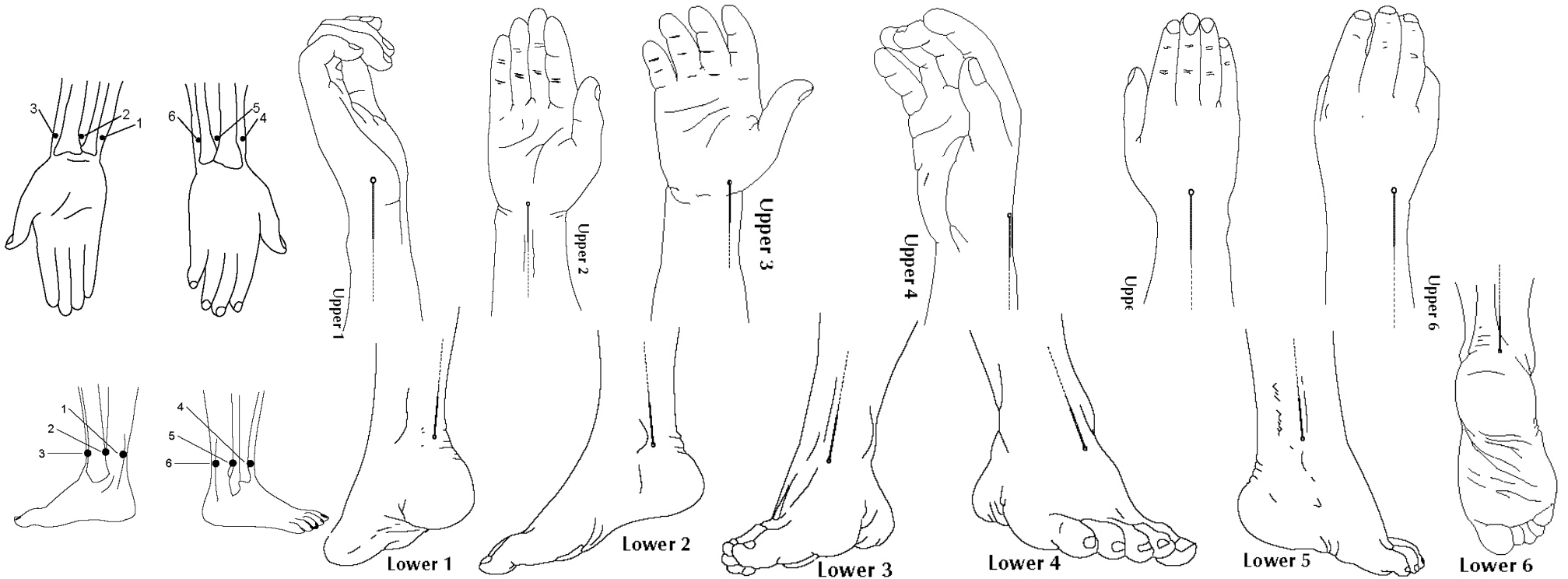
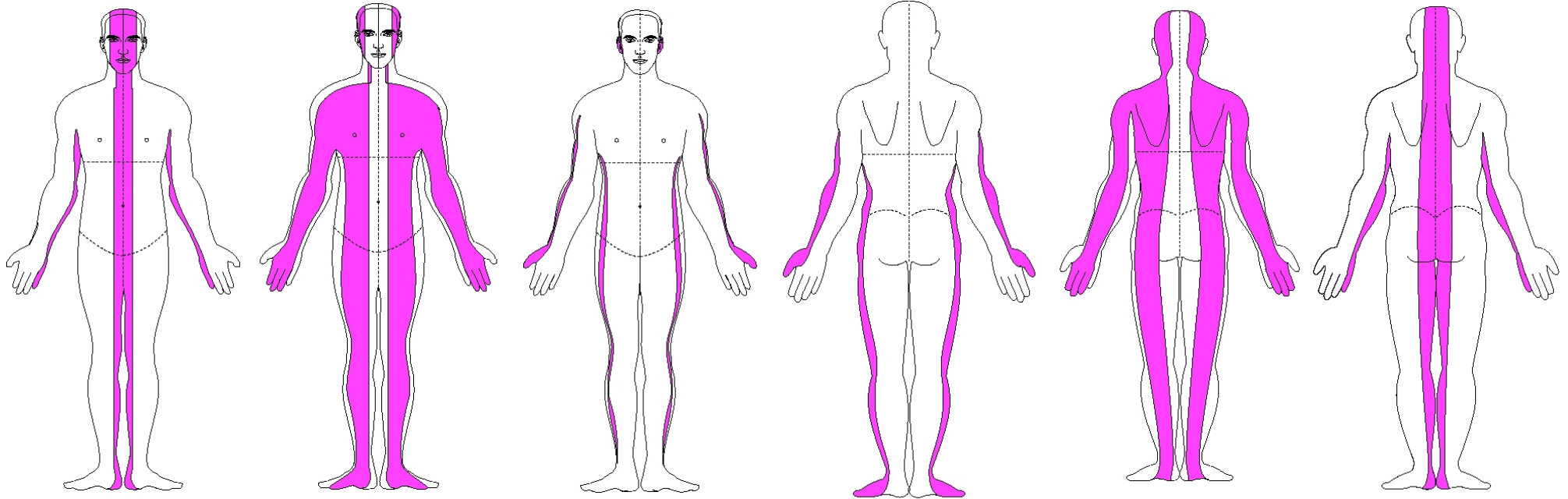


WRIST AND ANKLE (FLOATING) ACUPUNCTURE

by Zhang Xinshu (this synopsis sheet by Peter Borten)



Principles

- Ideal needle is 1", 32 gauge. (Occasionally can use longer ones)
 - No de Qi sensation necessary or desirable
 - Any flat spot in zone at least 2" above wrist or 3" above ankle.
- Direct needle distally for hand/wrist/foot/ankle problem; otherwise direct proximally. Start needle more proximally if pointing it distally (can go much higher on limb).
- Use ipsilateral. Bilateral if disease is bilateral or has no sidedness
 - Wrist points treat the diaphragm and above. Ankle points treat below the diaphragm.
 - Use few points. Choose dominating sx (pain takes priority)
 - Upper 1, bilateral, is most universal - for any disease w/o location - itching, insomnia, psycho-emotional, etc.
 - Not all indications are shown below - be flexible
 - Retain 30 mins. For longstanding problems, sometimes retained longer (can tape down), but shouldn't exceed 24 hrs.
 - Sometimes no results if needle not optimal. Must be shallow as possible & not deviating to one side.
 - If BL-10 and/or GB-21 are tender, can always use Upper 5.

Region 1

The area along the sides of the anterior midline of the body. This region covers the area between the anterior mid line and the vertical line from the lateral border of the eye orbit, including the forehead, eye, nose, mouth, front teeth, tongue, and throat in the head region, the trachea, oesophagus, and heart in the neck and chest region, and the upper abdomen, umbilicus, lower abdomen, uterus, urinary bladder and perineum in the abdominal region. Diseases related to Region 1 are the most common and include frontal headache, eye disorders, nasal obstruction, trigeminal neuralgia, frontal toothache, a thick tongue coating, pharyngitis, tracheitis, stomach-ache, dysmenorrhea, excess leucorrhea, and nocturnal enuresis.

Upper 1 is located between the ulna and the tendon of m. flexor carpi ulnaris. Slide down toward the palm along the border of the ulna with the thumb. The point is in the depression between the border of the ulna and the radial side of the tendon. This point is most frequently used in treatment. [Roger says better results from using Ht channel]

Uses: Frontal headache, spasm of eyelid muscles, stye, conjunctivitis, distention and pain of the eyeball, impaired vision, nasal obstruction, rhinitis, trigeminal neuralgia, facial paralysis, front toothache, thick tongue coating, lacrimation, sore throat, tonsillitis, frequent cough, nausea, vomiting, anorexia, motor aphasia from wind stroke, angina pectoris, costal neuralgia. Disorders which cannot be correctly located: hypertension, numbness of the skin on one or both sides, systemic pruritus, urticaria, aversion to cold, night sweating, certain non-organic psychoses, post-epileptic state.

Lower 1 is located close to the internal border of tendo calcaneus.
Uses: Upper abdominal pain, pain around the umbilicus, nocturnal enuresis, dysmenorrhea, excessive leucorrhea, pain in the medial aspect of m. gastrocnemius, muscular spasm of the leg, pain in the heel.

Region 2

The two sides of the front part of the body. This region covers the antero-temporal area, cheek, back teeth, sub-maxillary area, thyroid gland, areas along the mid-clavicular line such as the supraclavicular fossa, the breast, lungs, costal and hypochondriac area and the lateral abdominal area. Commonly-seen diseases related to this region include antero-temporal headache, aching of the back teeth, distension and pain of the breasts, chest pain, asthma, pain in the hepatic region, and pain in the lateral abdomen.

Upper 2 is located in the centre on the palmar side of the forearm, between the tendons of m. palmaris longus and m. flexor carpi radialis. If these two tendons are indistinguishable, ask the patient to make a firm fist to expose them. The gap between the tendons varies from person to person. Take care not to damage the small vessels there. Move the point a little proximally between the two tendons to avoid damage.

Uses: Antero-temporal headache, back toothache, pain of the submandibular lymph nodes, chest pain, stuffiness in the chest, distension and pain in the breast, asthma, acroparesthesia.

Lower 2 is located in the centre of the medial side of the leg, close to the internal border of the tibia. Slide the thumb forward from the tendo calcaneus until it reaches the border of the tibia, where the point is located.

Uses: Pain in the hepatic region, lateral abdominal pain, pain of the lymph nodes in the groin, pain at the medial aspect of the knee joint, pain at the medial aspect of the ankle.

Region 3

The lateral borders of the front part of the body. This region covers a vertical narrow area along the anterior border of the auricle and axilla. Only a small number of diseases are related to this region such as pain of the superficial temporal artery, and chest pain along the anterior border of the axilla.

Upper 3 is located one cm. internal to the border of the radius, or between the border of the radius and the radial artery. This point is seldom used clinically.

Uses: Pain of the superficial temporal artery, pain in the lateral chest wall.

Lower 3 is located one cm. medial to the anterior crest of the tibia.

Uses: Pain at the medial aspect of the knee, medial dorsum of foot.

Region 4

The borders of the front and back parts of the body. This region covers the area from the vertex (Baihui DU-20), the ear lobe, the trapezius border of the shoulder, and the vertical area between the axilla and anterior superior iliac spine. The diseases related to this region include parietal headache, ear-ache, tinnitus, temporomandibular arthralgia, and chest pain along the midaxillary line.

Upper 4 is located on the border of the radius on the side of the thumb. Ask the patient to hold the forearm vertically in front of the body with the palmar side facing the body. The operator holds

the radius of the patient with the two index fingers. Locate this point on the border of the radius. Move the point a bit proximally to avoid the vessels.

Uses: Parietal headache, tinnitus, impaired hearing, temporomandibular arthralgia, pain of the anterior aspect of shoulder, lateral chest pain, pain in the elbow, arthralgia of the thumb.

Lower 4 is located midway between the anterior crest of the tibia and the anterior border of the fibula. Feel the borders of the two bones with the thumbs and locate this point in the middle of the borders. This point is frequently used.

Uses: Meralgia paresthetica, arthralgia of the knee, sensory disturbance of the lower limbs, motor disturbance of the lower limbs (paralysis, tremor), pain in the dorsum of the foot.

Region 5

The two sides of the back part of the body, just opposite to Region 2. This region covers the posteriotemporal area, the lateral side of the back of the neck, and the area along the mid-scapular line passing down to the lumbus. The diseases related to this region include posterio-temporal headache, pain in the scapula, and disorders of the transverse processes of the lumbar vertebrae.

Upper 5 is located in the centre of the dorsal side of the forearm, between the radius and ulna. Ask the patient to keep the palm downward, and then locate this point midway between the two bones. This point is also frequently used.

Uses: Dizziness, vertigo, headache, common cold, pain in the posterior aspect of the neck, shoulder pain, arthralgia of the shoulder, sensory disturbance of the upper limbs, motor disturbance of the upper limbs (paralysis, tremor), arthralgia of the wrist, arthralgia of the fingers.

Lower 5 is located in the centre of the lateral side of the leg, close to the posterior border of the fibula, in a shallow sulcus between the border of the fibula and the tendon of m. peroneus longus.

Uses: Syndrome of the transverse process of the third lumbar vertebra, meralgia of the lateral aspect of the leg, arthralgia of the ankle.

Region 6

The area along the sides of the posterior midline of the body, just opposite Region 1. This region covers the occipital area of the head, the area along the vertebral column, and the anus. The diseases related to this region include occipital headache, pain of the posterior aspect of the neck, lower back pain, prolapse of the rectum, and haemorrhoids.

Upper 6 is located on the dorsal side of the forearm, 1cm internal to the border of the ulna on the side of the little finger. Since the head of the ulna is here, move the point a bit proximally to facilitate the needling.

Uses: Pain in the cervical and thoracic vertebrae, pain in the posterior aspect of the shoulder, frost bite.

Lower 6 is located close to the external border of tendo calcaneus. This point is also frequently used.

Uses: Lumbar pain, sciatica, pain in the anterior sole.