

## **Acupuncture Orthopedics Part 2**

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This 4 hour class is the 2nd part of a 12 hour class teaching attendees how assess and treat patient's orthopedic complaints with Acupuncture.

### **Hour One**

lumbar sprain/strain  
point and technique prescriptions for lumbar sprain/strain  
lumbar disc issues  
point and technique prescriptions for lumbar disc issues  
(protrusion, extrusion, sequestration)  
Red flags for surgical disc issues  
Radicular pathways of different lumbar discs  
A review of orthopedic/neurologic tests for lumbar conditions

### **Hour Two**

TCM diagnoses for lumbar pain acute and chronic  
distal, intermediary and local points for lumbar pain  
Sacroiliac Pain  
Orthopedic tests for sacroiliac issues  
Acupuncture for sacroiliac issues including SI sprain/strain

### **Hour Three**

Femoroacetabular Joint orthopedic tests  
Pelvic and hip diagnoses  
Hip flexor strain/sprain  
TCM treatment of hip flexor strain/sprain  
trochanteric and ischial bursitis  
cause, symptoms and treatment (western)  
TCM treatment of trochanteric and ischial bursitis (acute and chronic)  
Hip osteoarthritis  
cause, symptoms and treatment (western)  
TCM treatment of osteoarthritis  
Pubic Symphysis Pain  
cause, symptoms and treatment (western)  
TCM treatment of pubic symphysis pain  
Piriformis Syndrome

cause, symptoms and treatment (western)  
TCM treatment of piriformis syndrome

## Hour Four

Hamstring Strain/Sprain  
cause, symptoms and treatment (western)  
TCM treatment of hamstring strain/sprain pain  
Hip Pointer Pain  
cause, symptoms and treatment (western)  
TCM treatment of a Hip Pointer  
Hip Replacement  
TCM treatment for hip replacement  
Quadriceps tendinopathy  
cause, symptoms and treatment (western)  
Iliotibial Band Syndrome  
cause, symptoms and treatment (western)  
Lateral and Medial Meniscus Sprain/Strain  
Lateral and Medial Collateral Ligament Sprain/Strain

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

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Orthopedics: Principles of Diagnosis and Treatment Johan Sanders English (Jun 19, 2019)