

Key Points

- A precise understanding what cause the symptoms is very critical for the treatment.
- The body is a wonderful system, we can't just focus on the local area of the pain, and ignore the holistic mechanisms of the body.
- Shallow insertion of the needles is to bring the qi and blood to the upper part of the body, to strengthen the weakness.

Advices

- Exercise outdoors, especially winter time, should be aware the wind and cold that may affect our body. What we can do is dress properly, change dry clothes after finish exercise, not stay long outdoors after exercise, not drink cold water afterwards, and so on.
- The weakness of Lung is quite often due to the weakness of stomach, so strengthening stomach could not be ignored.
- A few more sessions is quite necessary to balance the body further.



G, 40 years old, came with Lumbar pain for 2 weeks

2 weeks ago, he played soccer, after that had lumbar pain, quite constant on L5 till right hip, walking and lying were pain, even disturb he from going to sleep.

He came to see me before, I fixed his right shoulder pain 6 month ago, he was quite surprised last time since his shoulder pain had bothered him for 2 years.

TCM diagnosis and treatment

His pulse is telling me that his energy(qi and blood) is suppressed by cold at top part of his body, this is also confirmed by pressing pain on the back of his head.

Usually while the cold affect the upper body, lung is the organ initially affected, one pattern of lumbar pain due to lung deficiency is exactly on the L5 level. I pick up Hegu and Houxi points, to insert needles quite shallow, and ask him to moving his back, suddenly, his eyes is shining, maybe he thought I am doing magic again because his back pain gone. But this is not end of my treatment, I use Qihai, Zhongwan to strengthen his stomach which is the mother of Lung, and relieve the upper body blockage by Gua Sha (scratching on skin). After a short nap while retaining needles, he feels great. I recommend one more session, but he did not seems to be want that.

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