

52. Acute Lumbar Sprain

Acute lumbar sprain refers to acute sprain of lumbar muscle and fasciae. It is marked by an apparent traumatic history, followed by sharp pain in the lumbus on one or both sides, limitation of movement in the area, spasm and tenderness in the sacrospinal muscle and pain which can radiate to the buttock and posterior side of the thigh. It is called Ji Xing Yao Niu Shang or Shang Yao in Chinese.

I. STANDARD TREATMENT

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

Stagnation of Qi and Blood

Manifestations: Abrupt attack of sharp pain in the lumbar area on one or both sides, which can radiate to the buttock and posterior side of the thigh, limitation of lumbar movement, and spasm and tenderness in the sacrospinal muscle following external injury of the lumbus.

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 lumbus - ^
 BL-23 Shenshu + ^
 BL-52 Zhishi + ^
 DU-3 Yaoyangguan + ^
 BL-40 Weizhong - (pricked to bleed)
 BL-57 Chengshan -

Explanation:

- The Tender points in the lumbus, BL-23 Shenshu, BL-52 Zhishi BL and DU-3

Yaoyangguan, located in the diseased region, warm the meridians, promote blood and qi movement, activate the collaterals, remove blood stasis, and arrest pain;

- BL-40 Weizhong and BL-57 Chengshan promote flow of the Bladder Meridian qi and remove blood stasis.

Secondary points according to conditions:

- 1▣ Stabbing pain—DU-28 Yinjaio [-] (pricked to bleed), BL-17 Geshu [-] and SP-10 Xuehai [-];
- 2▣ Stiffness of spinal column—EX-B-2 Jiayi [-] and BL-25 Dachangshu [-].

II. EXPERIENTIAL TREATMENT

1. Puncturing EX-UE-13 Shangdu

Indication: Acute lumbar sprain.

Point Prescription:

EX-UE-13 Shangdu of the diseased side, located on the dorsum of the hand, between the second and third metacarpophalangeal joints.

Manipulation: Ask the patient to sit or stand, and make a loose fist with its center facing downward. Insert a 2-cun long needle into the point with tip toward the palm center to 1-1.5 cun, and rotate the needle with reducing manipulation with stimulation tolerable to the patient. After arrival of qi, retain the needle in the point for 20 minutes, and ask the patient to turn at the waist until there is sweating in the diseased lumbar region. The treatment is given once daily and usually, 1-3 treatments are needed to cure the disease.

2. Ear Acupuncture

Indication: Acute lumbar sprain.

Ear Point Prescription:

Shenmen

Manipulation: Use the handle of the needle to press the region of Shenmen to find out the most painful spot, insert a 0.5-cun long needle into the

spot, manipulate the needle 3-5 minutes with strong stimulation to induce soreness, numbness and distention to the patient. Then, retain the needles in the points for 10 minutes, and manipulate them during the retention to strengthen the needling sensation. Usually, 1 treatment is enough to relieve the pain.

3. Pressing EX-B-9 Yaoqi with Finger

Indication: Acute sprain of the waist.

Point Prescription:

EX-B-9 Yaoqi, located on the dorsum of the foot, between LR-2 Xingjian and LR-3 Taichong.

Manipulation: Ask the patient to sit or stand with the feet 15-20 cm apart. Press bilateral EX-B-9 Yaoqi with the tip of the index fingers simultaneously and forcefully and release. Repeat for 2-3 minutes, ask the patient to turn at the waist in conjunction. The treatment is given once daily and within 3 days, generally, acute lumbar sprain will be cured. If there is an obvious tender point near EX-B-9 Yaoqi, press the tender point to replace EX-B-9 Yaoqi. The result will be better than pressing on EX-B-9 Yaoqi.

4. Puncturing SI-3 Houxi

Indication: Acute lumbar sprain.

Point Prescription:

SI-3 Houxi

Manipulation: Puncture perpendicularly 1 cun deep, perform reducing manipulation to induce soreness, heaviness, numbness, and distention which radiate to the elbow or even the shoulder, retain the needles for 30 minutes, and manipulate them during the retention. Ask the patient to turn at his/her lumbus after arrival of qi. In most cases the disorder will be cured with only one treatment. If not cured, the treatment can be repeated next day.

5. Puncturing EX-UE -15 Shanyao

Indication: Acute lumbar sprain.

Point Prescription:

EX-UE-13 Shanyao, three points in total, located on the arm, at the three points of an equilateral triangle. LI-11 Quchi is its upper point, point 1 cun radial to the midpoint of the line connecting LI-11 Quchi and LI-10 Shousanli is one of the bottom point, and point on the line from the olecranon to LI-11 Quchi and 1 cun lateral to LI-11 Quchi is the other bottom point.

Manipulation: Puncture perpendicularly 1-1.5 cun deep, manipulate the needles to induce arrival of qi, retain them for 20-30 minutes, and manipulate them every 5 minutes. Ask the patient to move his lumbus during the manipulation and retention. Usually, only one treatment is effective to cure this disease. If not, the treatment can be given next day.

6. Puncturing RN-17 Danzhong

Indication: Acute lumbar sprain.

Point Prescription:

RN-17 Danzhong

Manipulation: Puncture 0.5-0.8 cun horizontally at an angle of 10 degrees, with the needle tip toward RN-15 Jiuwei if the most painful spot is in the spinal column, toward the region left lateral to RN-15 Jiuwei if the most painful spot is at the left lumbus, or towards the region right lateral to RN-15 Jiuwei if the most painful spot is at the right lumbus, manipulate the needle forcefully to induce strong stimulation for 20 seconds, and retain the needle for 30 minutes. Ask the patient to move the lumbus during the retention. Usually, within 3 treatments, the disease will be cured.

7. Pressing BL-59 Fuyang with Finger

Indication: Acute lumbar sprain.

Point Prescription:

BL-59 Fuyang

Manipulation: Ask the patient to lie on the stomach with the hands extended forwards and legs backwards. Firstly massage the lumbus several minutes to relax the muscular spasms. Then, press the BL-59 Fuyang with the tip of the thumb and increase the pressure gradually. Ask the patient to cough several times to know whether the pain becomes relieved or not. After the pain is relieved, ask the patient to support the body with hands, kneel on the bed, and move the buttock to touch the lower leg, and to repeat this course several times. Usually, one or two treatments are effective to cure this disease.

Comment:

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

Notes:

53. Acute Wrist Sprain

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

I. STANDARD TREATMENT

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

Stagnation of Qi and Blood

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

SJ-4 Yangchi - ^

SI-5 Yanggu - ^

LI-5 Yangxi - ^

SJ-5 Waiguan - ^

Explanation:

- The Tender points in the wrist region, SJ-4 Yangchi, SI-5 Yanggu, LI-5 Yangxi, located at the diseased region, warm the meridians, promote blood and qi movement, activate the collaterals, remove blood stasis, and arrest pain;