

patient to move the shoulder joint. The treatment is given once daily with 7 treatments as a course. Usually within 2-3 courses the pain will disappear.

5. Pressing LI-10 Shousanli with Finger

Indication: Scapulohumeral peri-arthritis.

Point Prescription:

LI-10 Shousanli of the diseased side.

Manipulation: Ask the patient to sit down. Stand at the diseased side of the patient. If the patient has pain in the left shoulder joint, hold his left arm with your right hand, press the point with your right thumb forcefully, knead the point clock-wise to induce soreness, numbness, pain or electric shock sensation which radiate to the shoulder. Then, help the patient to move the shoulder joint. The treatment is given once daily with 10 treatments as a course. Usually 5-30 treatments are needed to cure this disease.

Comment:

Zhenjiu is effective in the treatment of scapulohumeral peri-arthritis. In most cases, it can be cured by Zhenjiu treatment. In clinic Zhenjiu can be taken as the first choice in its treatment.

Notes:

48. External Humeral Epicondylitis

External humeral epicondylitis, commonly called tennis elbow, refers to laceration, bleeding, adhesion or aseptic inflammatory change in the general tendon of the extensor muscle at the origin of the external epicondyle of the humerus. Its cause is uncertain, though it may be caused by repetitive strenuous supination of the wrist against resistance, as in manual use of a screwdriver, or by violent extension of the wrist with the hand pronated, as in tennis. It is clinically marked by pain on the lateral side of the elbow joint, usually radiating to the lateral side of the forearm or shoulder and aggravated when making a fist or wringing a towel. There is extreme tenderness on the external humeral epicondyle, but no swelling or impairment of joint movement. According to TCM, external humeral epicondylitis is classified into Shang Jin (injury of the tendon) or Zhou Tong (pain of the elbow), and is caused by strain of the elbow leading to localized obstruction of qi and blood.

I. STANDARD TREATMENT

External humeral epicondylitis is divided into two types—stagnation of qi and blood and deficiency of kidney yang. Points in the local area and the Kidney Meridian are frequently used.

1. Stagnation of Qi and Blood

Manifestations: Pain and heaviness or swelling and distending sensation of the elbow, which are aggravated by movement and relieved by rest.

Pulse and Tongue: Normal.

Treatment Principle: Promote circulation of qi, activate blood and relieve pain.

Point Prescription & Manipulation:

Primary points:

LI-12 Zhouliao - ^

LI-11 Quchi - ^

LI-10 Shousanli - ^
 SJ-10 Tianjing - ^
 Ashi Point - ^

Explanation:

On Ashi Points, puncture each spot with the needle tip toward several directions (point toward point puncturing), or puncture each spot with two or more needles.

- LI-12 Zhouliao, LI-11 Quchi, LI-10 Shousanli, SJ-10 Tianjing and Ashi Point, located at the diseased region, warm the meridians, activate the collaterals, promote qi and blood circulation, and arrest pain;

Secondary points according to conditions:

1□ Severe and stabbing pain — BL-17 Geshu [-] and PC-6 Neiguan [-].

2. Deficiency of Kidney Yang

Manifestations: Soreness, swelling and discomfort of the elbow joint, which is aggravated by wind and cold, weakness and fatigue of the elbow joint.

Tongue: Pale body with white coating.

Pulse: Weak.

Treatment Principle: Warm the kidney, activate the collateral, and relieve pain.

Point Prescription & Manipulation:

Primary points:

RN-4 Guanyuan + ^
 BL-23 Shenshu + ^
 LI-12 Zhouliao + ^
 SJ-10 Tianjing + ^
 Ashi Point + ^

Explanation:

Ashi Points are punctured with the same manipulation mentioned above.

- RN-4 Guanyuan and BL-23 Shenshu warm and tonify kidney yang;

- LI-12 Zhouliao, SJ-10 Tianjing and Ashi Point, located at the diseased region, warm the meridians, activate the collaterals, promote qi and blood circulation, and arrest pain.

Secondary points according to conditions:

1□ Dizziness, soreness of waist and knees and tinnitus — BL-18 Ganshu [+] and SP-6 Sanyinjiao [+].

II. EXPERIENTIAL TREATMENT

1. Puncturing LU-5 Chize

Indication: External humeral epicondylitis.

Point Prescription:

LU-5 Chize of the diseased side.

Manipulation: Acupuncture is taken as the main the treatment and moxibustion as the assistant. Ask the patient to sit down with the diseased elbow bent at an angle of 90 degrees. First look for the obvious tender point around the external humeral epicondyle. Then, insert a 2-cun long needle into LU-5 Chize with its tip toward the tender point as deep as possible. Lift, thrust and rotate the needle to induce a painful and distending sensation in the elbow joint. Finally, retain the needle for 20 minutes and apply moxibustion on the diseased place during the retention. The treatment is given once daily or every other day, with 10 treatments as a course.

2. Acupuncture and Moxibustion on the Tender Point

Indication: External humeral epicondylitis.

Point Prescription:

The tender point on the area of the epicondyle.

Manipulation: Ask the patient to sit down with the elbow bent at an angle of 90 degrees and place the arms on a desk. Look for the most obvious tender point on the area of the epicondyle, insert a filiform needle into the point, and rapidly rotate the needle with strong

stimulation for 5 minutes. Then, remove the needle and apply moxibustion on the punctured region for 5-10 minutes until the patient cannot stand it. The treatment is given once daily, with 8 treatments as a course.

3. Puncturing ST-42 Chongyang

Indication:

External humeral epicondylitis at the acute stage.

Point Prescription:

ST-42 Chongyang

Manipulation: After insertion of needles, rotate them with even reinforcing and reducing manipulation until arrival of qi. Then, retain the needles for 20 minutes, and manipulate them every 5 minutes to strengthen the needling sensation. The treatment is given once daily and usually 5 times are needed.

4. Ear Acupuncture

Indication: External humeral epicondylitis, which lasts for a long time.

Ear Point Prescription:

Elbow, Sanjiao, Liver, and Shenmen.

Manipulation: See page 255-256. Generally, after 2-3 treatments, symptoms will be relieved greatly.

Comment:

1). Zhenjiu is effective in the treatment of external humeral epicondylitis. In most cases, it can be cured by Zhenjiu treatment. In clinics, Zhenjiu can be taken as the first choice in the treatment.

2). The earlier the treatment is given, the better the result will be. Among Zhenjiu treatment methods, puncture with warming needle often induce obvious effect result, therefore it may be selected firstly.

3). During the treatment period, the patient should decrease activities of the diseased elbow joint movement. As the disease very easily

reoccurs, after the treatment, he/she should avoid over usage of the diseased elbow joint so as to prevent reoccurrence.

4). If combined with massage or some other treatment, the Zhenjiu treatment result may be improved.

Notes: