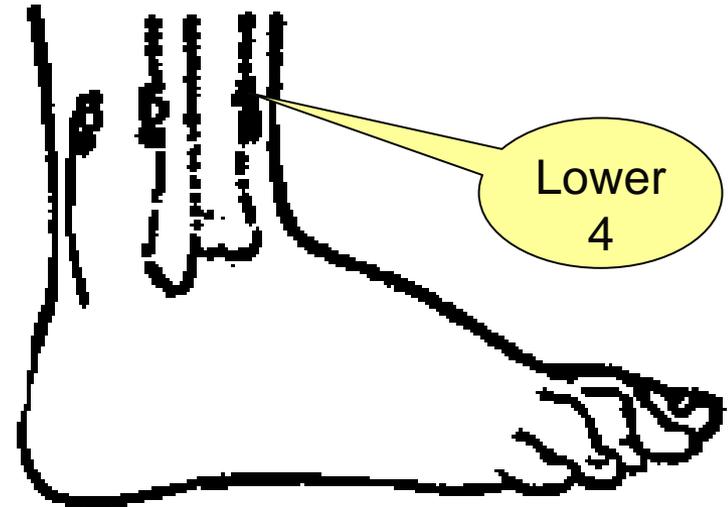


- **Lower 4** : midpoint between the front crest of tibia and the front border of fibular.

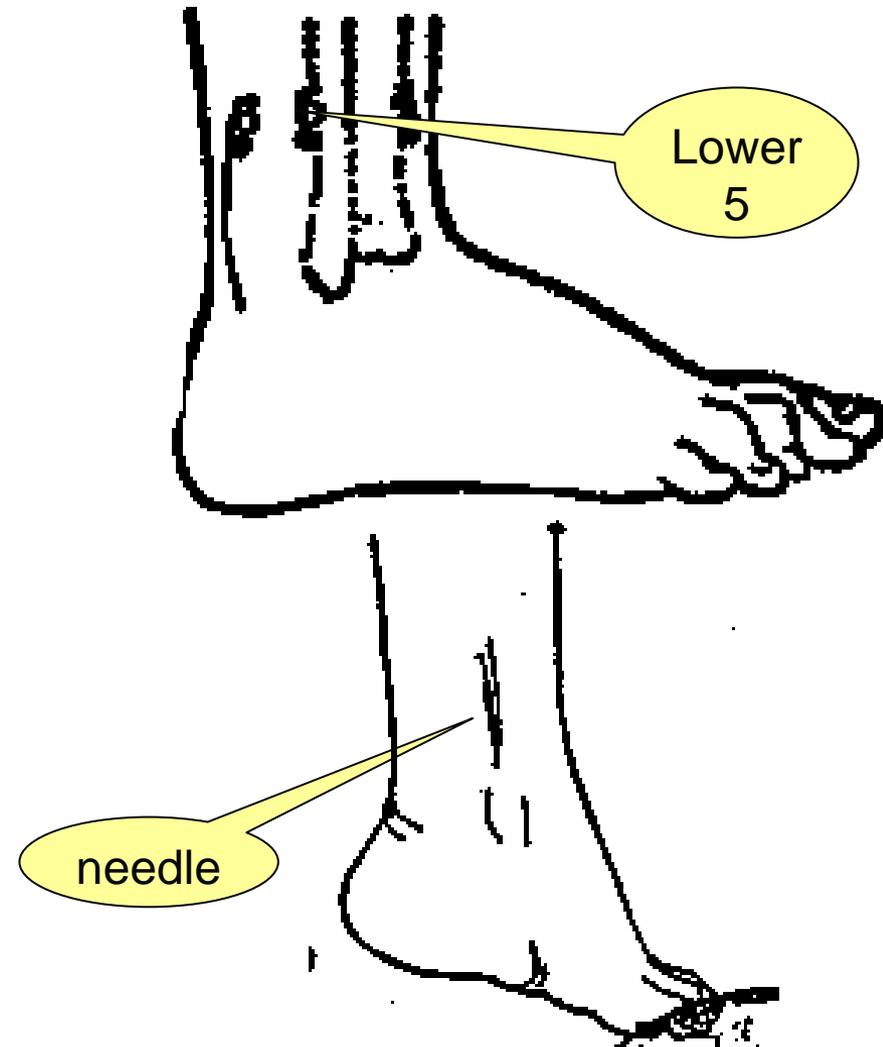
- **Indications:**

- pain in the related areas such as hip, knee; neuritis,
- sensory and motor dysfunction of the lower limbs.
- Foot dorsum pain

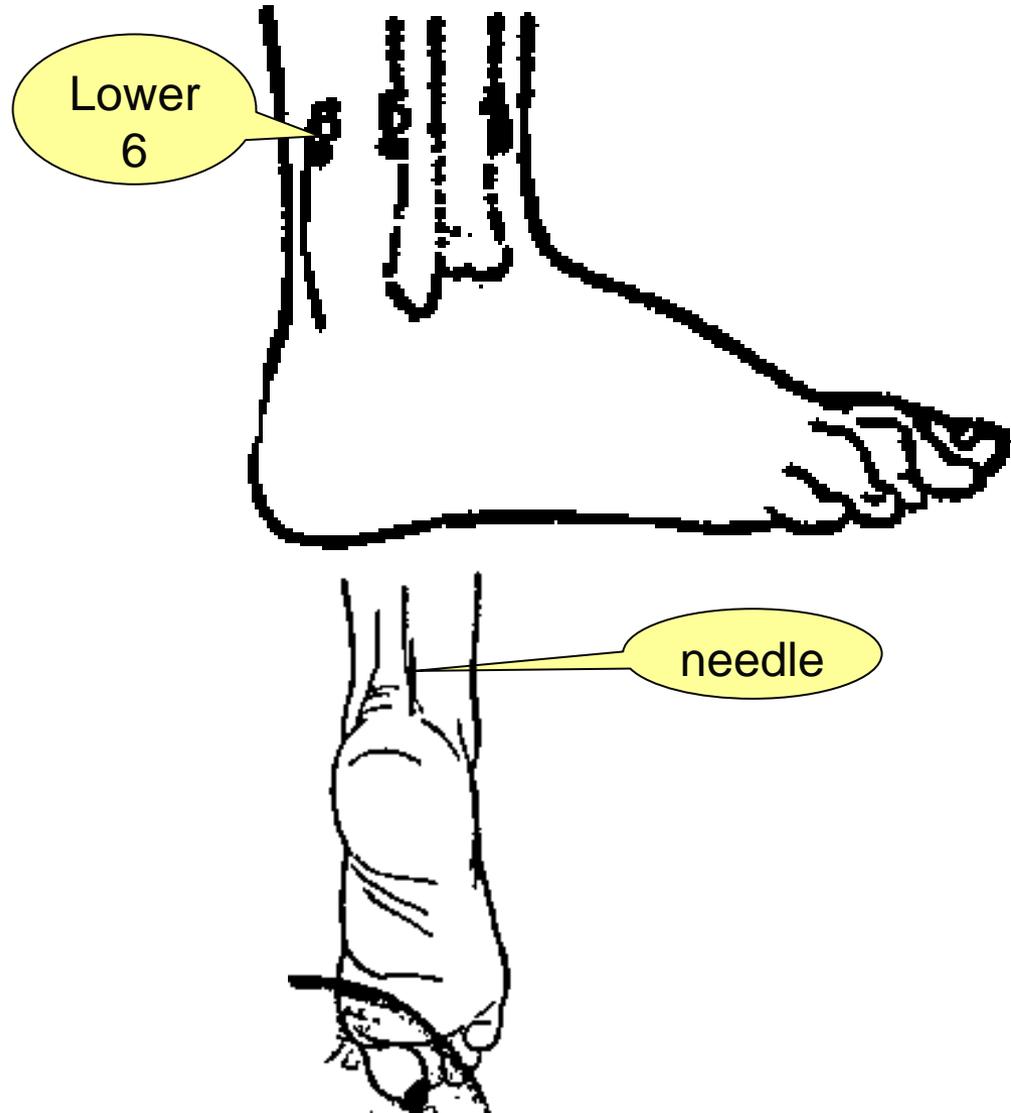
- **Practice:** locate the point and insert a needle



- **Lower 5** : shallow fossa between fibula and long fibula tendon.
- **Indications:**
- Hip pain, pain in posterior-lateral leg, sciatica;
- Calf cramps, lateral ankle pain
- **Practice:** locate the point and insert a needle



- **Lower 6** : Lateral side of leg, just anterior to Achilles's tendon
- **Indications:**
  - lumbar sprain, sciatica, sacrum-iliac joint pain, calf cramps
- **Practice:** locate the point and insert a needle



# The principle for selecting the needling point

- **Choice of points based on the location of the diseases**
- 1. Diseases on the right side requires points on the right , vice versa.
- 2. Wrist points indicate illness manifesting superior to the diaphragm; ankle points to those inferior to the diaphragm
- 3. The bilateral points can be needled if the diseases or syndromes are just located on the midline.

4. The chief and second syndromes should be analyzed if a few syndromes exist at the same time, the painful syndrome could be taken as the chief one if there is any pain; and the related section to sensitive point should be taken as the inserting needle point.

5. The bilateral Upper 1 could be selected for the diseases that can not be located the position, such as whole body itching, urticaria, night sweats, insomnia and some mental diseases.

# Needling Techniques of W&A

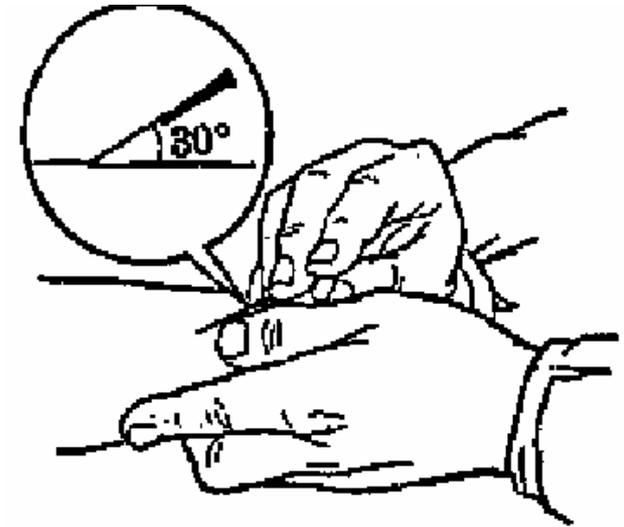
- 1. Tools: Filiform Needle, 1 -1.5 cun, Gauge: 30 or 36
- 2. **Posture** of the patients: seating posture for needling the wrist points; sleeping posture for needling ankle points
- 3. Needling **direction**: generally **Needle tip towards to the affected area**; mostly should towards to the heart, but to treat the wrist or ankle joints pain, or any other diseases on the hand or foot, it should against the heart directions.
- 4. The needling **position** : generally there is no changing except the following conditions:
  - A—will penetrate the visible vessels ; B—where the stabbing pain obviously
  - C--- there is scar, injury; D--- needling against the heart, the needling point could be moved to the heart direction along the perpendicular line not to the side.

# 5. The needling schedule

## Inserting the needle

1. Hand posture of holding the needle
2. **To insert needle transversely** the needle tip penetrate the skin with 30 degree angle
3. Enter into the subcutaneous.
4. **The depth of insertion could be 1.5 cm**
5. **No needle sensation such as soreness, numbness, distending, heaviness needed.**
6. **No twisting or thrusting, only pushing.**

■ Practice



Needling angle and posture



Needling depth

# Regulating the needle

According to the symptoms or syndromes were relieved( removed) or not, and the recovering degree of the functions.

A: the depth of needling is shallow enough or not

B: the deviation of the needling direction

C: the length of needling is suitable or not

- short: unsatisfied effect,
- long : palpitation, hard breathing, dizziness

## Retention of the needle

1. generally for 20-30 minutes.
2. 1 hr or more for severe situation or long course diseases
3. Visible or touchable scar could occur beneath skin if re-stimulating longer time

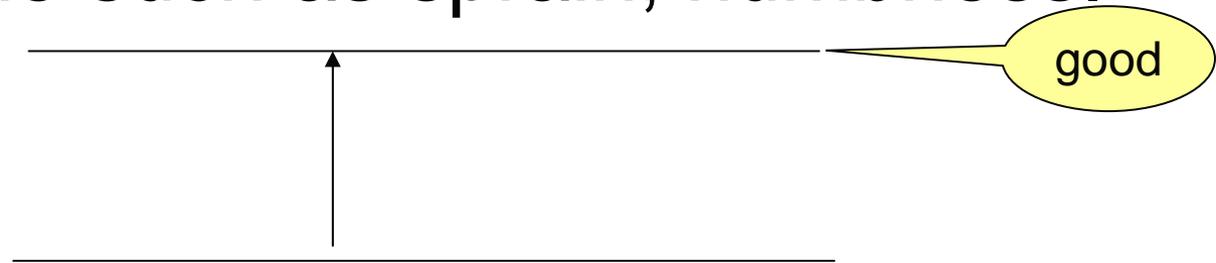
## Taking off the needle

## Treatment course and frequency

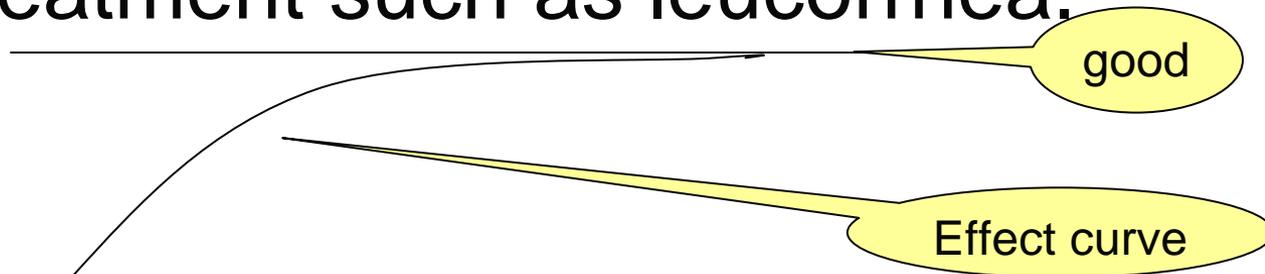
To acute diseases, it could be once a day, or once every two days. 10 times as 1 treatment course.

# Brief Report of Treatment Effect

- In clinic, there are several phenomena:
- 1. symptoms disappear and won't reoccur in a short time such as sprain, numbness.

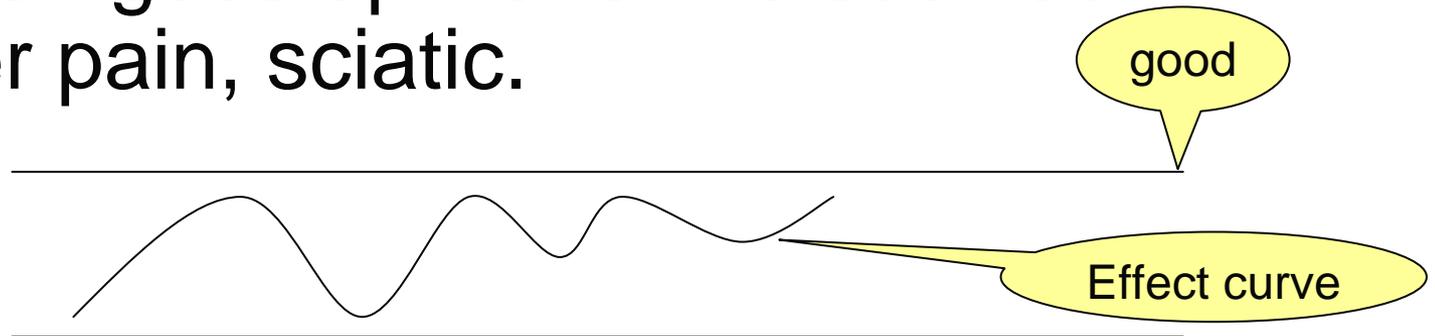


- 2. symptoms could be alleviated slowly by continuous treatment such as leucorrhoea.

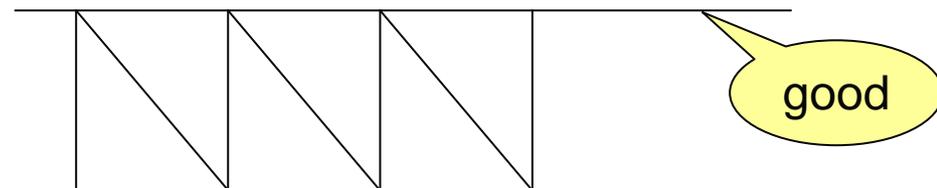


# Brief Report of Treatment Effect

- 3. symptoms could disappear after a treatment but then reoccur very soon, the alleviation goes up wave-like such as shoulder pain, sciatic.

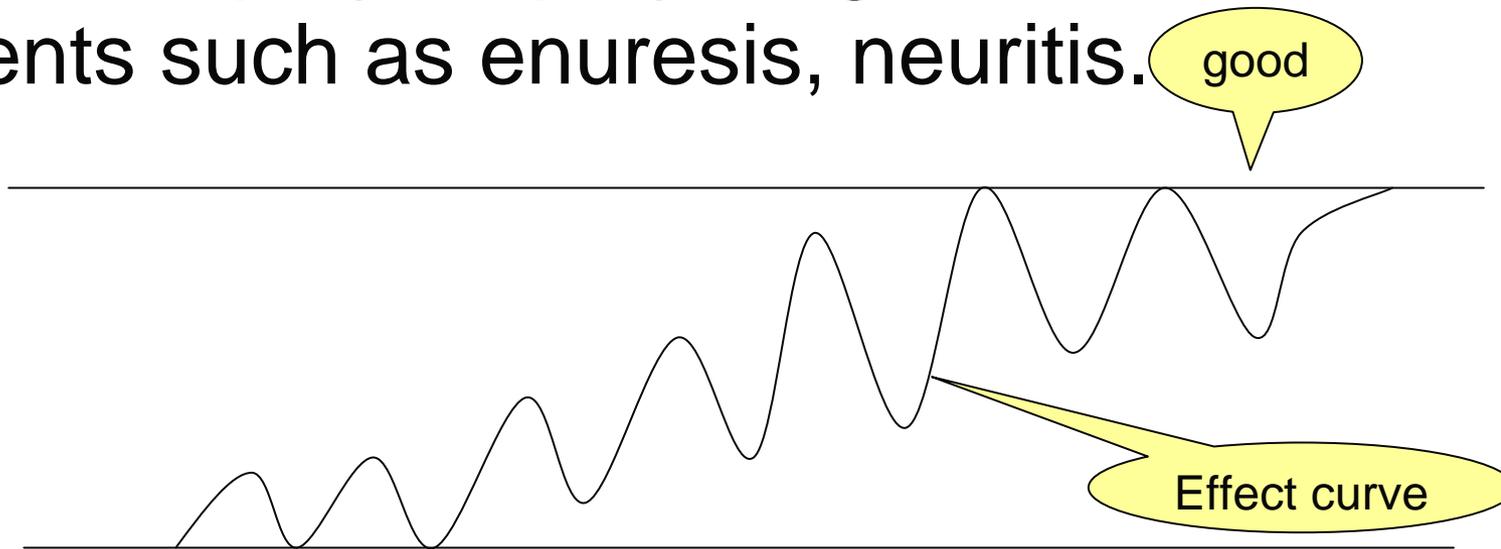


- 4. Pain is alleviated in a very short time and then reoccurs again such as hypertension, trigeminal neuralgia



# Brief Report of Treatment Effect

- 5.No obvious improvement after each treatment, but the symptoms could be alleviated step by step by long-time treatments such as enuresis, neuritis.



# Cases' study

- XXX, girl, 22y, mental disorder for 2wks after quarreling, crying or laughing alternatively, lazy reaction to external stimulation, headache, blurred vision, poor sleep and appetite.
- Diagnosis: Hysteria

# Cases' study

- XXX, male, 34y, paralysis of both lower limbs for 25 days. Before this, pneumonia with high fever 40 Centigrade, but cured by antibiotics.
- **Check-up:** painful sensation disappear in both lower limbs, can't bend legs following his own will, can walk very slowly, can't lift legs up, foot-dragging walk, pain in sural muscles, tendinous reflex normal, no pathological reflexes.
- **Diagnosis: Hysterical Paralysis**

# Cases' study

- XX, female, 30y, Bloating in the lower abdomen with drum-like sound while patting, frequently attacking, it could be alleviated after several days. (WM:IV with Glucoso-calcim, and injected with Paraldehyde, chlorodyne---not improved )
- **Diagnosis: Functional Disorders of the Digestive System**