



J. H. Maher Advanced Tung Style Acupuncture Vol 8: Orthopedics

Acupuncture of Master Tung Ching-Chang and its Application
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**Advanced
Tung Style
Acupuncture:
Volume 8**

董氏針灸骨科針刺療法

Orthopedics

The Acupuncture of Master Tung Ching-Chang and its Applications in Orthopedic Disorders.

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Foreword

It is a great honor and pleasure to write this foreword for *Advanced Tung Style Acupuncture: Orthopedics* compiled and translated by Dr. James Maher. I am certain this book will be a great resource for acupuncturists practicing all over the globe and particularly the western world.

During 10 years of my practice as an orthopedic surgeon, I have come across many patients for whom surgery is likely to offer benefits. However, there are many more whose symptoms are not only enigmatic but quite challenging to treat with the available allopathic knowledge and surgical armamentarium. Moreover, there is another subset of failed surgical outcomes for multitude of reasons which don't have specific and predictable solutions.

I can't think of another branch of medicine that deals with pain issues as frequently as orthopedics. Spine related back and neck pain, lower extremity injuries presenting as knee and hip pain as well as shoulder pain of degenerative etiology are the most common symptoms we come across in our patients. Majority of population will suffer from back pain at some point in their lifetime. The occurrence is more or less similar for other joint pains particularly in the geriatric population.

My residence and fellowship taught me that surgery is not a solution for every orthopedic problem. Musculoskeletal pain of unknown origin is something I come across on a day to day basis as a part of spine surgery practice. Acupuncture has proven to be a significant value in successfully managing these patients. This is not only less stressful for the patients but also cost saving in current day systems conscious of healthcare expenditure.

I was introduced to Dr. Maher during our weekly multidisciplinary spine conference. I am impressed with his dedication towards learning and practicing the art of Tung Style acupuncture. His skill to explain the difference between the traditional Chinese and the Advanced Tung style acupuncture to someone not particularly familiar with the details of the science is appreciable. The simplified language and elaborate technique description in the book will definitely be helpful for the acupuncturist to treat their patients.

The acceptance of the art and science of acupuncture is steadily increasing in modern medicine as the allopathic practitioners realize its importance. On behalf of all the patients with musculoskeletal pain I would like to thank Dr. Maher for his sincere efforts to bring this knowledge into the English language.

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Cephalalgia; Global (CCC)

1. Needle DMG 22-06 'Control Three Needles' (CCC):

• DMG 22-06 'Control Three Needles':

- i. **Ling² Gu³**: This point is located on the dorsum of the hand, immediately distal to the articulation of the bases of the 1st and 2nd metacarpal bones – have the patient make a loose fist to facilitate locating the point. Needle 1.0 to 2.0 *cun*; i.e., one may needle through to connect with Chong² Xian¹. **CONTRAINDICATED IN PREGNANCY.** {Lung Branch, Heart, and Kidney Reaction Areas}
- ii. **Da⁴ Bai²**: This point is located 1.0 *cun* distal to Ling² Gu³ – have patient make a loose fist to facilitate locating the point. Needle perpendicularly 0.5 to 1.5 *cun* (one may needle through to Chong² Zi³) or 'Let' with a prismatic needle. {Lung Branch Reaction Area}
- iii. **Zhong⁴ Kui²**: This point is located in the depression at the junction of the shaft and the head of the 2nd metacarpal bone. Commencing at the base of the 2nd metacarpal bone in the 1st dorsal interosseous space, slide distally along its radial shaft until you encounter the junction of the shaft and the head of this metacarpal; Needle, closely adherent to the 2nd metacarpal bone, 0.2 to 0.5 *cun* (i.e., 2.0 to 5.0 *fen*) or 'Let' with a prismatic needle. {Heart and Lung Branch Reaction Areas}



DMG 22-06

Cephalalgia; Global (HPC)

1. Needle Ling² Gu³, Da⁴ Bai², LI-4^{WHO}, and 'Let' the Frontal Region of the Foot (i.e., the Dorsum of the Foot) (HPC):

- **Ling² Gu³**: This point is found on the dorsum of the hand, immediately distal to the articulation of the bases of the 1st and 2nd metacarpal bones – this point communicates with the palmar point Chong² Xian¹; Needle 1.5 to 2.0 *cun*, i.e. needle through to connect with Chong² Xian¹. {Lung Branch Reaction Area} **CONTRAINDICATED IN PREGNANCY.**
- **Da⁴ Bai²**: This point is located on the dorsum of the hand, 1.0 *cun* distal to Ling² Gu³ and close to the second metacarpal bone; Needle 0.5 to 0.7 *cun* and retain for 30 minutes. {Lung Branch Reaction Area} **CONTRAINDICATED IN PREGNANCY.**
- **LI-4^{WHO}**: With the thumb and index finger extended and stretched apart, this point can be found slightly to the index finger side of the area between the 1st and 2nd metacarpal bones. Needle straight insertion, 0.5 to 1.0 unit. NEEDLING THIS POINT ON PREGNANT WOMEN WHO HAVE HISTORIES OF MISCARRIAGE IS DISCOURAGED.

'Let'
Frontal Region

Cephalalgia; Global – 2 (LCH)

1. Needle Shen⁴ Guan¹, Jin¹ Qian² Shang⁴, Jin¹ Qian² Xia⁴; 'Let' Zheng⁴ Hui⁴ and the Venules on the lateral leg (LCH):

- **Shen⁴ Guan¹:** This point is located 1.5 *cun* immediately distal to Tian¹ Huang²; Needle 0.5 to 1.0 *cun*. [Tian¹ Huang² is located in a depression 2.5 *cun* immediately distal to the articular surface of the medial tibial condyle of the proximal leg.] {Six Bowels Reaction Area}
- **Jin¹ Qian² Shang⁴:** This point is located 1.5 *cun* immediately proximal to Jin¹ Qian² Xia⁴; Needle 0.5 to 1.0 *cun*. {Phrenic Nerve and Liver Sympathetic Innervation Reaction Areas} [Locate this point by coursing between the between the rectus femoris and the vastus lateralis muscles, 2.5 *cun* proximal to the superolateral angle of the patella, on the anterior aspect of the distal thigh.]
- **Jin¹ Qian² Xia⁴:** This point is located on the anterolateral aspect of the distal thigh, 1.0 *cun* proximal to the superolateral angle of the patella; Needle 0.3 to 0.5 *cun* (i.e., 3.0 to 5.0 *fen*). {Phrenic Nerve and Liver Sympathetic Innervation Reaction Areas} [Locate this point by coursing between the between the rectus femoris and the vastus lateralis muscles, 1.0 *cun* proximal to the superolateral angle of the patella, on the anterior aspect of the distal thigh.]
- **Zheng⁴ Hui⁴:** This point is located at the midpoint of the midsagittal plane of the head; Needle 0.1 to 0.3 *cun* (i.e., 1.0 to 3.0 *fen*). {General Brain Reaction Area} (To locate this point draw a line connecting the apex of each ear to the midsagittal plane of the head)



Cephalalgia; Global – 3 (LCH)

1. Needle Hou⁴ Hui⁴, Zong³ Shu¹, and Shui³ Fu³; 'Let' Shang⁴ Li³, Si⁴ Fu³ Er⁴, Si⁴ Fu³ Yi¹, Wu³ Ling³ (LCH):

- **Hou⁴ Hui⁴:** This point is located 1.6 *cun* immediately posterior to Zheng⁴ Hui⁴; Needle 0.1 to 0.3 *cun* (i.e., 1.0 to 3.0 *fen*). {General Brain and Vertebral Reaction Areas} (Zheng⁴ Hui⁴ is located at the midpoint of the midsagittal plane of the head.)
- **Zong³ Shu¹:** This point is found on the midsagittal plane of the posterior aspect of the head and is located 0.8 *cun* superior to the posterior hairline; Needle 0.1 to 0.2 *cun* (i.e., 1.0 to 2.0 *fen*). 'Letting'





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