

Acupuncture Orthopedics Part 1 outline

Jenny L. Crosby Wiemann, DC

This 4 hour class is the 1st part of a 12 hour class teaching attendees how assess and treat patient's orthopedic complaints with Acupuncture.

Hour One

Tui Na as a component of eastern treatment

Sprain/Strain

Definition of grades

Appropriate coding and treatment under ICD 7th digit A, D, S (initial, subsequent, sequelae)

Acute and Chronic – defined

Mainstream testing tools – a review of terms

- Arthrocentesis
- Arthroscopy
- Bone Mineral Density
- Bone Scan
- CT Scan
- DEXA Scan
- EMG
- MRI
- Myelogram
- CT Myelogram
- Nerve Conduction Study
- Diagnostic Ultrasound
- X-ray
- Video Fluoroscopy
-

Non Surgical Orthopedic Treatments

Soft Tissue Treatment with Acupuncture

Chronic Pain and the points KI3, KI10 and BL60 – a review

Dampness and the points SP6 and SP9 – a review

Bi Syndrome – A review of the term, how it is caused and what it can develop into

Choosing the Right Points

- Ah Shi Points

- Local Points
- Intermediate Points
- Distal Points
- Corresponding Points
- Ipsilateral Points

Hour Two

- Contralateral Points
- Paired Extraordinary Meridians

Special points and when to use them

- BL40 useful for acute pain from trauma, severe acute low back pain
- ST38 specific for shoulder pain
- ST43 Analgesic point of the leg
- SI6 acute stiff neck
- BL11 bone, cartilage and joint issues
- BL60 ankle issues
- TH5 arthritis of wrist and finger joints
- TH14/SJ14 shoulder joint
- GB30 sciatica
- GB34 muscles and tendons
- GB39 torticollis
- GV20 can be used in any musculoskeletal treatment – it is the most important governing and harmonizing point
- LI4 anything in the upper body – needle bilaterally
- ST36 anything below the umbilicus – needle bilaterally
- [KI3, KI10, BL60 with micro current for any musculoskeletal condition](#)

Miscellaneous points and when to use them

- M-HN-41
- M-BW-27
- M-BW-35
- M-UE-24
- M-UE-22
- M-LE-27
- M-LE-28
- M-LE-16 (ST35)
- M-LE-8
- M-HN-1

Paired Extraordinary Meridians and when to use them

Hour Three

Sprain Strain – Diagnosis and Treatment

TCM Etiology of Sprain/Strain

Acupuncture Treatment related to differentiation of patterns

Hour Four

Acupuncture Treatment related to local symptoms

Classifying Cervical Acceleration Deceleration Injuries

Orthopedic Tests for cervical spine

Radicular symptoms in cervical sprain/strains

Treatment strategies for whiplash

Additional acupuncture points for sprain/strain and whiplash

Facet joint pain

Radicular vs radiculopathy

Treatment options for radiculopathy

Thoracic Outlet Syndrome and Double Crush Syndrome

References: Acupuncture a Comprehensive Text – A Comprehensive Text Shanghai College of Traditional Medicine – J O'Connor and D Bensky c 1994

The Foundations of Chinese Medicine – Giovanni Maciocia c 1989

<https://www.sciencedirect.com/science/article/pii/S2005290117300523> CV12