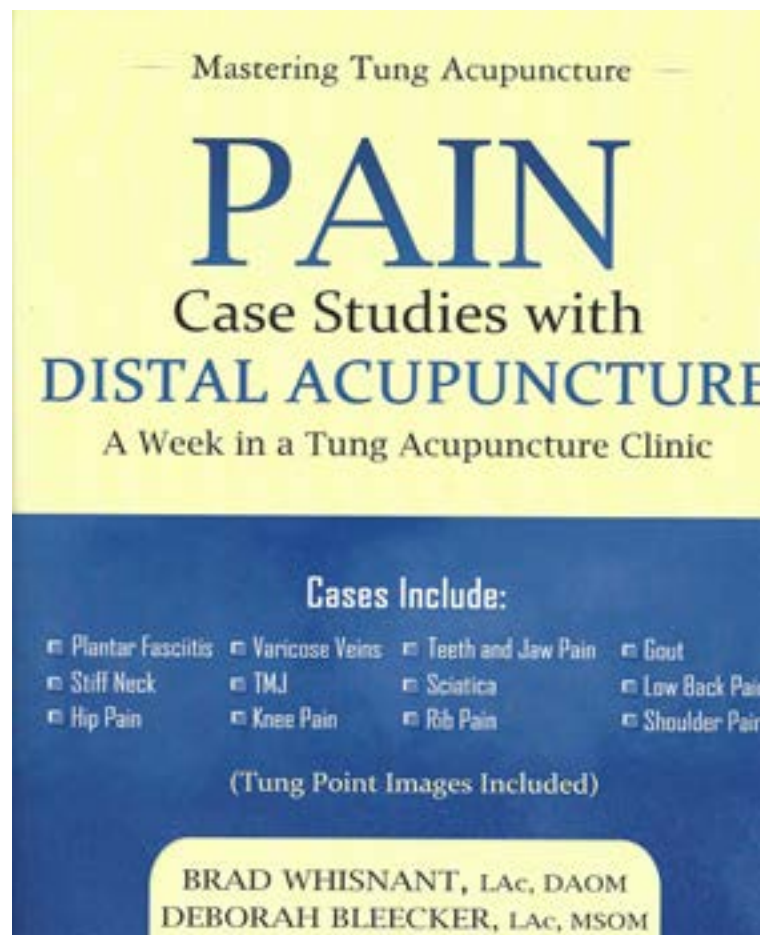




## Whisnant, B. / Bleecker, D. Pain Case Studies 1 with Distal Acupuncture



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— Mastering Tung Acupuncture —

# PAIN

Case Studies with

## DISTAL ACUPUNCTURE

A Week in a Tung Acupuncture Clinic

### Cases Include:

- |                     |                  |                      |                 |
|---------------------|------------------|----------------------|-----------------|
| ❑ Plantar Fasciitis | ❑ Varicose Veins | ❑ Teeth and Jaw Pain | ❑ Gout          |
| ❑ Stiff Neck        | ❑ TMJ            | ❑ Sciatica           | ❑ Low Back Pain |
| ❑ Hip Pain          | ❑ Knee Pain      | ❑ Rib Pain           | ❑ Shoulder Pain |

(Tung Point Images Included)

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It was my fault for not correctly checking the pulse, and asking enough questions. Upon further questioning, this patient had a history of kidney stones. She said she “felt just like the last time I had a stone.” I referred her out for a CT scan and the diagnosis was confirmed, a kidney stone. This is a classic example of when back pain is not just back pain.

Although the back is just bones, muscles, and joints, it can be very difficult to treat. It is of utmost importance that we can treat back pain effectively. Over 85% of all acupuncture visits are for pain, in particular back pain.

Pain is so important to treat because 95% of the time patients will only come to us to treat pain. After patient education, and the patient feeling more comfortable with us, we have the chance to help them with other health issues. In their minds, if we cannot resolve the pain effectively, we certainly could not help them with other health problems.

### **Why These Case Studies**

These case studies were chosen because I used only acupuncture on them. Most patients get acupuncture, herbs, cold laser, diet advice, etc. I used only Master Tung acupuncture in these cases. I wanted to show how using Tung acupuncture alone is sufficient. However, you will do better if you use Chinese herbs, give dietary advice, and add in some type of local stimulation. I use a cold laser. However, all of these cases were treated with just needles.

I do not heal every patient. I have treated patients for seven years, and given 65,000 treatments in multiple countries, using Tung acupuncture. I fail, learn, and continue to try. If I can be successful in my small town of 12,000 people, doing Tung acupuncture on all my patients, so can you. I am not special, I have no secrets, or golden needles. I have learned from studying, trying new things, observing, and learning from my failures. Anyone can do this with a little time and effort. I am a beginner.

This works in my small town, where no one likes, believes in, or wants to get acupuncture. I change my points regularly. I can have ten patients with low back pain, and use ten different ideas and sets of points on all ten patients.



Acupuncture in a book, or a case study, is a very static thing. Practicing in clinic is anything but static.

I also prescribe herbs, supplements, a cold laser, cupping (rarely), and micro current for local point stimulation. If I have a patient who feels the need for local stimulation, I use a micro current device.

### **Theory**

You will see sometimes I emphasize one theory with a case study. This doesn't mean that I was *only* using one theory for that case, or just one theory for any case. I chose to highlight certain theories in different cases so the reader can hopefully see most if not all theories highlighted at least once.

The theories of Tung and other Distal methods are the "3 jiaos, 12 segments, tissue for tissue, channel relationships, 5 elements, Dao Ma concept, reaction area, images, mirrors, start and end of channels, Chinese clock time, seasonal change, Tung family unique channel/points/ Zang relationships, 5 Zang lines, and clinical experience.

By no means do you need to know all this theory, you can choose to delve into it or keep it as simple as you want. I love to learn all the reasons why, because it helps me make sense of it all, and it also helps me to remember. Also, remember these points work regardless of what theory we use. The points work! Plain and simple.

If learning the theory is too much work, you can just memorize the points, actions and indications. It is up to you. You have to be careful the more intricate we get about theory. There is always some theory that contradicts another theory. It is OK. It is just theory. It is fun. Sometimes we have to let go of the reason why we do something, and just do it.

### **Point Selection**

I have chosen a variety of random cases. I did this to demonstrate as many points as possible. This is not how it is in the clinic. You will use 20% of your points 80% of the time. In my experience, if you know 20-30 Master

## CHAPTER ONE

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### BASICS OF MASTER TUNG THEORY

#### **Ashi Locations (Tender Points)**

There is no need to locate Ashi points when treating pain or other ailments. You can treat Ashi locations if you like. However, Tung points do not require a point to be tender. In some cases, I find the Tung point and then look for an Ashi point around it, but it is not necessary. The point will still be effective even if you find it and there is *no* Ashi sensation.

#### **Needle Gauge**

You can use any size or brand you like. I use 36 gauge. I know some acupuncturists who use 28 gauge, and or 40 gauge. Any size will work. You do not need to tonify, sedate, rotate, or flick. There is no needling manipulation in the Tung system. Insert your needles and relax. Make sure your needles are not “flopping all over”, but you do not need to needle deeply either. The depth of insertion for most points is .25-.50 cun on the arms. The legs are .5-1.5 cun. The fingers and head are around .1-.3 cun

#### **Internal Medicine**

Although the focus of this book is pain relief, Master Tung points are equally effective for internal disorders. Most Western patients will only seek acupuncture for pain conditions, so if you are successful at treating pain, you will be trusted to treat other health problems.



### **Treatment Duration**

The cycle of Qi is around 28 minutes. MRI studies have shown that the brain will continue to respond for 28.8 minutes. I have my patients sit or recline for 25-30 minutes.

### **Number of Needles**

We should always try to limit the number of needles we use. However, it is important to not just insert a few needles and assume you have done enough. You should continue to address other affected channels until you get complete pain relief. The goal is to use as few needles as possible, but as many as you need to get results. Get feedback from your patients. Ask where the pain is and treat the remainder of the pain.

### **Patient Response**

You should expect 90-100% pain relief of your patient on the treatment table. In my experience, 85% of patients will get this level of relief. Ten percent have 25-75% pain relief during treatment. Five percent do not get complete relief during treatment.

Some acupuncturists treat patients three times a week. I do not. I see most of my patients once a week, and in some cases twice a week. Of the 100 patients that I treat per week, only 16 of them come twice a week.

I always advise my patients to allow three to four treatments before we can determine if acupuncture will help them. This does not always work. Some patients do not return. Some only get one or two treatments. We expect instant pain relief in most cases. We expect lasting relief, but I always recommend three to four visits over a ten-day period to see how patients respond. After the initial series of treatments, we decide what further treatments are necessary.



# Pain Case Studies with DISTAL ACUPUNCTURE

With Master Tung acupuncture, most patients get dramatic relief from pain within seconds. The Master Tung system is extremely effective using very few needles. It is rapidly gaining popularity globally, due to its ease of use and efficacy.

Tung acupuncture is a complete system that includes its own channels, unique points, diagnostic methods and needling techniques. Furthermore, Tung acupuncture is based on a five Zang (six Fu) channel system that is unique to the Tung system, and different from the traditional 14 channels of acupuncture.

- ❑ Patients get instant and lasting results
- ❑ Treat the root as well as the branch
- ❑ Patients do not need to disrobe
- ❑ Treat sacrum, coccyx, lower back, neck, and hip pain distally
- ❑ Learn how to treat rare pain syndromes
- ❑ Real cases in a real clinic that treats 110 patients a week
- ❑ Learn which points are the best choice and why
- ❑ Learn both Master Tung and other distal theories

