

Lower Back pain in winter

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NOEL, 84, MALE, BACK PAIN, WORSE IN LAST 10 DAYS

Noel was referred to Harry by one of his friends. Harry visited Noel at 4pm, 7th July, 2014 in Noel's house.

Noel has suffered back pain for many years, the pain is on the right hip joint and linked with lower back on right side of Lumbar disc number 4. The pain comes and goes without a pattern, but for the last 10 days, the pain had been severe and annoying, even Noel couldn't sit, walk, and sleep properly.

KEY POINTS

- Chronic pain history of lower back pain due to his injury in his young age.
- The pain worse for last 10 days
- The hip pain and lower back pain are linked together.
- The lower back pain on right side of L4.
- The pain was prevent him from sitting, walking and sleeping properly.



HOW HARRY DIAGNOSE AND TREAT THIS PROBLEM

Harry checked Noel's pain area, and found that the pain was related with his lung and liver. Harry also checked Noel's date of birth, that is an important technique to know more about Noel's body constitutions. Harry realized that there was heat stucked in Noel's lung, coldness invaded his liver and kidney.

Harry selected acupoints Linggu(L), wailaogong(L) to tonify liver and lung; Neiguan(R), Lieque(R), Daling(R) to support liver's ascending(blood) function; lastly, Harry needled Noel's tip of the ear, and took one tiny drop of blood out.

After retaining the needles for 20 minutes, Neol could sit and walk with most of the pain gone.

2 days later, Harry phoned Noel for a follow up call, Noel was pain free.

What we can learn from this successful clinical case and benefit our health ?



THE FACTS IN THIS CASE

- The correct diagnosis is quite critical for treating the back pain.
- Noel's back pain was related with the function of lung and liver, since in Chinese Medicine, we believe the body's core units are made up by five elements, which are liver, heart, spleen, lung and kidney, and liver is in charge of tendons, heart is in charge of vessels, spleen is in charge of muscles, lung is in charge of skin and kidney for bone. Noel's pain involved tendon mainly, and related with lung meridian.
- Birthday analysis is a useful tool to discover more deeply about functions of body.

HARRY'S COMMENTARY

- For aged people, acupuncture works the same way as the young people once the diagnosis is correct and treatment proposals is properly selected. Age is a common excuse for lot of aged people to face their disease negatively.
- For Noel's case, its better to do more sessions of acupuncture to stabilize the back pain.
- During winter time, the coldness easily blocked the pores of skin, then the body's heat will be stucked underneath skin, and the heat will challenge the lung and weaken the lung. In the meantime, the coldness easily freeze the blood flow and hence disturbs the function of liver. So in winter time, the back pain, which involves liver and lung, is quite common.
- Blood letting is an important technique to clear the stucked heat underneath skin, and improve the function of lung in the meantime.

About this case study: The patient name has been changed to protect the patients privacy. The whole case is real and kept for further research. We don't suggest using the same formula in the case study by yourself, unless you consult your