

# Acupuncture Energetics Myofascial Layer



Joseph Audette, MD

# Circuit 1: Generation Cycle

Meridian		Energetic	Polarity	Element
Lung	→	Taiyin	—	
↓	Hand			Metal
LI	→	Yangming	+	
↓				↑
ST	→	Yangming	+	
↓	Foot			Earth
Spleen	→	Taiyin	—	

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# Circuit 2: Control Cycle

Meridian		Energetic	Polarity	Element
Heart	→	Shaoyin	—	
↓	Hand			Fire
SI	→	Taiyang	+	
				↑
Bl	→	Taiyang	+	
↓	Foot			Water
Kidney	→	Shaoyin	—	

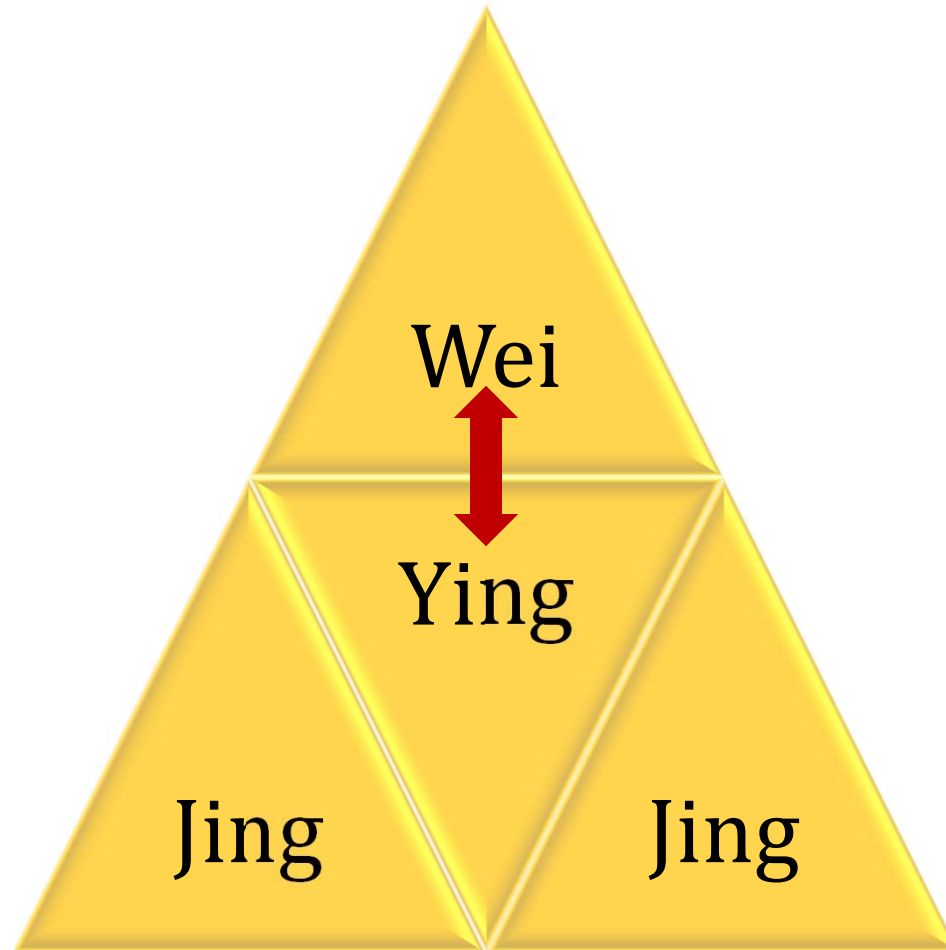
# Circuit 3: Generation Cycle

Meridian		Energetic	Polarity	Element
Per	→	Jueyin	—	
↓	Hand			Fire
TW	→	Shaoyang	+	
↓				↑
GB	→	Shaoyang	+	
↓	Foot			Wood
Liver	→	Jueyin	—	

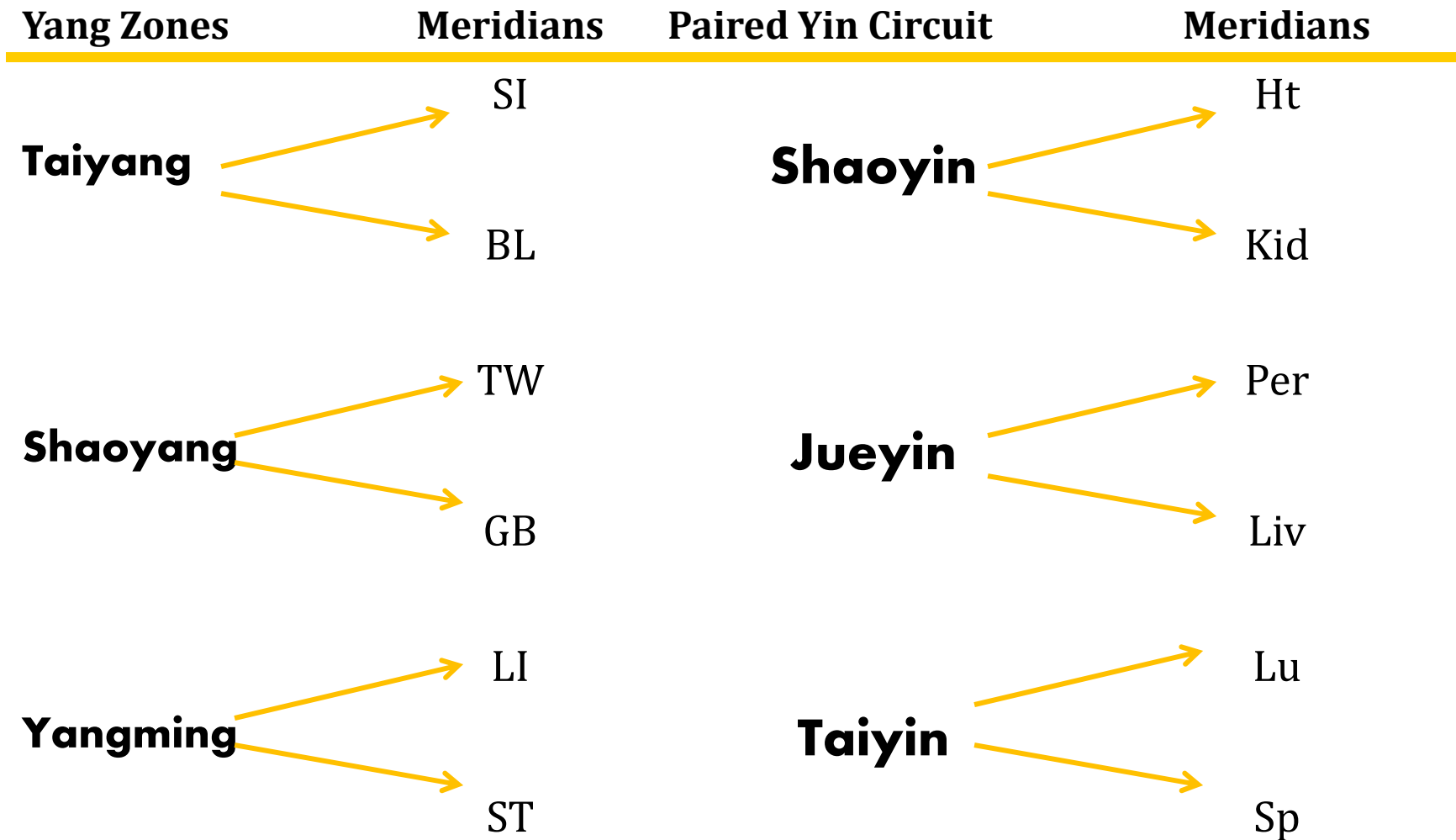
# Energy Levels

- Jing or Yuan Energetics
  - Deep Constitutional or Prenatal/Genetic level
- Ying or Zangfu Energetics
  - Organ level, Root or Core Treatment, TCM or Kiiko Style evaluation
- Wei or Surface Energetics

# Energetic Relationships

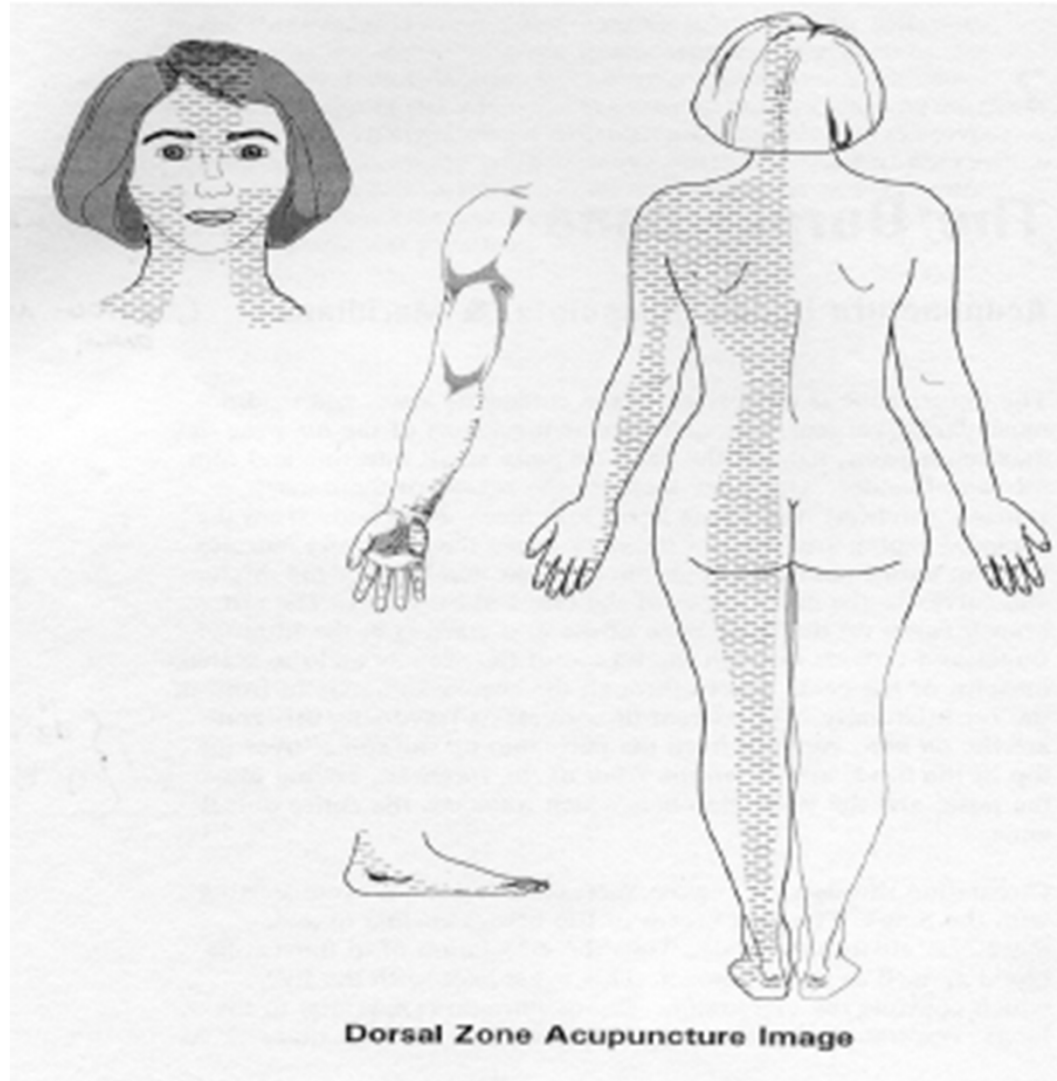


# Energetic Diagnostic Zones



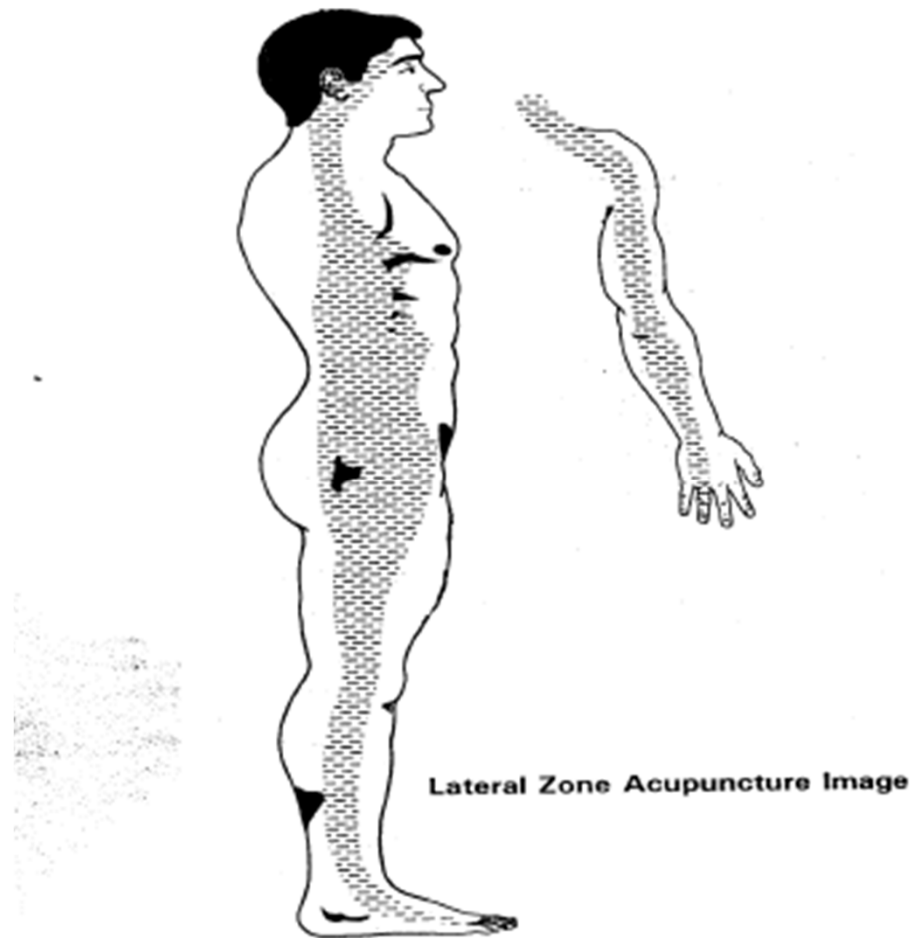


# Taiyang Zone



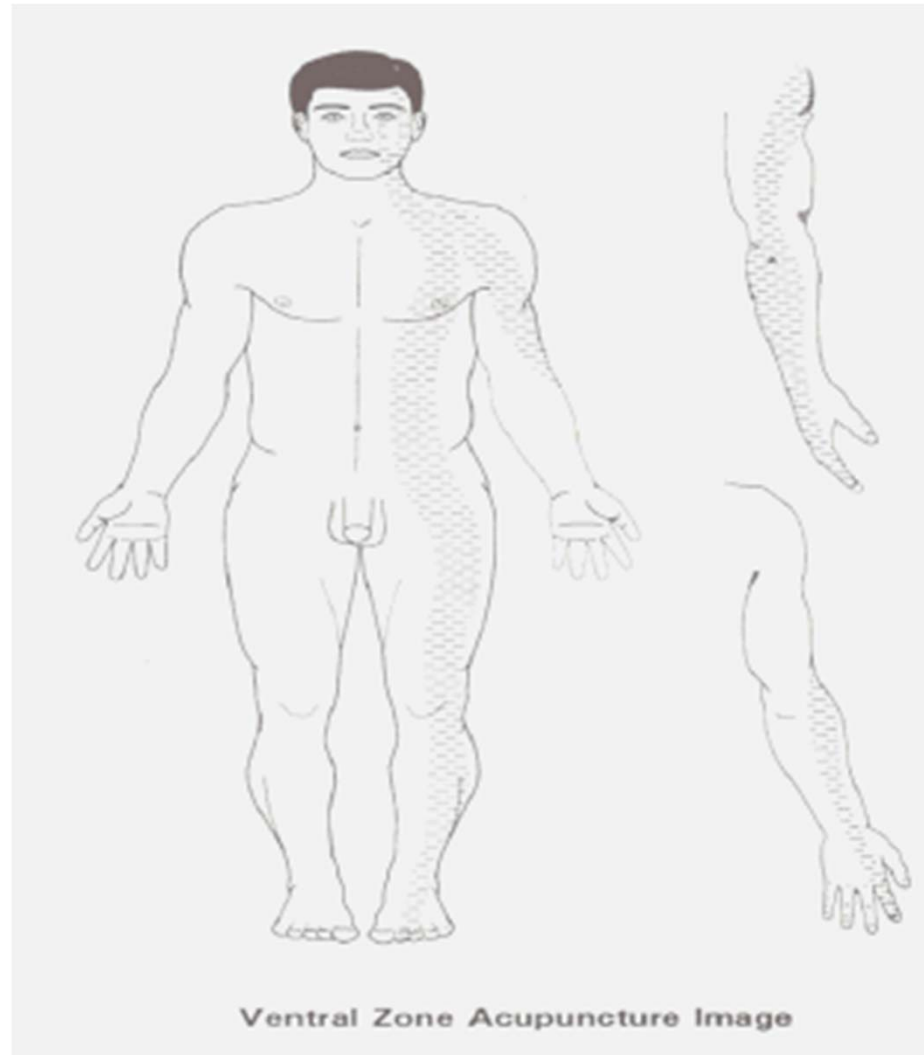
Mark Seem; A New American Acupuncture : Acupuncture Osteopathy

# Shaoyang Zone



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# Yangming



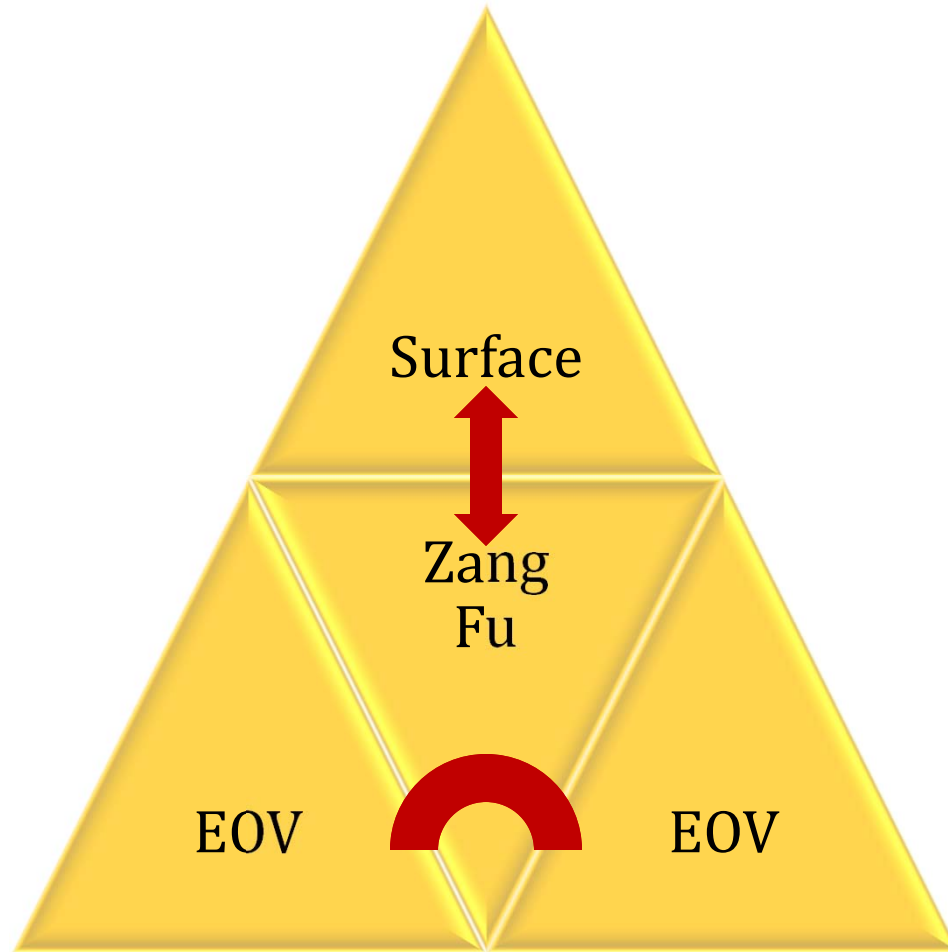
Mark Seem; A New American Acupuncture : Acupuncture Osteopathy

# Energetic Principles of Treatment

- Jing Level – Extraordinary Vessels
- Ying Level – Zangfu or Root Level
- Wei Level – Surface Energetics

Treat at least 2 of 3 levels in Chronic conditions

# Energetic Layers



# Energetic Relationships

Master Point	Extraordinary Vessel	Coupled Vessel	Master Point
	Yangming Zone		
Lung 7	Conception Vessel	Yin Qiao Mai	Kid 6
	Or		
SP 4	Chung Mai	Yin Wei Mai	Per 6
	Taiyang Zone		
SI 3	Du Mai	Yang Qiao Mai	BL 62
	Shaoyang Zone		
GB 41	Dai Mai	Yang Wei Mai	TW 5

# Energetic Treatment Circuit 1

- Symptomatic Area → Ventral Zone
  - Yang Ming
- Circuit
  - Yangming/Taiyin
- Meridians
  - LI, St/ Lu, Sp
- Extraordinary Meridians
  - Chung Mai, Yin Wei Mai/ Ren Mai, Yin Qiao Mai

# Jing Treatment

- Extraordinary Meridians

- Chung Mai

Sp4

Yin Wei Mai

Per 6

OR

- Ren Mai

Lu 7

Yin Qiao Mai

Ki 6



# Energetic Treatment Circuit 2

- Symptomatic Area → Dorsal Zone
  - Tai Yang
- Circuit
  - Taiyang/Shaoyin
- Meridians
  - SI, Bl/ Ht, Ki
- Extraordinary Meridians
  - Du Mai/Yang Qiao Mai

# Jing Treatment

- Extraordinary Meridians

- Du Mai

- SI3

- Yang Qiao Mai

- BL62

# Energetic Treatment Circuit 3

- Symptomatic Area → Lateral Zone
  - Shao Yang
- Circuit
  - Shaoyang/Jueyin
- Meridians
  - TW, GB/ Per,Lv
- Extraordinary Meridians
  - Yang Wei Mai/ Dai Mai

# Jing Treatment

- Extraordinary Meridians
  - YangWeiMai  
TW 5
  - DaiMai  
GB 41

# Trigger Point & Energetic Forces

- Tensile Membranes
  - Membrane tension has been proposed to be important in regulating cell functions such as endocytosis and cell motility.
  - In complex macrostructures such as the muscle and fascia, interlocking nodes can develop a dysfunctional amount of stress
  - Areas of nodal stress correspond to locations where there is a high level of potential energy that respond more readily to needle stimulation

# Wei Treatment

- Palpate muscles along meridians of the Zone
- Utilize local distal treatment principles
- Palpate Huoto Jiaji points
  - Use Very Point or Pinch and Role to find dysfunctional Segments

# Basic Treatment Principles

- Balance of Opposites

Upper  Lower

Right  Left

Front  Back

# Fascial Palpation



- Theraband feels somewhat similar to fascia.
- We are viewing 3 pieces of theraband used to represent fascia, that shows:
  - Slack
  - Slack taken out
  - Tension- in either theraband or fascia, the material will pull toward the site of tension
  - Follow that tension line to find area of nodal stress



# Fascial Pull

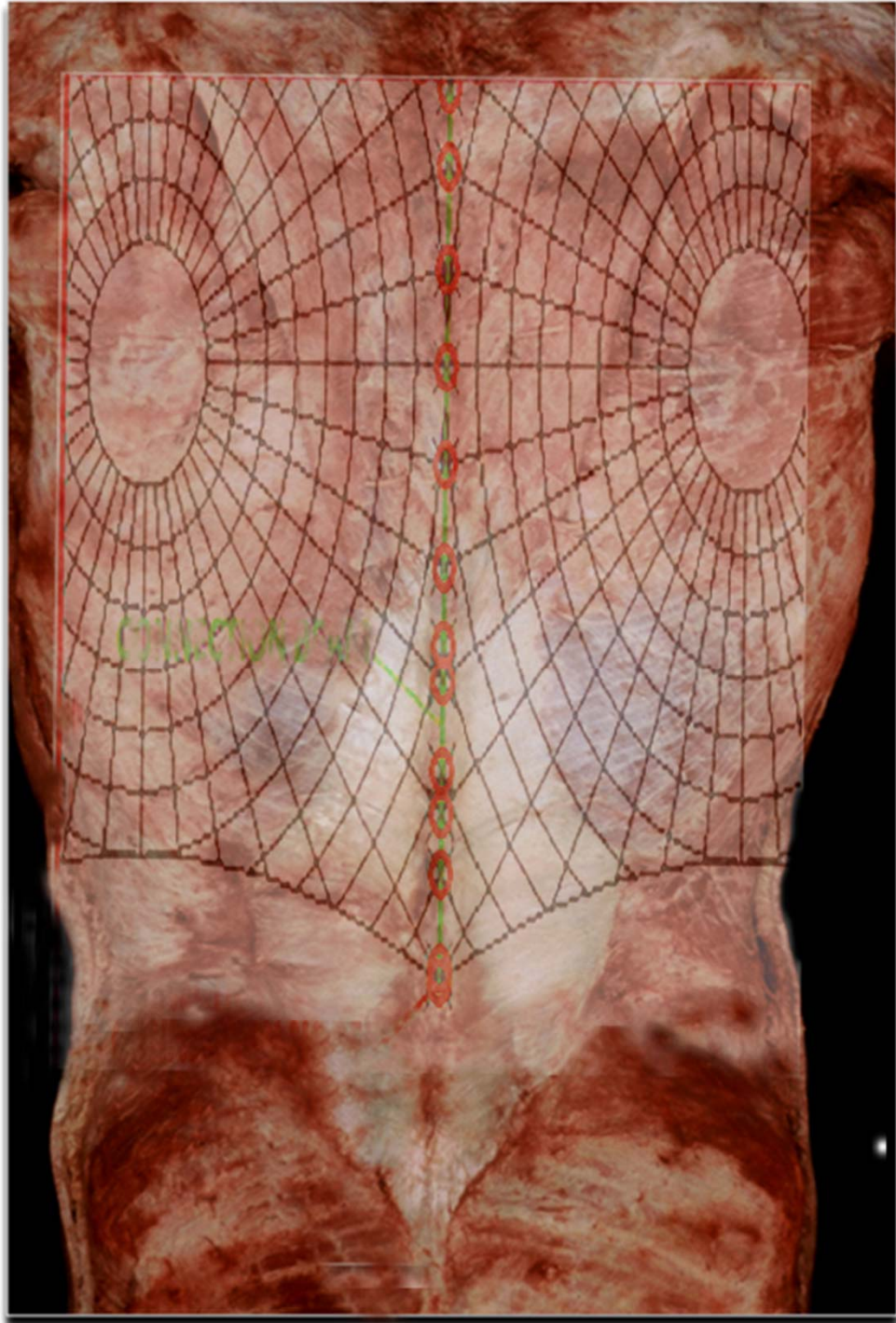


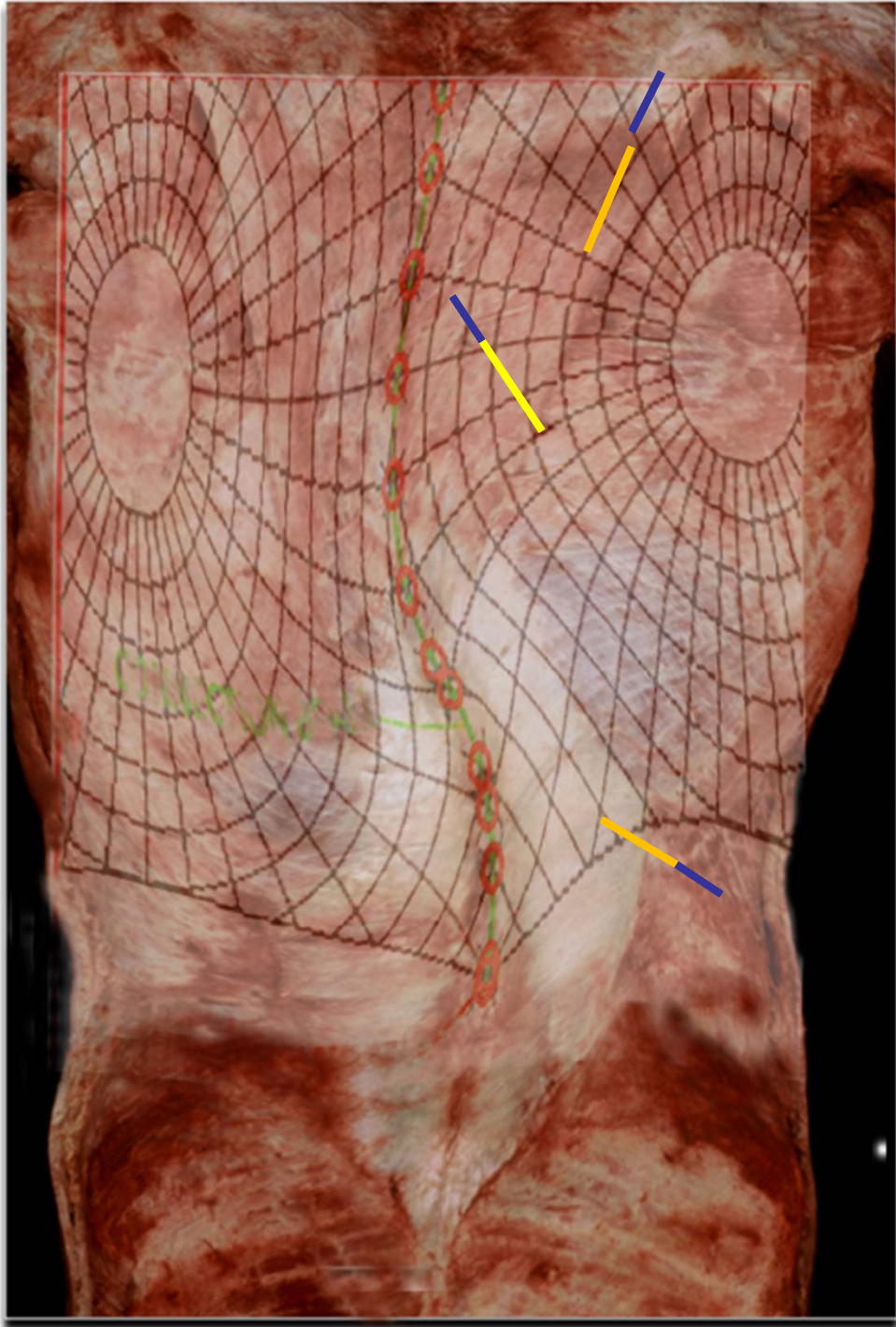
Dysfunction



- While you are identifying layers, pay attention to the tissue texture and consistency.
- When you are on a fascial layer, you may feel it being pulled in a certain direction, **towards a dysfunction.**
- Lift your hand off the body, and move the base of the palm to somewhere further along the tension line. When you are at a dysfunction, the **tissue will pull in** creating a hole

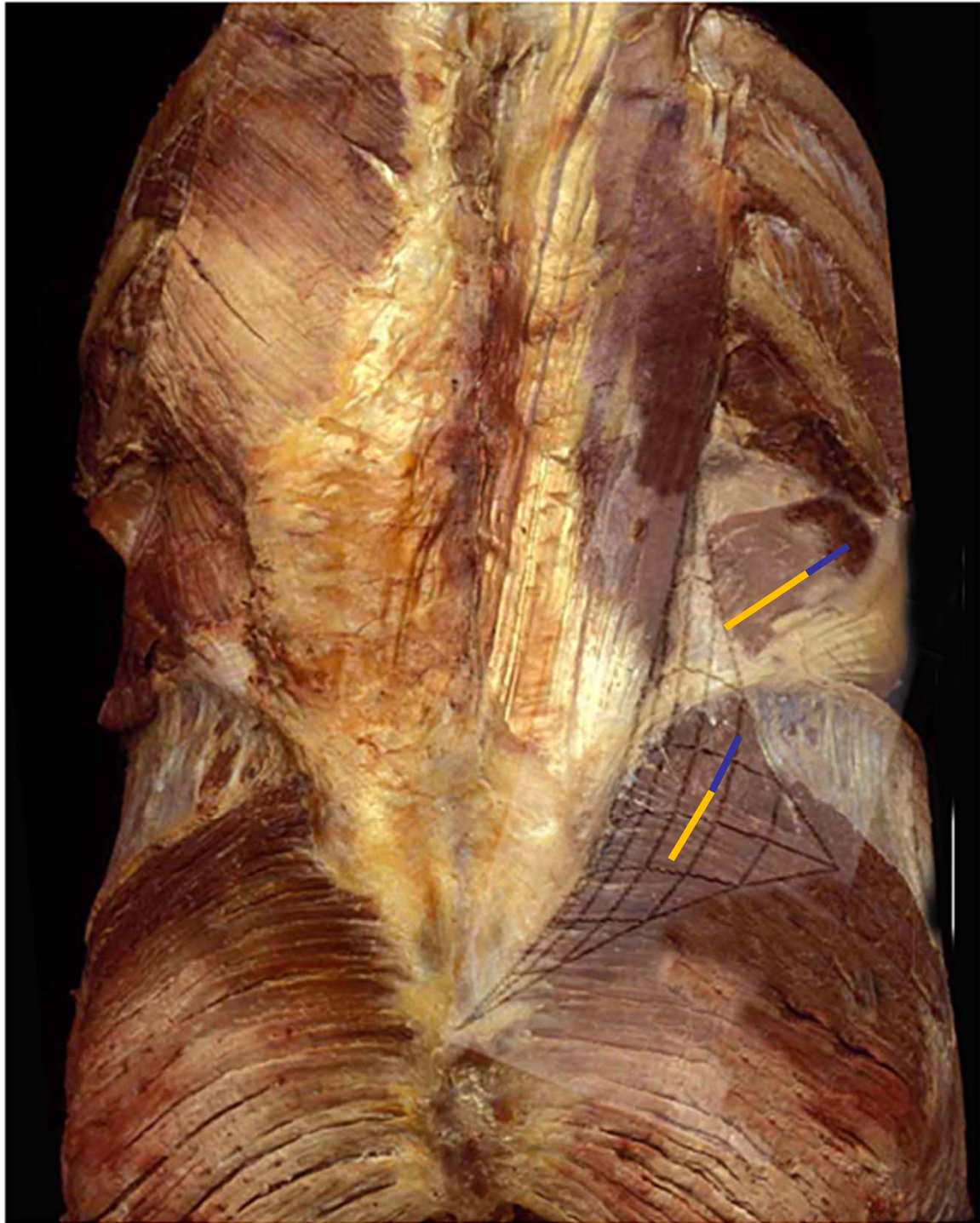


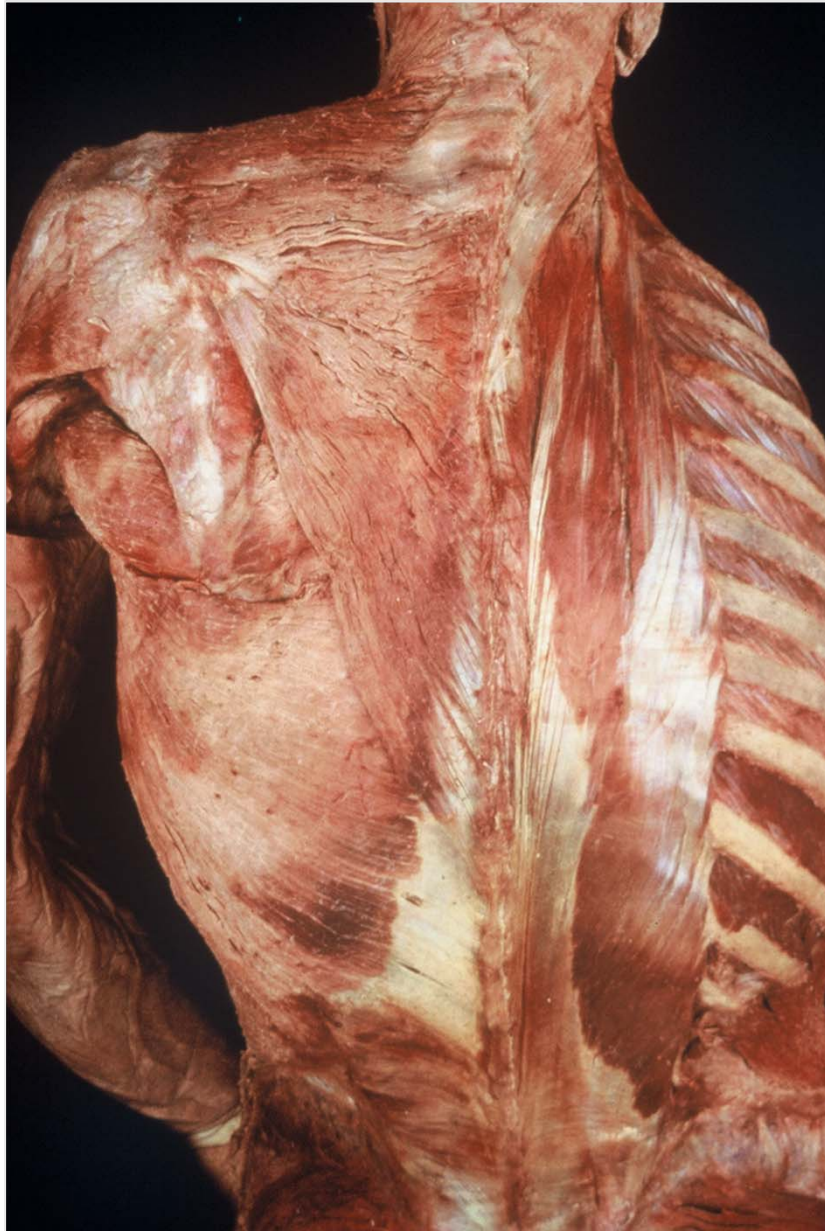




# Thoraco-Lumbar Junction





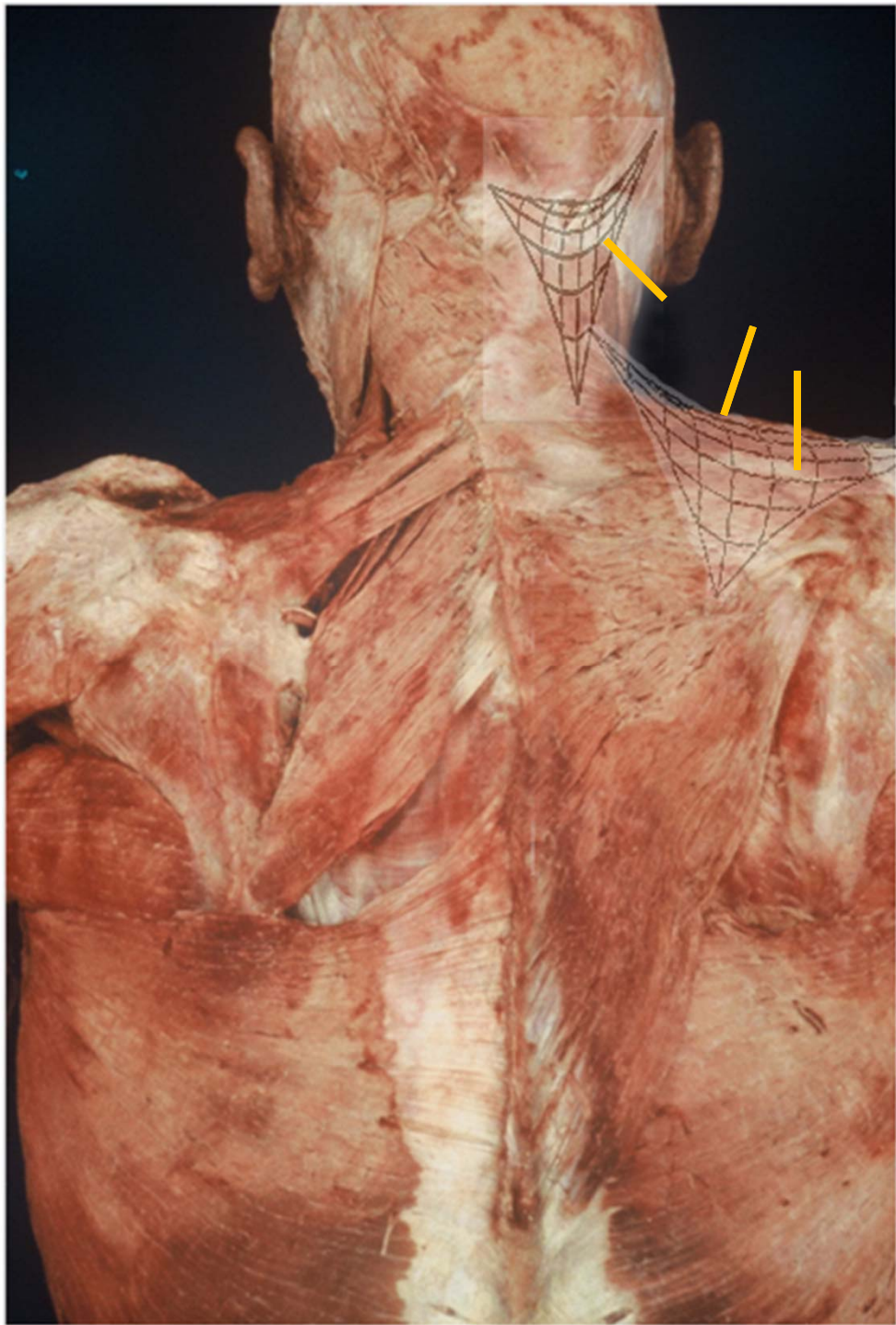


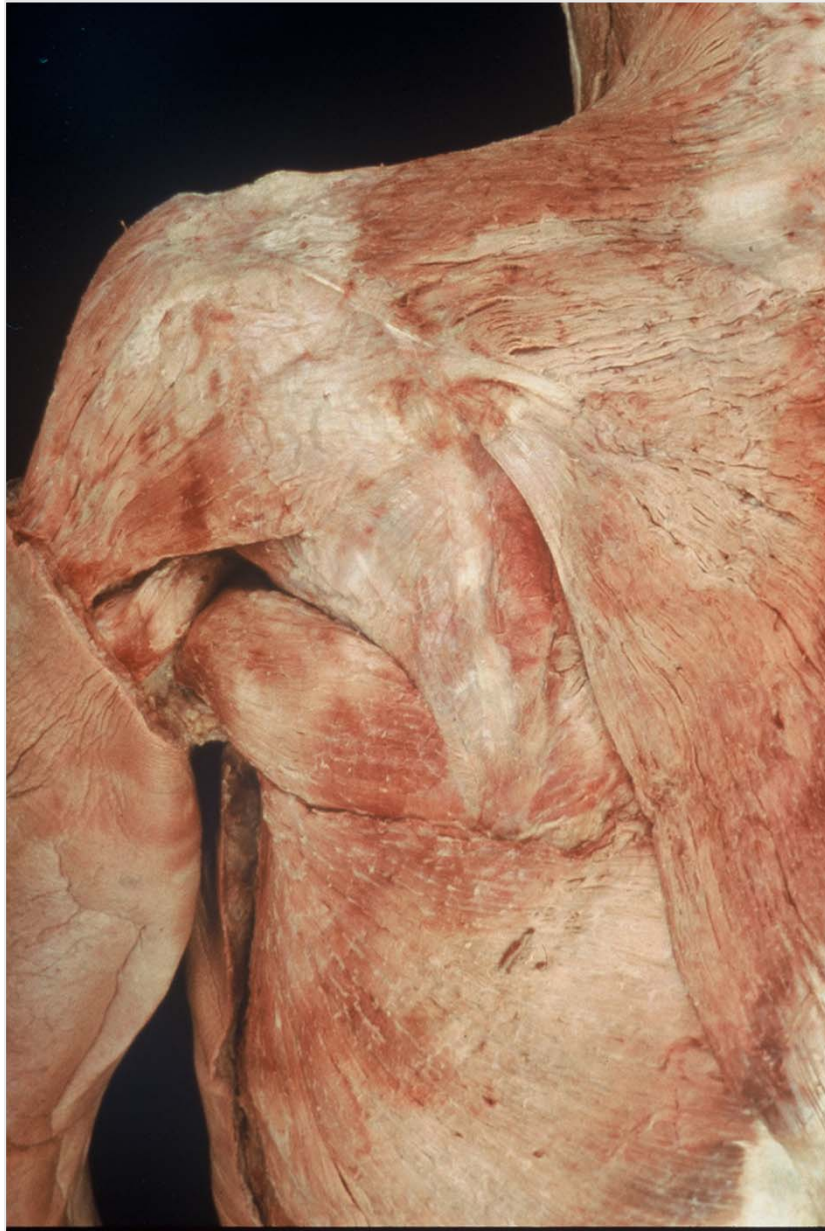
















# Trigger Point Needling

- Find area of tensile dysfunction in muscle and location of maximal nodal stress (needle hole)
- Use Cross Fiber Palpation to elicit LTR and confirm potential energy
- Align Needle (30 mm Seirin #3) perpendicular to fibers or parallel to tensile forces
- Align fingers of left hand parallel to fibers or perpendicular to tensile forces and apply more tensile force (enhance stretch or pull)
- Insert needle through skin stopping at first fascial layer (stay superficial)
- Peck with an amplitude of 3-6 mm using varying rhythm
- Adjust location by pulling needle off fascial layer keeping subcutaneous and pull needle with left hand to another point along the tensed membrane

# Tricks of the Trade

- If initial location is dead to the needle
  - Leave needle in for 5 minutes and retry
  - Take needle out and re-palpate, finding area along tensed membrane where use of Cross Fiber Palpation produces the greatest muscle reaction
  - Find a better distal release point to reduce resistance to needling
  - Optimize patient positioning to ensure complete relaxation
  - Old dysfunctional muscles may not respond on first visit



