

# Key Points for Clinical Practice

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# Oketsu: Blood Stagnation

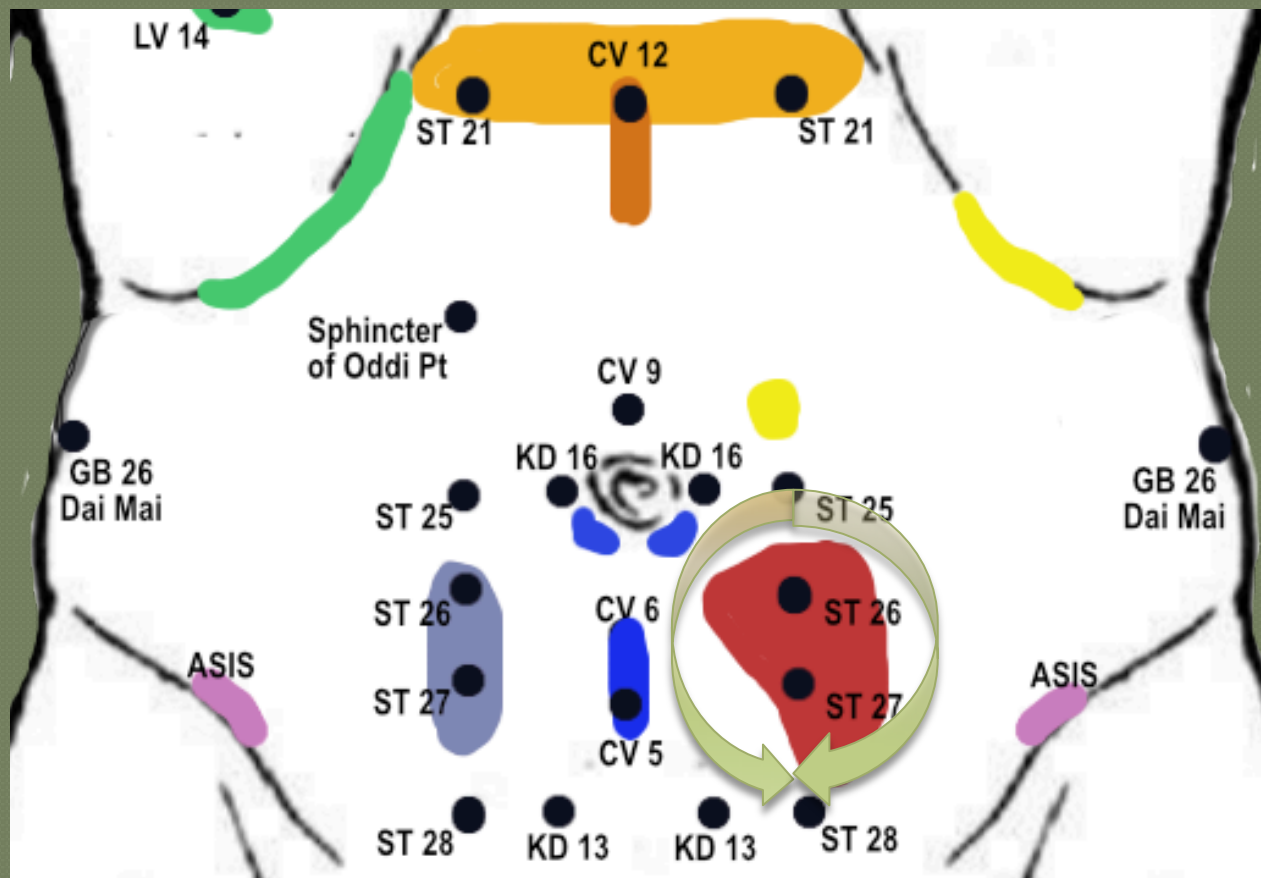
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## ◉ Diagnosis and Treatment Points

- Diagnostic Reflex Zone
  - Left ST 26-27 region
- Treatment points
  - Left LV 4
  - Left LU 5

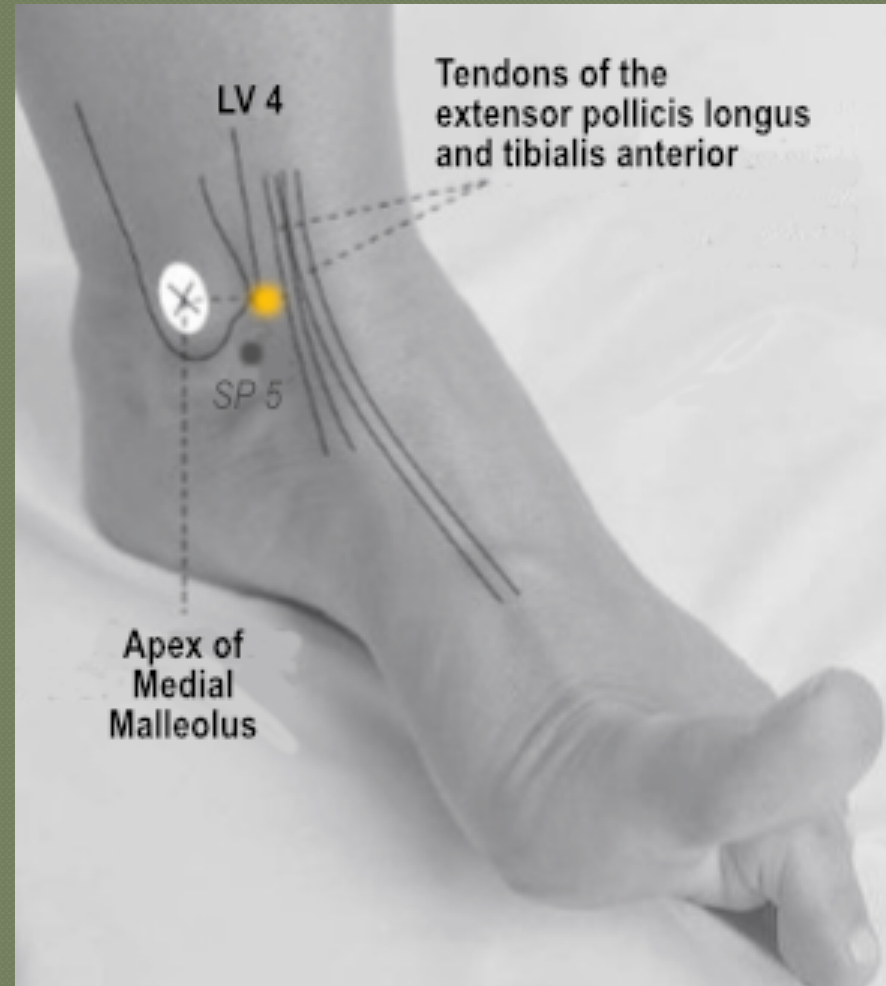
# Hara: Oketsu

LEFT ST 26-27 region



# Oketsu: Treatment Points

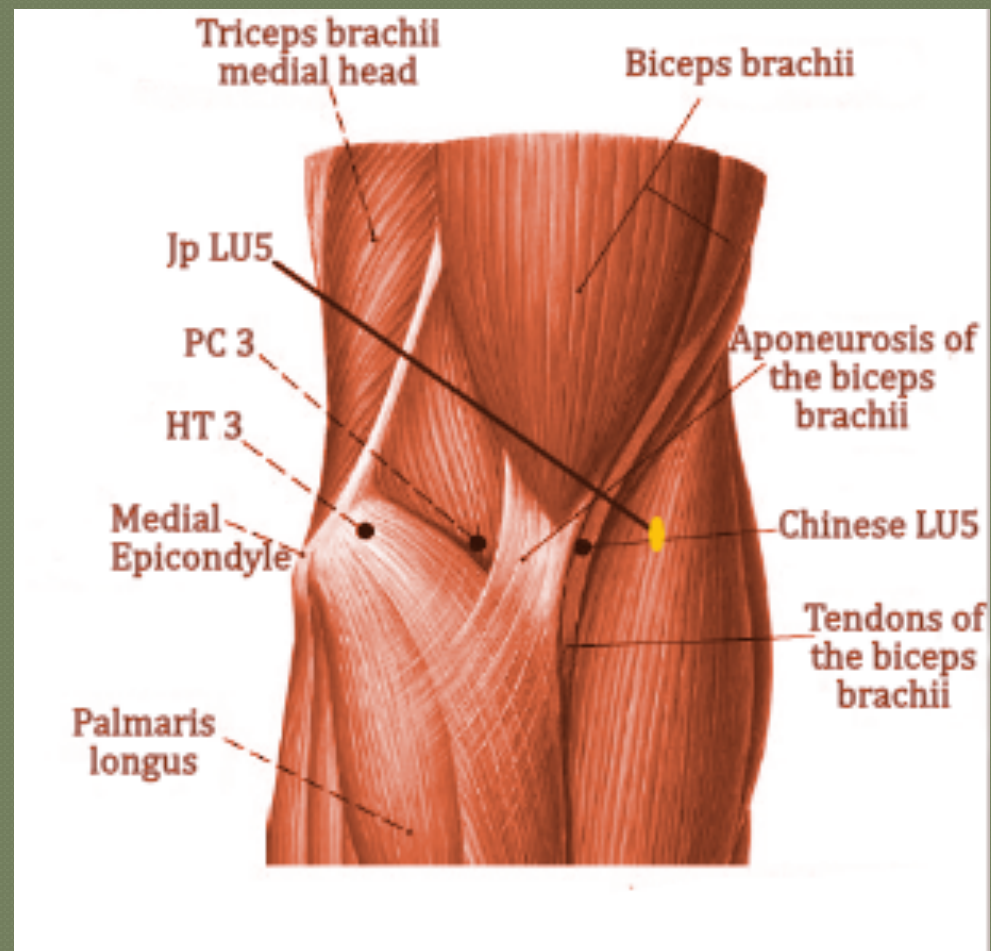
## ● LEFT LV 4





# Oketsu: Treatment Points

## ◉ Left LU 5



# Immune: Lung Dysfunction

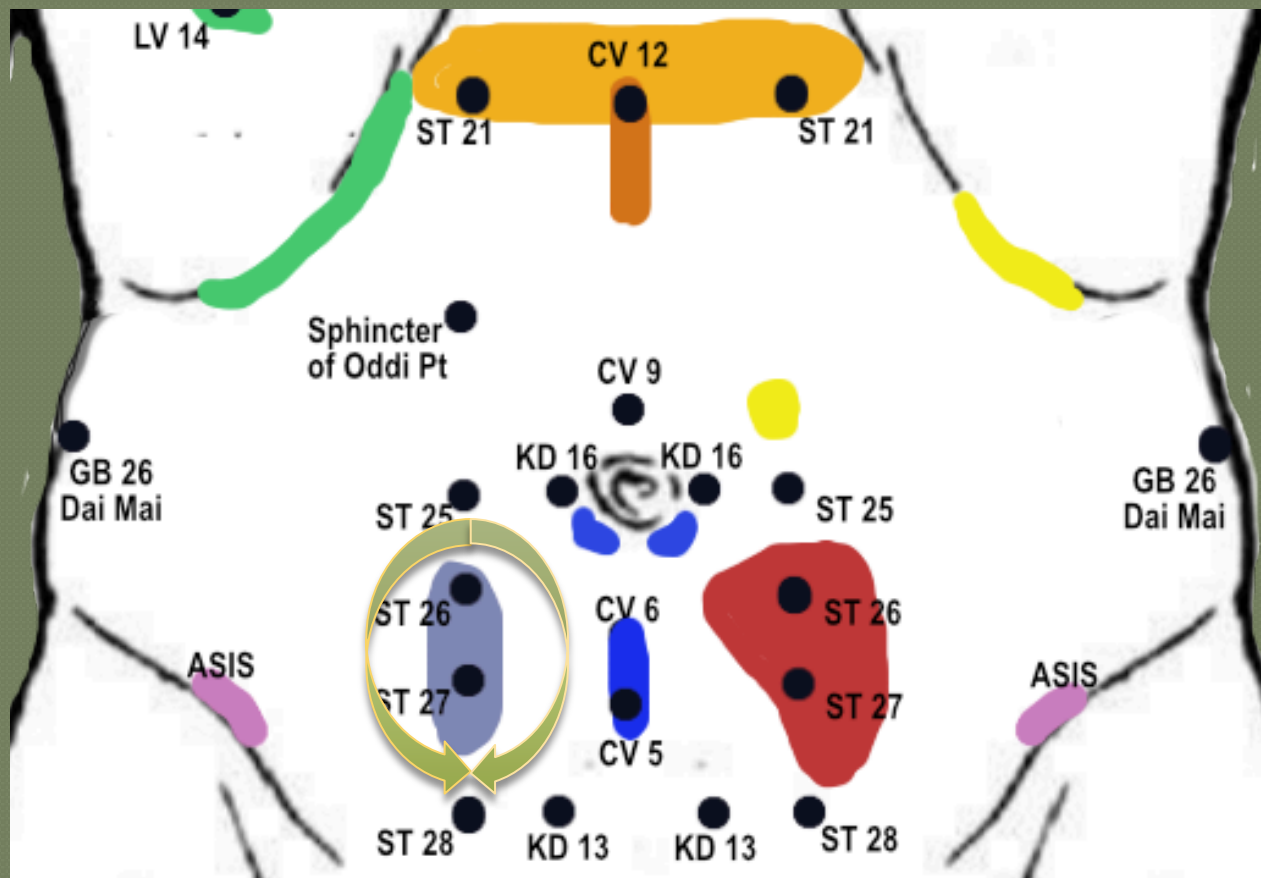
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## ◉ Diagnosis and Treatment Points

- Diagnostic Reflex Zone
  - Right ST 26-27 region
- Treatment points
  - Bilateral LI 10-11 region
  - GUMMY HUNT

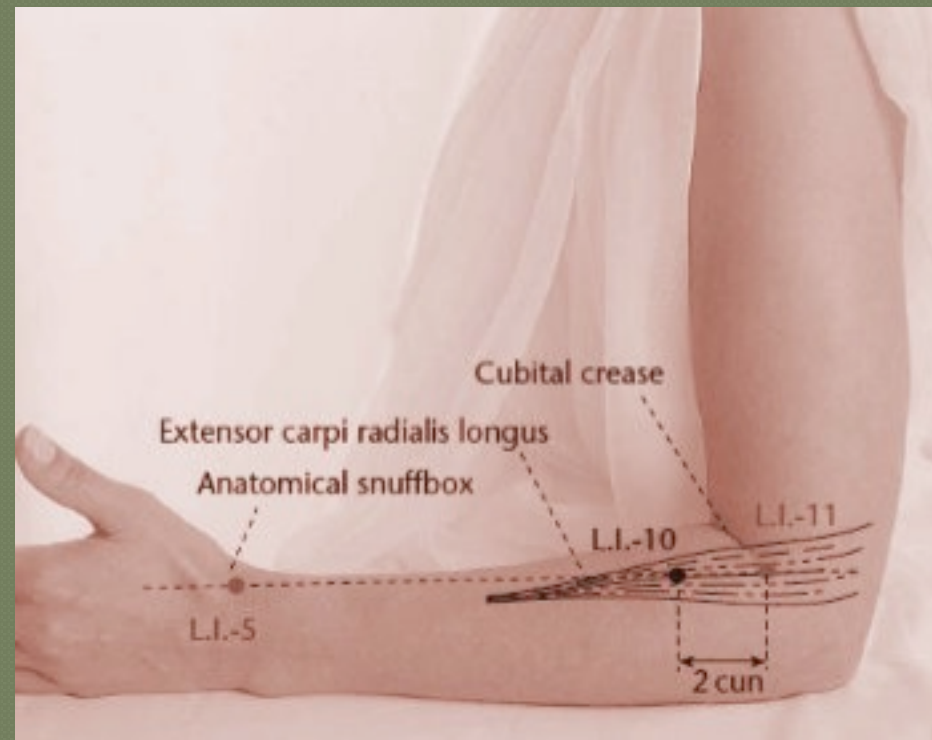
# Hara: Immune

RIGHT ST 26-27 region



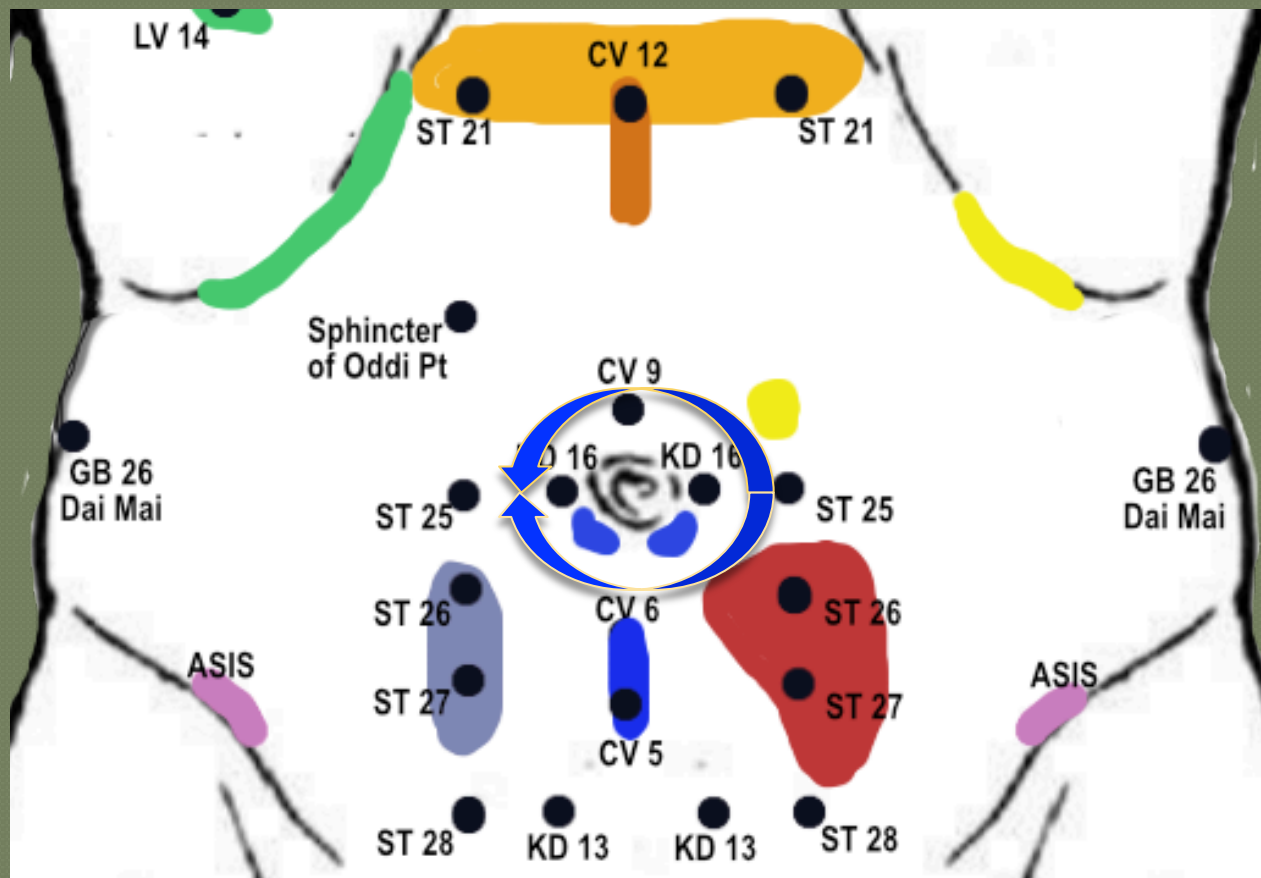
# Immune: Treatment Points

- Bilateral LI 10-11 region



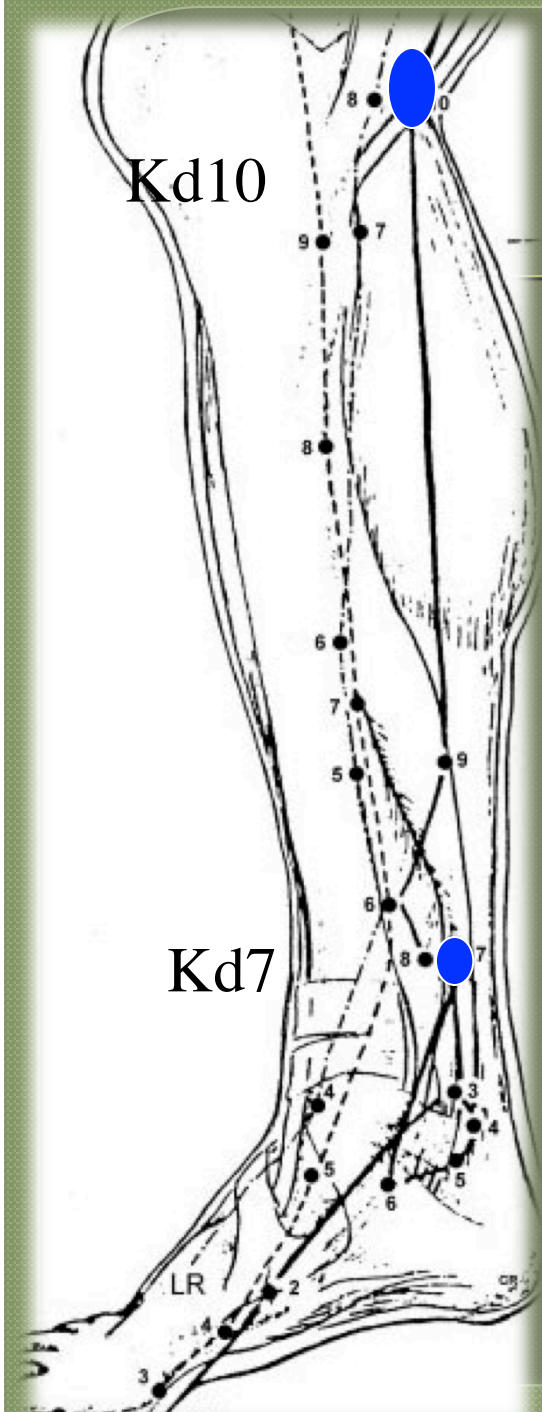
# Kidney: Adrenal Reflex

Bilateral Japanese KD 16





# Kidney Meridian Treatment Options



Kd9

Kd7

Kd3

Kd6

Kd2

# Kidney Meridian Treatment Options

KD 27



# Adrenal Reflex: Differential Diagnostic Zones

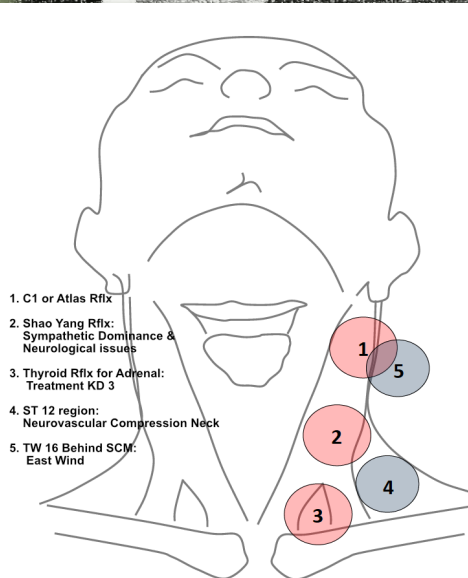
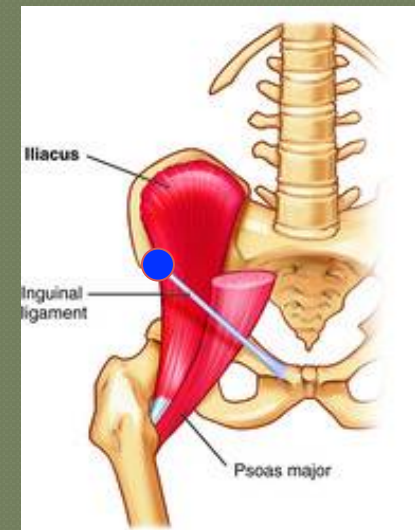
Thyroid reflex – ST9  
or  
Sternal Insertion of SCM



Dai Mai Reflex – GB 26



ASIS Reflex – GB 27



1. C1 or Atlas Rfx
2. Shao Yang Rfx: Sympathetic Dominance & Neurological issues
3. Thyroid Rfx for Adrenal: Treatment KD 3
4. ST 12 region: Neurovascular Compression Neck
5. TW 16 Behind SCM: East Wind



# Stomach Qi: Pulse

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## ◉ Diagnosis and Treatment Points

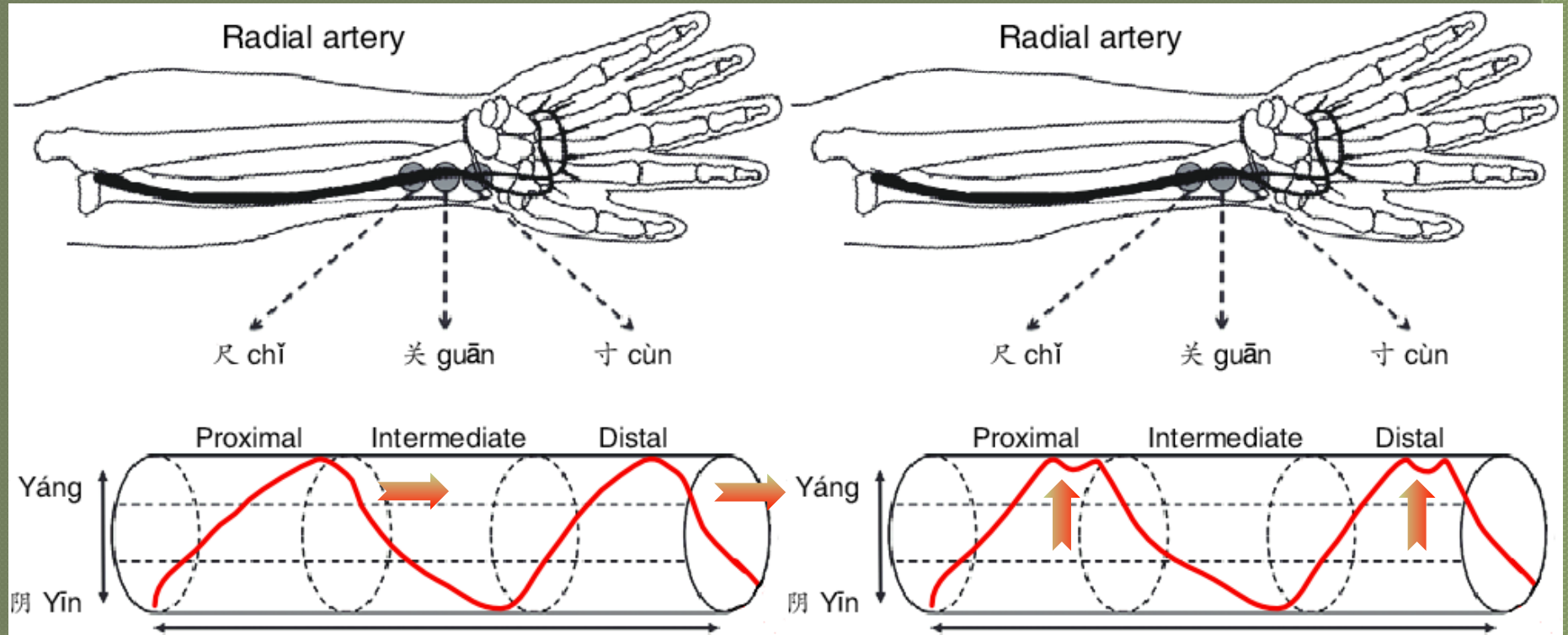
- Pulse Diagnosis
  - Choppy or Pecking Pulse
  - Global Sensation, not using specific Chinese Pulse positions
- Treatment Points
  - Bilateral ST Qi points along Stomach channel lateral to the Tibia bone

# Stomach Qi: Pulse

## ◉ Diagnosis

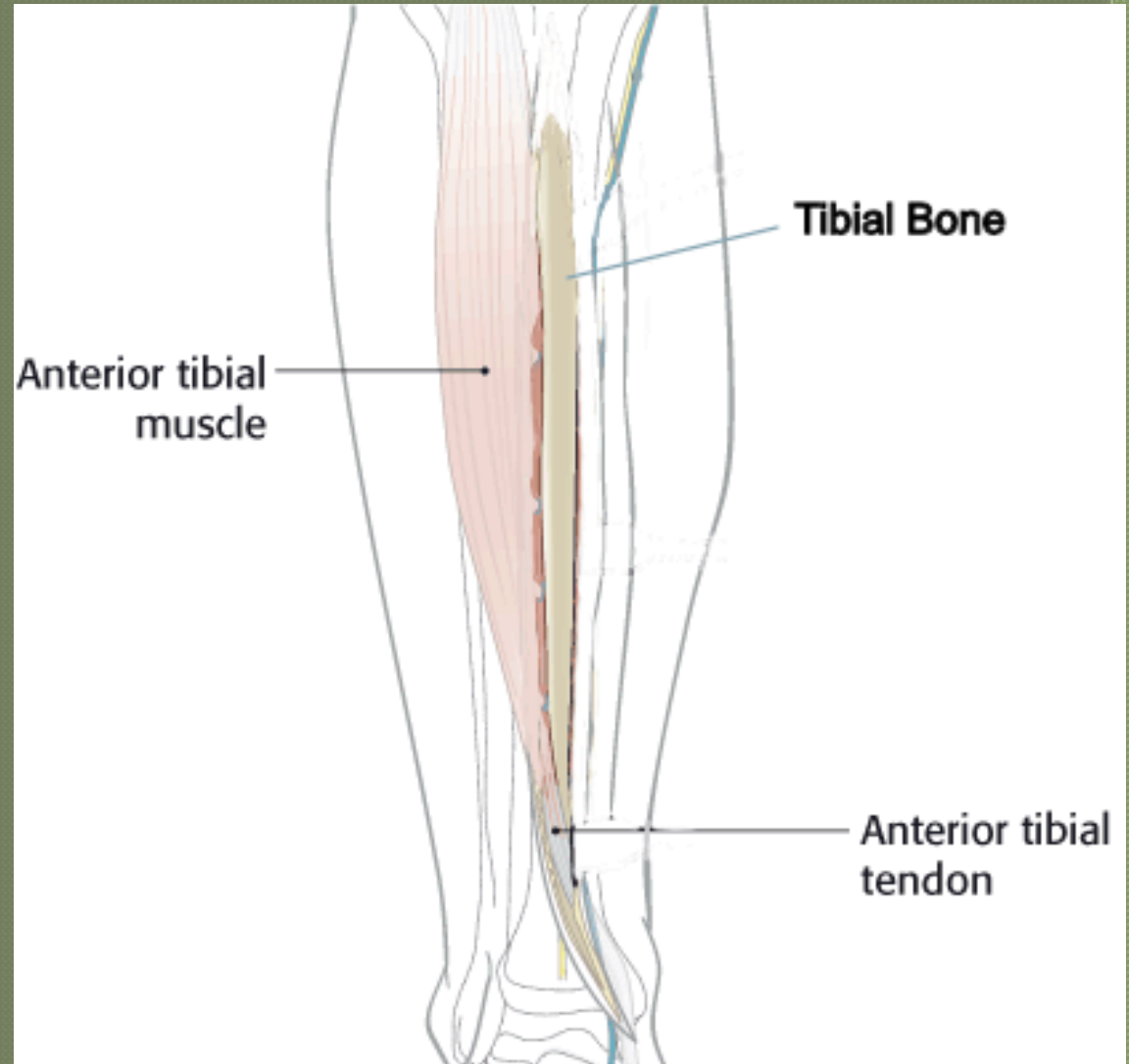
- Pulse Diagnosis
- Normal

Pecking or Choppy



# Stomach Qi: Treatment

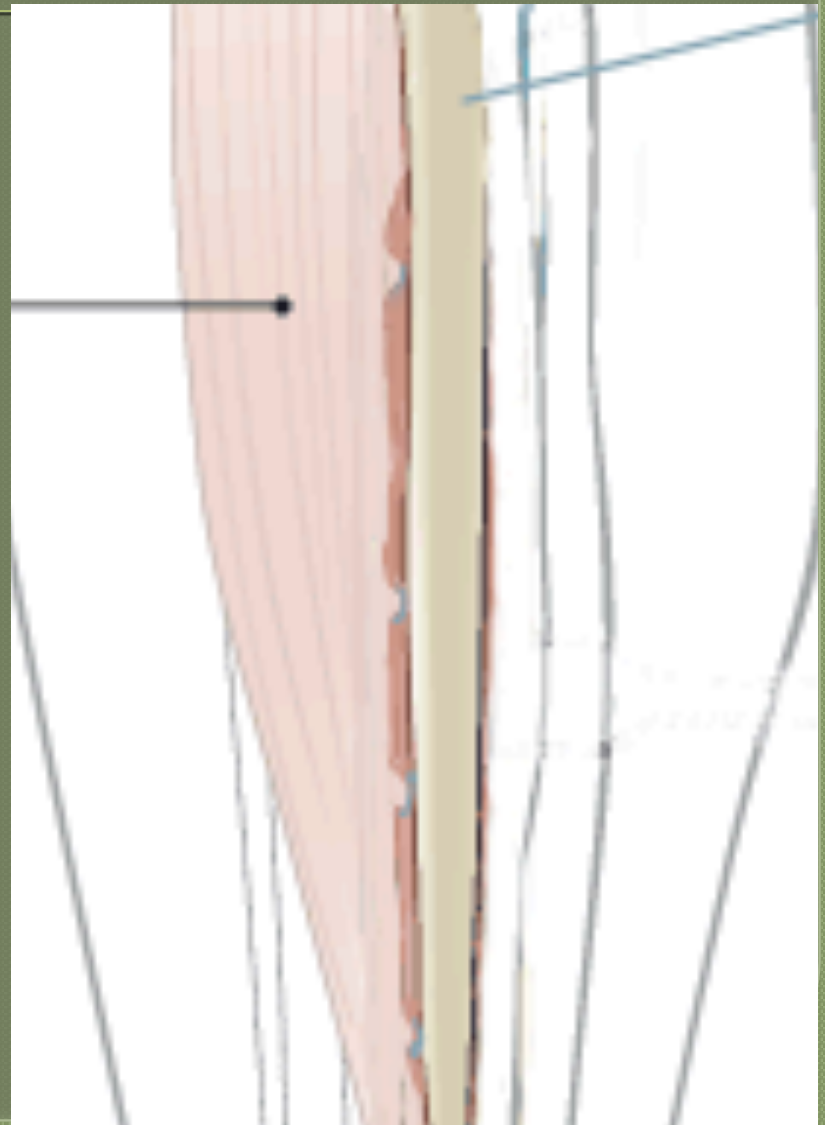
- Treatment Points
  - Bilateral ST Qi points along Stomach channel lateral to the Tibia bone
  - Look for lumps or indentations along insertion of tibial ant. muscle into Tibia



# Stomach Qi: Treatment

## ● Treatment Points

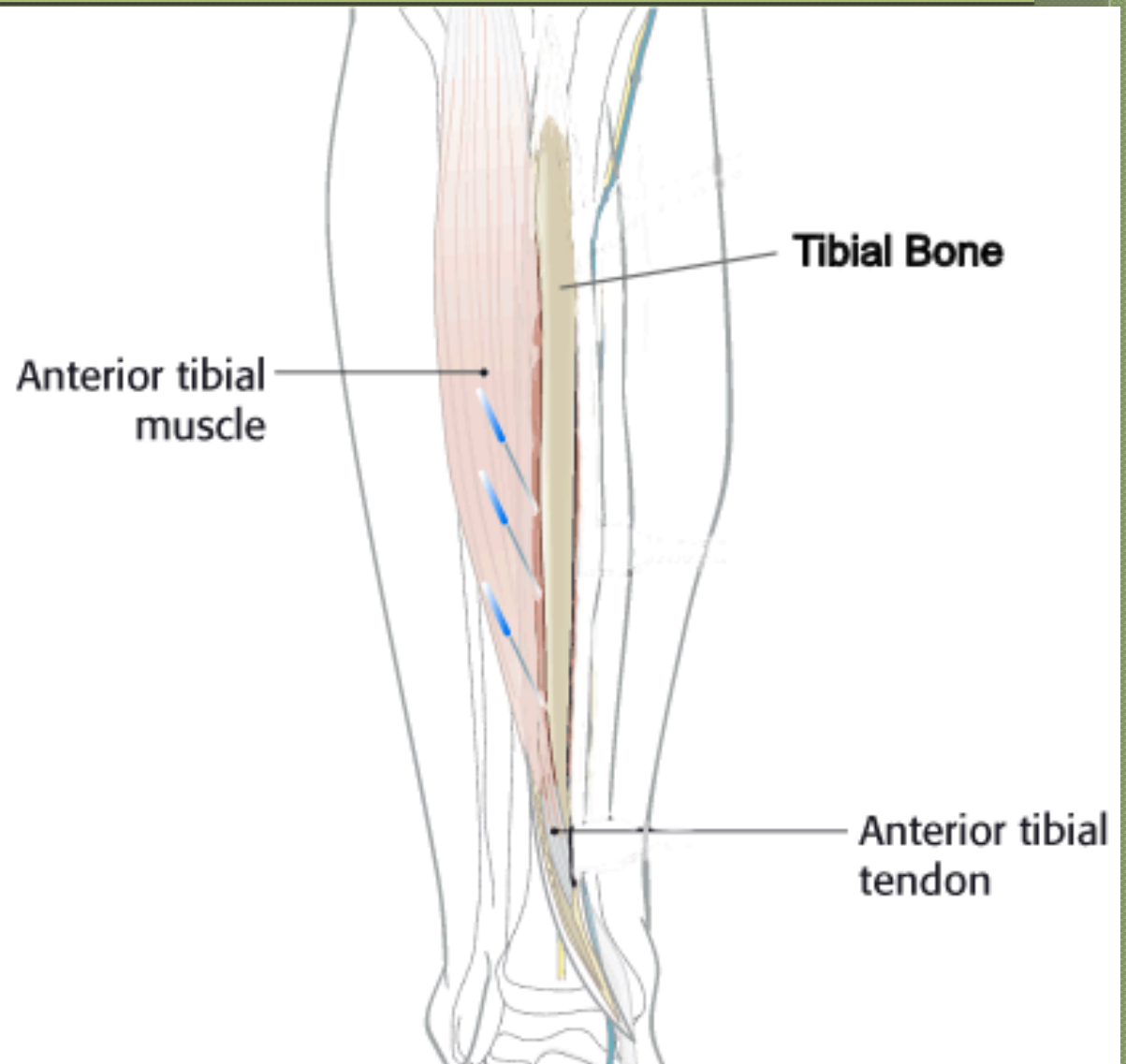
- Look for lumps or indentations along insertion of tibialis anterior muscle into Tibia



# Stomach Qi: Treatment

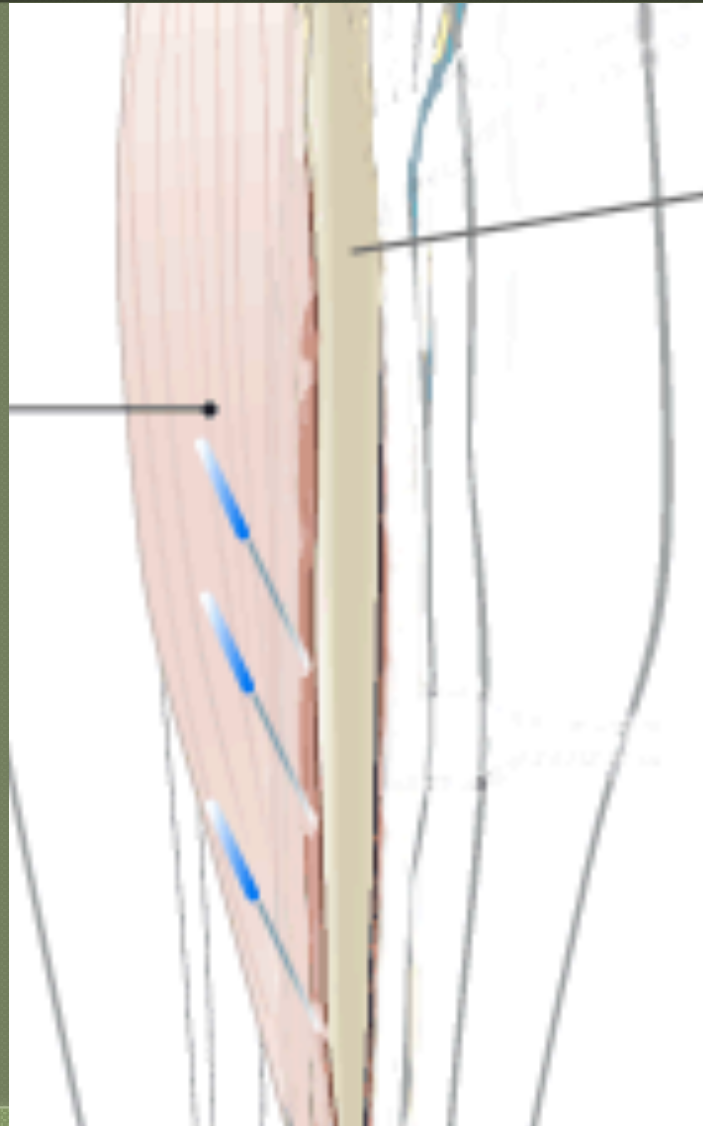
## ● Treatment Points

- Insert needles at  $10^{\circ}$  relative to plain of skin at oblique angle into valley of indentation angling needle towards mountain
- 2-3 needles on left leg first then 1-2 needles on right side – enough to change pulse



# Stomach Qi: Treatment

- Treatment Points
  - Insert needles at 10° relative to plane of skin at oblique angle into valley of indentation angling needle towards rise of hill



# Shao Yang: Autonomic Disturbance

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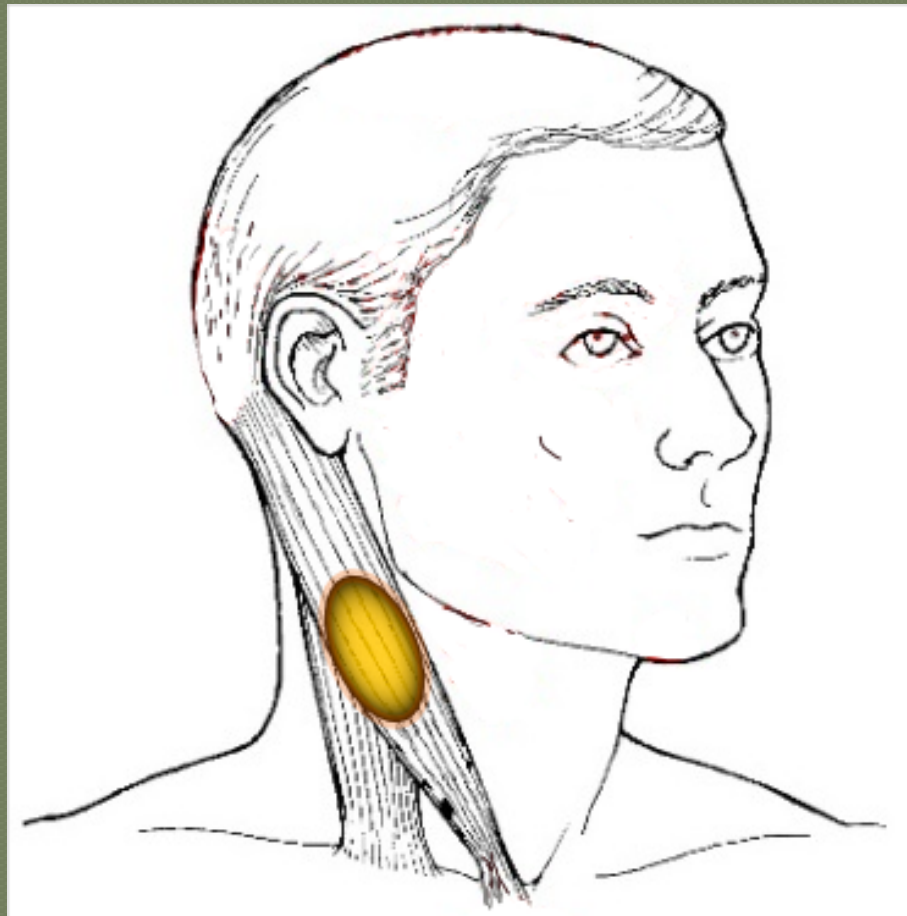
## ◉ Diagnosis and Treatment Points

- Diagnostic Reflex Zone
  - Sternocleidomastoid muscles (SCM)
  - Mid body of SCM tenderness and tightness
- Treatment Points
  - Contralateral TW 5 and GB 41
  - OR
  - Contralateral TW 8-9 region with GB 40



# Shao Yang: Autonomic Disturbance

**Right** SCM Tight and Tender



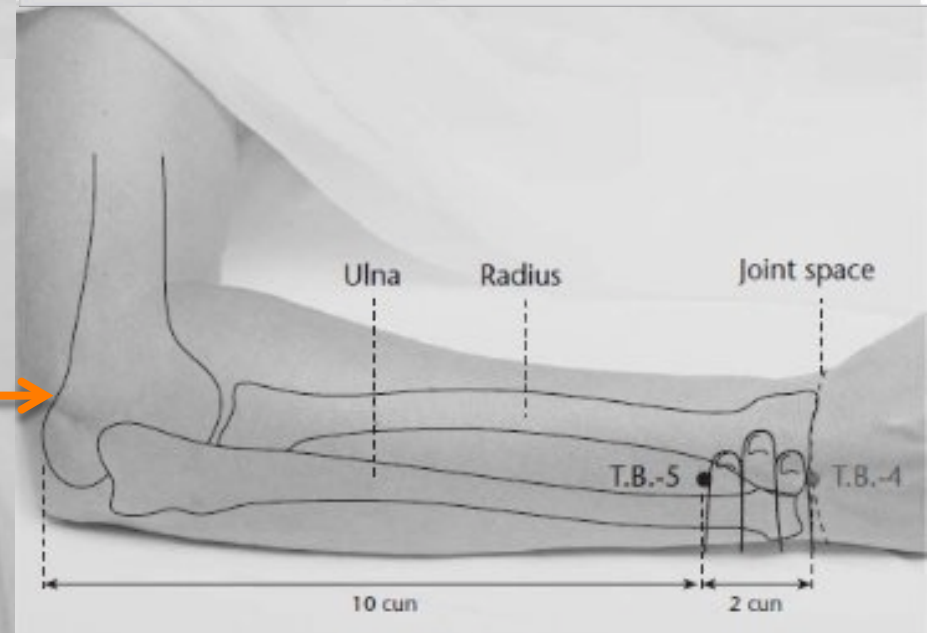
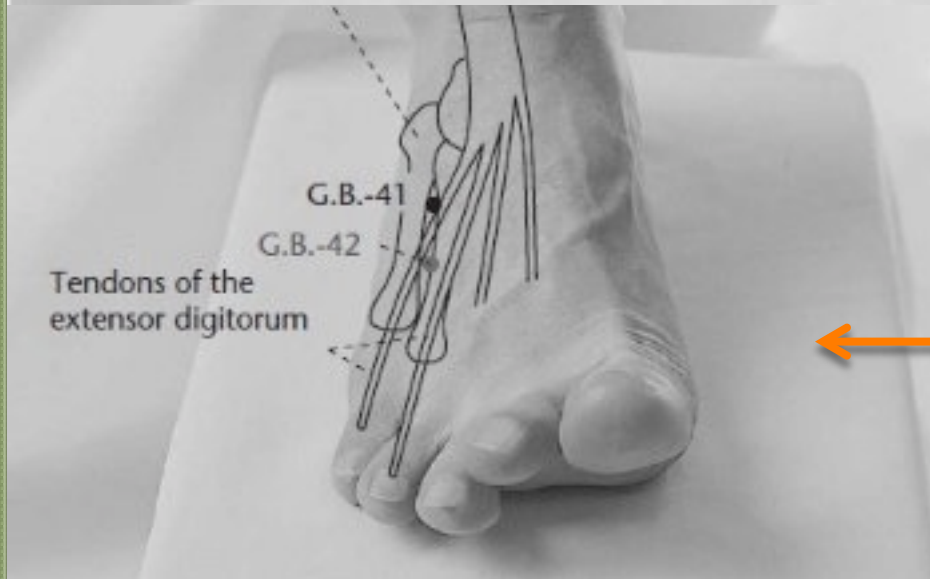
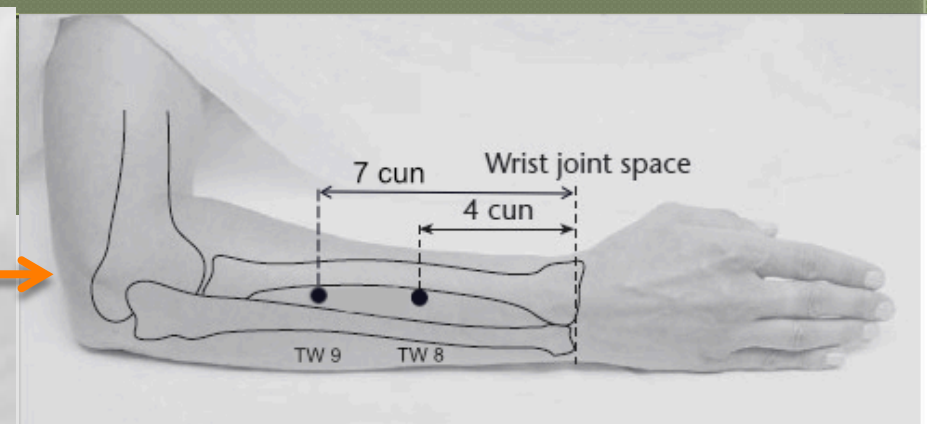


# Shao Yang: Autonomic Disturbance

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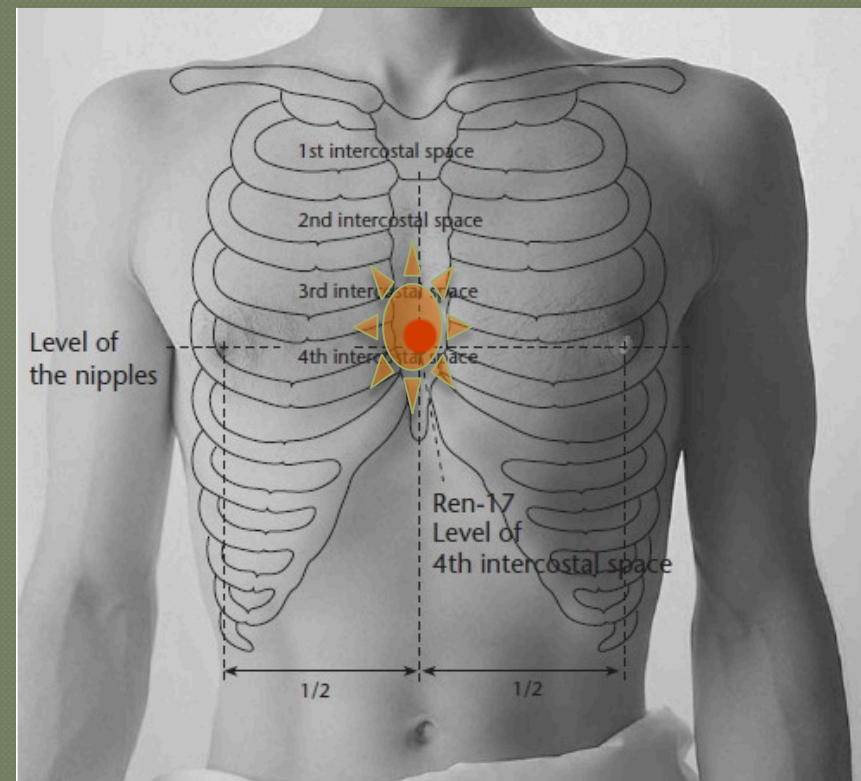
- ◉ Treatment Points for **Right** SCM tenderness
  - **Left** TW 5 and GB 41  
OR
  - **Left** TW 8-9 region with GB 40

# Shao Yang: Autonomic Disturbance

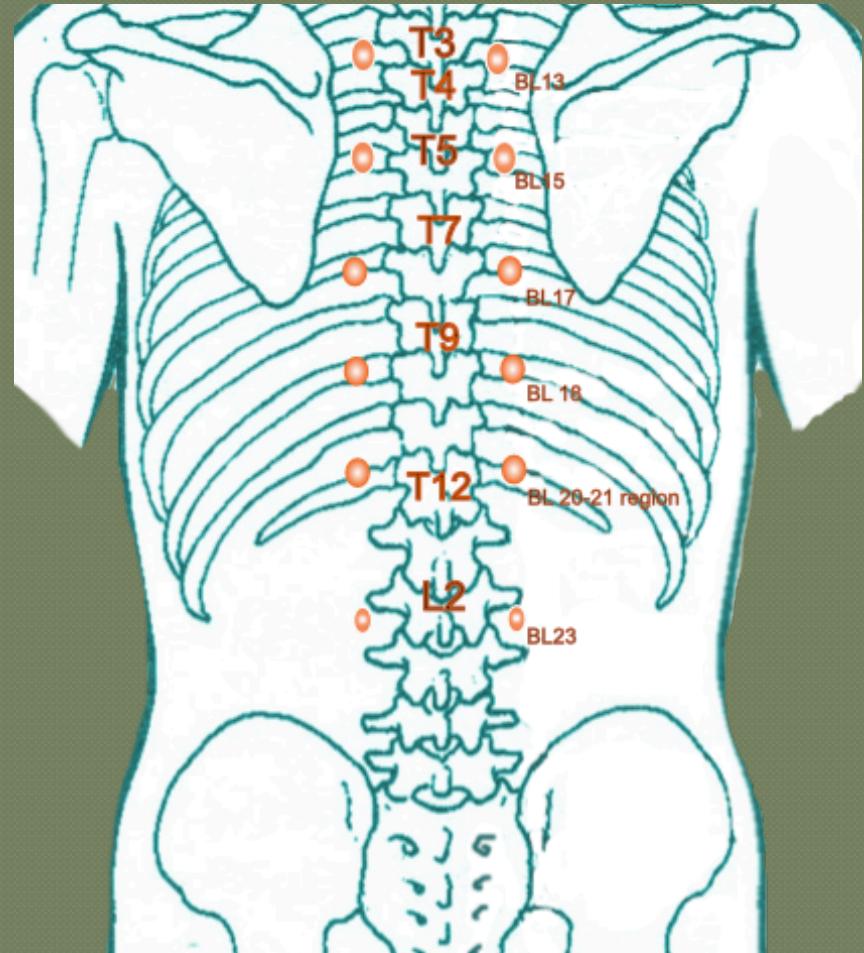
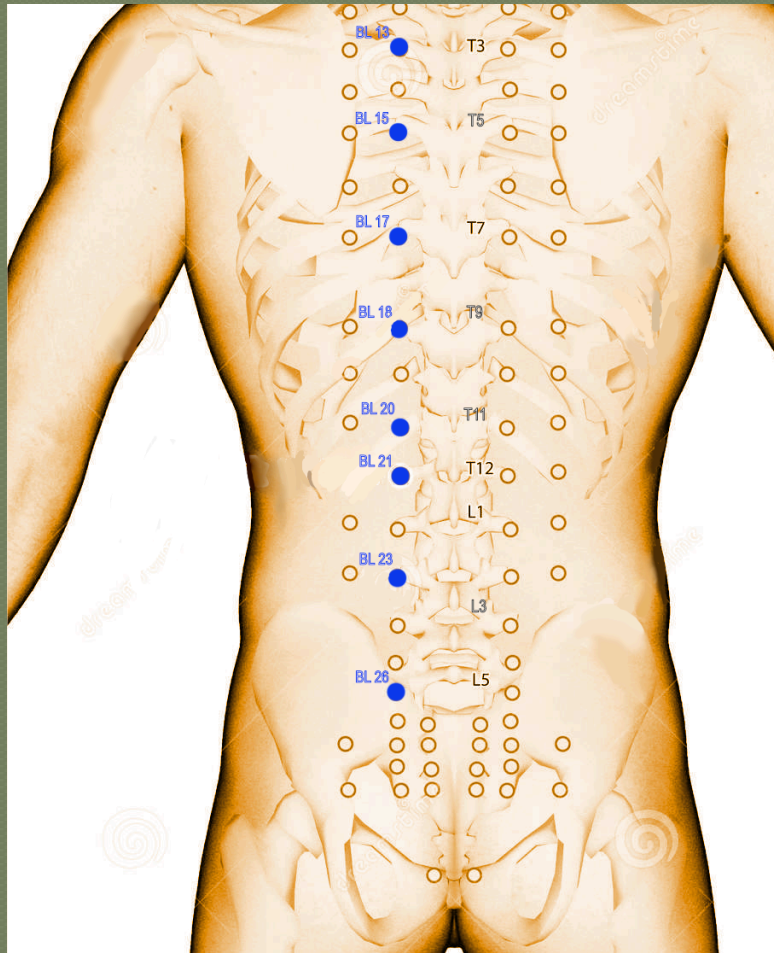


# CV 17: Shen Disturbance

- Palpate region



# Back Shu Points





# Conclusion

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- ◉ The points just discussed will be used frequently as we move through the rest of the year.
- ◉ Consider having a notebook that you keep of “important points”
- ◉ As you learn more during the year about these points, add both point location info as well as clinical uses to your notes

# Point Location Notes Resource

Point Name	Location & Treatment	TCM Significance	Related Pressure Pain	Signs & Symptoms
Lu1 Zhongfu	First intercostal space, 6 cun lateral to midline, 1 cun inferior to Lu2  Not needled. Direct or indirect moxibustion	Front Mu point of the Lung	Diagnostic point for respiratory problems and Dai Mai tension  Can be released by Dai Mai Treatment or Lu5	Cough, Asthma, wheezing, emphysema, COPD, etc...  Shoulder tension
Lu4				
Lu5				