

Key Points

- There are lots of different patterns of sore back, and their symptoms vary a lot also. Hence the treatments vary according to the patterns too.
- The muscle, tendon, blood vessel and bone all might involved in back sore, the weakness to stand straight related with spleen and stomach system quite often.

Advices

- He has cold yogurt from refrigerator every day, that is one of the factors that freeze his stomach.
- Untreated gastritis is also the reason for the blood stasis in his stomach.
- Once we find the cause and pattern of back pain, treatment is not difficult job. Operation is doing damage to body in lots of cases, not recommended by us at all.



Y, Male, 55 years old, came on 22nd June 2012, with back pain for one week, could not stand straight

He works in office, not hard physical job, but one week ago, he felt sore on back, then could not stand straight, feels weakness on back. He experienced this problem once last year, slowly getting better after acupuncture treatment.

TCM diagnosis and treatment

I found that centre of his pain located on middle back. His pulse indicate that he had blood stasis in stomach system. He told me he had an gastritis history for many years, as also support my diagnosis.

My treatment focus on clear the blood stasis and its blockage on stomach system, using pi shu and wei shu points. In the fourth session, he came with back straight, telling me that he believed he is ok, no need to have more treatment. Then he asked me to check his haemorrhoid problem.