

## 49. Myofascitis of Neck and Shoulder

Myofascitis of neck and shoulder refers to myofascitis taking place in the neck and shoulder. It may be induced or intensified by physical or mental stress, poor sleep, trauma, exposure to dampness or cold. It is clinically marked by pain and limitation of movement of the neck and shoulder. According to TCM, myofascitis of neck and shoulder is classified into Jing Xiang Tong (neck pain), Bei Tong (back pain), and Jian Bei Tong (pain of the shoulder and back), and it is caused by attack by wind-cold-damp, resulting in stagnation and obstruction of the collaterals.

### I. STANDARD TREATMENT

Myofascitis of neck and shoulder is usually divided into two types—attack by wind-cold-damp and stagnation of qi and blood. Points of the three yang meridians are frequently selected in its treatment.

#### 1. Attack by Wind-Cold--Damp

**Manifestations:** Stiffness, heaviness, soreness and pain of the neck and shoulder.

**Tongue:** Pale body with white and sticky coating.

**Pulse:** Slow or soft.

**Treatment Principle:** Dispel wind and cold, remove dampness and dredge the collaterals.

#### Point Prescription & Manipulation:

*Primary points:*

GB-20 Fengchi	-
BL-12 Fengmen	+ ^
SI-12 Bingfeng	/ ^
SI-11 Tianzong	+ ^
SI-14 Jianwaishu	+ ^
SI-3 Houxi	-
Ashi Point	+ ^

*Explanation:*

- GB-20 Fengchi and BL-12 Fengmen dispel pathogenic wind-cold-dampness;
- SI-12 Bingfeng, SI-11 Tianzong, SI-14 Jianwaishu, and Ashi Point, located at the diseased region, warm the meridians, dispel pathogenic wind-cold-dampness, promote blood and qi movement, activate the collaterals, and arrest pain;
- SI-3 Houxi promotes qi and blood flow, activates the meridian and relieves pain.

*Secondary points according to conditions:*

- 1□ Difficulty in moving the head forward and backward—BL-60 Kunlun [-] and LU-7 Lieque [-];
- 2□ Difficulty in turning the head left and right—SI-7 Zhizheng [-].

#### 2. Stagnation of Qi and Blood

**Manifestations:** Stabbing and fixed pain in the neck and shoulder.

**Tongue:** Purplish body with ecchymosis or petechiae.

**Pulse:** Uneven or wiry.

**Treatment Principle:** Promote circulation of qi and activate blood, dredge the collateral and relieve pain.

#### Point Prescription & Manipulation:

*Primary points:*

BL-10 Tianzhu	/
BL-17 Geshu	-
SI-13 Quyuan	-
SI-12 Bingfeng	-
SI-11 Tianzong	-
Ashi Point	-

*Explanation:*

Acupuncture is taken as the main and cupping as the assistant. Three to five points are selected each time. After insertion of the needles, lift, thrust and rotate them with reducing manipulation to induce arrival of qi. Retain the needles for 20-40 minutes, and enlarge the needle holes by shaking the needles before withdrawing them.

Then, apply cupping immediately on the punctured region to make a little bleeding.

- BL-10 Tianzhu promotes flow of the Bladder Meridian qi;
- BL-17 Geshu, the Influential Point of blood, removes blood stasis;
- SI-13 Quyuan, SI-12 Bingfeng, SI-11 Tianzong, and Ashi Point, located at the diseased region, warm the meridians, promote blood and qi movement, activate the collaterals, remove blood stasis, and arrest pain.

*Secondary points according to conditions:*

- Severe neck pain —DU-14 Dazhui [- ^], GB-39 Xuanzhong [+] and SL-3 Houxi [-].

## II. EXPERIENTIAL TREATMENT

### 1. Puncturing SI-12 Bingfeng

**Indication:** Myofascitis of neck and shoulder.

**Point Prescription:**

SI-12 Bingfeng of the diseased side.

**Manipulation:** Ask the patient to sit down with the head slightly bent and the arm of the diseased side raised. After insertion of the needle, press the needle deep to 0.3-0.5 cun perpendicularly to induce arrival of qi, constantly lift, thrust and rotate the needle with strong stimulation to make the needling sensation radiating along the Hand-Taiyang Meridian to the neck. Then, withdraw the needle. If the patient has difficulty in holding material with the hand of the diseased side, LI-15 Jianyu is punctured additionally; if the patient has difficulty in bending the head, BL-11 Dazhu is punctured additionally. When puncturing LI-15 Jianyu, insert the needle perpendicularly 1.2 cun deep, rotate the needle with reinforcing manipulation, and retain the needle for 20 minutes; when puncturing BL-11 Dazhu, insert the needle perpendicularly 0.5 cun deep, rotate the needle with reducing manipulation, and retain the needle for 20 minutes too. The treatment is given once every other day, with 10 treatments as a course.

### 2. Puncturing SI-3 Houxi

**Indication:** Acute Myositis of neck and shoulder.

**Point Prescription:**

SI-3 Houxi of the diseased side.

**Manipulation:**

Insert a 1-cun long needle into the point perpendicularly 0.5-0.8 cun deep, repeatedly rotate the needle with strong stimulation while the patient is being asked to move the neck and shoulder until there is a little sweating on the these regions. Usually, within 3 treatments, the disease will be cured.

**Comment:**

Zhenjiu is effective in the treatment of Myositis of neck and shoulder. In most cases, it can be cured by Zhenjiu treatment. In clinics, usually, Zhenjiu can be taken as the first choice in the treatment.

**Notes:**