

54. Acute Ankle Sprain

Acute ankle sprain refers to acute sprain of the ankle muscles and fasciae. It is clinically marked by an apparent history of trauma, followed by sharp pain, tenderness, and swelling in the ankle on one or both sides, and limitation of the joint movement. It is called *Huai Niu Shang* in Chinese.

I. STANDARD TREATMENT

Acute ankle sprain is generally diagnosed in differentiation as syndrome of stagnation of qi and blood.

Stagnation of Qi and Blood

Manifestations: Abrupt onset of sharp pain, tenderness and swelling in the ankle region on one or both sides, and limitation of the ankle joint movement following an external injury of the ankle joint.

Tongue: Normal.

Pulse: Wiry and tight or normal.

Treatment Principle: Activate blood and resolve blood stasis, dredge the meridian and activate the collateral, promote circulation of qi and relieve pain.

Point Prescription & Manipulation:

Primary points:

- The tender points in the ankle region ^
- ST-41 Jiexi - ^
 - BL-60 Kunlun - ^
 - GB-40 Qiuxu - ^
 - GB-39 Xuanzhong - ^

Explanation:

- The tender points in the ankle region, ST-41 Jiexi, BL-60 Kunlun, and GB-40 Qiuxu, located at the diseased region, warm the meridians, promote blood and qi movement, activate the collaterals, remove blood stasis, and arrest pain;

- GB-39 Xuanzhong, the Influential Point of Marrow, strengthens the bones.

Secondary points according to conditions:

- Stabbing pain—BL-17 Geshu [-].

II. EXPERIENTIAL TREATMENT

1. Puncturing SJ-5 Waiguan

Indication: Acute and chronic ankle joint sprain.

Point Prescription:

SJ-5 Waiguan of the diseased side.

Manipulation: Insert a 1.5-cun long needle perpendicularly into SJ-5 Waiguan 1-1.2 cun while rotating it. After arrival of qi, rotate, lift and thrust the needle repeatedly while asking the patient to move the diseased joint simultaneously during the manipulation. When the pain becomes milder, retain the needle for about 20-40 minutes. For a patient with recent sprain and obvious redness, swelling and pain of the diseased region, manipulate the needle with strong stimulation, and retain the needle for 10-15 minutes with manipulation every 5 minutes. For a patient with a chronic sprain and no obvious redness, swelling and pain of the diseased region, manipulate the needle with gentle stimulation, retain the needle for 30-40 minutes, and manipulate it every 10 minutes. The treatment is given once daily, and generally within 1-4 treatments the disease will be cured or greatly relieved.

2. Puncturing GB-34 Yanglingquan

Indication: Acute ankle joint sprain.

Point Prescription:

GB-34 Yanglingquan of the diseased side.

Manipulation: Insert a 1.5-cun long needle perpendicularly into GB-34 Yanglingquan 1 cun, manipulate the needle with strong stimulation to induce arrival of qi. Then, retain the needle for 20 minutes, manipulating the needle 3-4 times during the retention to induce the needling sensation radiating to the ankle. The treatment

is given once daily. Generally, the pain will be relieved after one treatment, and cured within 3-5 treatments.

3. Puncture SJ-4 Yangchi

Indication: Acute ankle joint sprain.

Point Prescription:

SJ-4 Yangchi of the diseased side or of the healthy side.

Manipulation: If selecting SJ-4 Yangchi of the diseased side, puncture perpendicularly 0.3-0.5 cun, manipulate the needle to induce arrival of qi, retain the needle for 30 minutes, and ask the patient to massage the ankle region during the retention. If selecting the point on the healthy side, puncture perpendicularly 0.5-0.8 cun, perform strong stimulation, and ask the patient to move the ankle joint during the manipulation, and remove the needle when the pain becomes milder. Usually, after treatment, the pain will be immediately relieved or even disappear.

4. Puncturing the Corresponding Point on the Ankle

Indication: Acute wrist sprain.

Point Prescription:

The Corresponding Point, which is on the ankle of the healthy side, and corresponds to the most painful spot of the injured region. Namely, if the left ankle joint is injured, the Corresponding Point is the spot on the right ankle, which corresponds to the most painful spot on the left ankle.

Manipulation:

Method 1: Insert a 1-cun long needle in to the Corresponding Point on the ankle, lift, thrust and rotate the needle repeatedly to induce and keep the needling sensation. Constantly manipulate the needle for 15-20 minutes, and ask the patient to move the diseased joint simultaneously during the manipulation. Usually, pain will be milder immediately. The treatment is given once daily. Generally, the pain will be relieved greatly after one treatment.

Method 2: Insert a 1-cun long needle into the Corresponding Point horizontally at 15 degrees 0.8 cun, rotate the needle for 15 seconds gently, inducing no needling sensation or little to the patient. Then, retain the needle in the point for 20 minutes. Ask the patient to move the diseased part during the retention. Usually, pain will be milder immediately. The treatment is given once daily, and usually within 3 treatments the pain will disappear.

5. Ear Acupuncture

Indication: Acute ankle sprain.

Ear Point Prescription:

The tender point, Shenmen, Liver, Spleen, Heart.

Manipulation: See page 255-256.

Comment:

Zhenjiu is very effective in the treatment of acute ankle sprain. In most cases, it can be cured by Zhenjiu treatment. In clinics, usually, Zhenjiu can be taken as the first choice in treatment. It is always important in the treatment that one has the patient's cooperation in moving the diseased part when the needle in the distal point is twisted, thrust and lifted.

Notes: