Advanced Distal Needling Acupuncture
For the Treatment of Pain
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Chinese Medicine:
Basis in Bio-physiology
Examples From the Classics

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What is Qi?

Transliteration From Ancient Texts

Definition:

In ancient times, and in a medical context, the correct definition of Qi was “vital air” that moved in visible vessels (Mai) along with Ying Qi (nutrients) and Xue (blood).
Qi ≠ Energy

Huang Di Nei Jing Su Wen, Vol. 1
An Annotated Translation 2011
Prolegomena, p.20, Unschuld and Tessenow:

“...qi (氣) is one of the very few Chinese terms we have chosen to transliterate rather than to translate. It should be noted that the interpretation of qi (氣) as "energy", so widespread in TCM literature today, lacks any historical basis.”

Soulie de Morant

• Soulie de Morant
  – Diplomat, had cultural credentials
  – Spent 30 years traveling through China
  – Spoke fluent Mandarin
  – Had studied Ayurvedic medicine
  – Wrote three books on Chinese Acupuncture
    • First book published in 1938
Soulie de Morant

- Lacking a medical background, de Morant attempted to translate an ancient Chinese medical text.
- He mistranslated two very important concepts, subsequently introducing two foreign ideas to Chinese medicine:
  - Mai: energy meridian
  - Qi: energy

WHAT IS AN ACUPUNCTURE MERIDIAN?

9 Examples from the Ancient Texts
Acupuncture Meridian
Example 1

《難經·一難》：“十二經皆有動脈。”

Nan Jing, Lun Mai, First Chapter,
(206 B.C.–9 A.D.):
“The twelve channels all have pulses.”

Acupuncture Meridian
Example 2

《靈樞·經水》：“夫八尺之士，皮肉在此，外可度量切循而得之，其死可解剖而視之。其臟之堅脆，腑之大小，穀之多少，脈之長短，血之清濁，氣之多少……皆有大數。

Huang Di Nei Jing, Ling Shu, Chapter 12 (206 BC–220 AD):
“Rivers and Channels: For man who is on the average eight chi, the skin and flesh, and the external boundaries and limits may be measured, and the pulse taken. Upon death, examination can reveal and disclose. There are great standard measures to the existence of the viscera being: strong or weak; the bowels being large or small; the valleys (the amount of grain inside the hollow organs) being plentiful or sparse; the vessels being long or short; the blood being clear or turbid; the qi (oxygen) being plentiful or sparse.”
Acupuncture Meridian
Example 3

Huang Di Nei Jing, Ling Shu, Chapter 10, (206 BC–220 AD):
The Major Channels: “The twelve major channels lie hidden while travelling between the divisions of the flesh. They are deep and invisible, except for the Leg Tai Yin, (sic) which passes through the upper part of the lateral malleolus and may be frequently seen.”

Acupuncture Meridian
Example 4

The Book of Han (Han Shu), Volume 99 (111 AD):
“…Measure the Five Zang, use bamboo stick to measure the beginning and end of this vessel...”
Acupuncture Meridian
Example 5

《銅人腧穴鍼灸圖經》
Illustrated Manual of Acupuncture Points of the Bronze Figure (1027 AD):

The acupoints at the trunk were arranged by sections (somewhat similar to dermatomes), whereas those at the limbs were arranged according to a vessel system.

Acupuncture Meridian
Example 6

《素問．舉痛論》
Huang Di Nei Jing, Su Wen, Chapter 39 (206 BC–220 AD):

經脈流行不止，環周不休，寒氣入經而稽遲。泣而不行，客於脈外，則血少，客於脈中則氣不通，故卒然而痛。

“The vessels/ channels run ceaselessly and circle incessantly. Cold evil aggresses on the vessels, the blood will be made scanty there. If it resides inside the vessels, the qi will be obstructed. So, pains ensue suddenly”.

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Acupuncture Meridian
Example 7

《素問·舉痛論》
Huang Di Nei Jing, Su Wen, Chapter 39 (206 BC–220 AD):

寒氣客於脈外，則脈寒，脈寒則縮蹻，縮蹻則脈絀急，則外引小絡，故卒然而痛，得炅則痛立止；因重中於寒，則痛久矣。

“If the cold reside outside the vessels, then the vessels become cold. When the vessels become cold, they shrink. The shrinkage makes the vessels spasmodic, and the spasms radiate to the little blood vessels outside, so the pain occurs abruptly while it ends quickly when being given heat. If the patient is hit by cold repeatedly, the pain will be protracted”.

Acupuncture Meridian
Example 8

《素問·舉痛論》
Huang Di Nei Jing, Su Wen, Chapter 39 (206 BC–220 AD):

寒氣客於背俞之脈，則脈泣，脈泣則血虛，血虛則痛。

“The cold settles in the foot greater-yang bladder vessel and obstructs it. The obstructed vessel causes the blood to be deficient. The blood deficiency produces pain”.

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**Acupuncture Meridian**

**Example 9**

*Huang Di Nei Jing, Su Wen, Chapter 39* (206 BC–220 AD):

寒氣客於經脈之中，與炅氣相薄，則脈滿，滿則痛而不可按也。寒氣稽留，炅氣從上，則脈充大而血氣亂，故痛甚不可按也。

“The cold resides in the vessel/channel and wrestles with the hot qi, so the vessel becomes full, and the fullness makes the pain resistant to pressure (fullness causes pain that has an aversion to pressure). The cold lingers and the hot qi fights against it, so the vessels are dilated and the blood and qi become disordered. Therefore, the pain is severe and cannot bear pressure”.

**Accurate Definition:**

From these ancient quotes it is obvious that the term “meridian” refers to vessels that were visible to the naked eye.
Historical Development of Node and Vessel Locations

• **206 BC – 220 AD: 灵枢 [Ling Shu]:**
  – Refers to the stimulation of a vessel area (mai) not a precise point;

• **259 AD (3 Kingdoms Dynasty): 鍼灸甲乙經 [The Systematic Classic (sic) of Acupuncture and Moxibustion]:**
  – Stimulation and location of acupoints/nodes (jie) were added;
  – Acupuncture prescriptions were added;

• **300 AD: 肘後備急方 [Handy Therapies for Emergencies]:**
  – Refers to area, not acupoints/ nodes
  – Acupuncture for acute situations

Historical Development of Node and Vessel Locations

• **625 AD: 千金要方 [Prescriptions Worth a Thousand in Gold] and**

• **752 AD: 外台秘要 [Secret Formulas of a Frontier Official]**
  – Emphasis on use and description of moxibustion rather than acupuncture stimulation;
  – Stresses the use of an area rather than a single acupoint/ node;

• **1027 AD: 銅人腧穴鍼灸圖經 [Illustrated Manual of Acupuncture Points of the Bronze Figure]:**
  – chest and trunk points were arranged in rows, only limb points were arranged into the vessel system

• **1111-1117 AD: 圣濟總録 [Sheng Ji Zong Lu: Collected Prescriptions for Divine Relief From Suffering]:**
  – Points on the chest and back were added into vessel system diagram
Historical Development of Node and Vessel Locations

These ancient texts clearly show that there was no emphasis on the prescribed use of an exact acupoint/node in treatment protocols, but rather suggest a deep understanding of the biophysical relationships within the body.

Because of this historical precedence, and my own clinical experience, I believe needling a broader treatment area is the most effective way to achieve efficacy in pain relief.

Very little change has occurred in our understanding of acupuncture theory since the 12th century, except for one major change.....
Changes to Ancient Chinese Medical Theory

With Soulie de Morant’s foundational mistranslation of Qi and Mai, this ancient, elegant, bio-physical medicine was relegated to an energetic realm.

It’s time to get back on track!
Distal Needling Acupuncture (D.N.A.)

- Distal Needling Acupuncture
  - Treat arms to the hands and legs to the feet based upon a concept of mirroring / imaging;
    - The patient remains clothed for treatment, granting the practitioner greater time efficiency
  - Needles are not inserted directly into the area of pain;
  - Reduction of pain generally begins within 5-10 seconds of needle insertion

Distal Needling vs. Local Needling

**Local**

**PRO's:**
- Done properly, pain can be resolved over a series of visits

**CON's:**
- Patient often leaves in more pain
- Electrostimulation must be used
- Patient is required to undress for treatment
- Painful area can be aggravated
- If patient leaves in more pain it is damaging to the psychology, often discouraging future visits

**Distal**

**PRO's:**
- In most cases, the patient leaves with no pain
- Instant pain relief
- Patient remains dressed during treatment
- Treatments are very fast
- No risk of further injury to painful area

**CON's:**
- The same number of treatments may be needed to achieve results
THE CHINESE DISCOVERED NUMEROUS RELATIONSHIPS BETWEEN MAJOR NEURAL PATHWAYS IN THE BODY:

Neural Pathway Relationships:

Tai Yang ► Tai Yin
(UB/SI)  (SP/LU)

Shao Yang ► Shao Yin
(GB/SJ)  (K/HT)

Yang Ming ► Jue Yin
(SJ/LI)  (LV/P)
IMAGING: MIRRORING CONCEPT

Shoulder = Hip
Upper Arm = Thigh
Elbow = Knee
Forearm = Lower Leg
Wrist = Ankle
Hand = Foot
Finger = Toe

The medial vessels on the arms are related to the lateral vessels on the opposite arm and vice versa.

The same relationship is true for the legs.
Therefore, if you want to treat pain on the medial side of the arm you can apply pressure on the medial side of the opposite leg or the lateral side of the opposite arm.

REVERSE MIRRORING CONCEPT:

- Shoulder = Ankle
- Upper Arm = Lower Leg
- Elbow = Knee
- Forearm = Thigh
- Wrist = Hip Joint
- Hand = Hip
If you want to treat pain on the lateral side of the arm you apply pressure on the lateral side of the opposite leg, or the medial side of the opposite arm.

Therefore:

• The medial side of the arm treats the medial side of the opposite leg or the lateral side of the opposite arm.

• The lateral side of the arm treats the lateral side of the opposite leg and the medial side of the opposite arm.
The opposite is also true:

- The medial side of the leg treats the medial side of the opposite arm or the lateral side of the opposite leg.

- The lateral side of the leg treats the lateral side of the opposite arm or the medial side of the opposite leg.

<table>
<thead>
<tr>
<th>Upper Limb</th>
<th>Head &amp; Trunk Image</th>
<th>Lower Limb</th>
</tr>
</thead>
<tbody>
<tr>
<td>Top of shoulder</td>
<td>Top of head</td>
<td>Top of hip</td>
</tr>
<tr>
<td>Shoulder</td>
<td>Neck, jaw, base of skull</td>
<td>Hip joint</td>
</tr>
<tr>
<td>Upper arm</td>
<td>Chest, mid-upper back</td>
<td>Upper leg</td>
</tr>
<tr>
<td>Elbow</td>
<td>Xiphoid process, Diaphragm</td>
<td>Knee</td>
</tr>
<tr>
<td>Forearm</td>
<td>Lower abs, lower back</td>
<td>Lower leg</td>
</tr>
<tr>
<td>Wrist</td>
<td>Pubic Symphysis, bladder, sacrum</td>
<td>Ankle</td>
</tr>
<tr>
<td>Hand</td>
<td>Genitals, coccyx, lower sacrum</td>
<td>Foot</td>
</tr>
<tr>
<td>Finger</td>
<td>Testicles, anus</td>
<td>Toe</td>
</tr>
</tbody>
</table>

Imaging: Limbs to Head and Trunk
Reverse Imaging: Limbs to Head and Trunk

<table>
<thead>
<tr>
<th>Upper Limb</th>
<th>Head &amp; Trunk</th>
<th>Lower Limb</th>
</tr>
</thead>
<tbody>
<tr>
<td>Finger</td>
<td>Top of head</td>
<td>Toe</td>
</tr>
<tr>
<td>Hand</td>
<td>Head, base of skull</td>
<td>Foot</td>
</tr>
<tr>
<td>Wrist</td>
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<td>Ankle</td>
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<td>Upper leg</td>
</tr>
<tr>
<td>Shoulder</td>
<td>Sacrum, genital, coccyx</td>
<td>Hip joint</td>
</tr>
<tr>
<td>Top of shoulder</td>
<td>Testicles, anus</td>
<td>Top of hip</td>
</tr>
</tbody>
</table>

Imaging: Limbs to Head

<table>
<thead>
<tr>
<th>Upper Limb</th>
<th>Head</th>
<th>Lower Limb</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shoulder joint</td>
<td>Top of head</td>
<td>Hip joint</td>
</tr>
<tr>
<td>Upper arm</td>
<td>Forehead</td>
<td>Upper leg</td>
</tr>
<tr>
<td>Elbow</td>
<td>Eye, ear</td>
<td>Knee</td>
</tr>
<tr>
<td>Forearm</td>
<td>Nose level</td>
<td>Lower leg</td>
</tr>
<tr>
<td>Wrist and hand</td>
<td>Mouth level</td>
<td>Ankle and foot</td>
</tr>
<tr>
<td>Fingers</td>
<td>Chin level</td>
<td>Toes</td>
</tr>
</tbody>
</table>
Reverse Imaging: Limbs to Head

<table>
<thead>
<tr>
<th>Upper Limb</th>
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<th>Lower Limb</th>
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</thead>
<tbody>
<tr>
<td>Fingers</td>
<td>Top of head</td>
<td>Toes</td>
</tr>
<tr>
<td>Wrist and hand</td>
<td>Btw top of head and forehead</td>
<td>Ankle and foot</td>
</tr>
<tr>
<td>Forearm</td>
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<td>Lower leg</td>
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<td>Mouth level</td>
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</tr>
<tr>
<td>Shoulder joint</td>
<td>Chin level</td>
<td>Hip joint</td>
</tr>
</tbody>
</table>

Dr. Tan’s Balance Method Systems 1-6

<table>
<thead>
<tr>
<th>CHANNELS</th>
<th>SYSTEM 1</th>
<th>SYSTEM 2</th>
<th>SYSTEM 3</th>
<th>SYSTEM 4</th>
<th>SYSTEM 5</th>
<th>SYSTEM 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>LU</td>
<td>Hand Taijin</td>
<td>SP</td>
<td>BL</td>
<td>LI</td>
<td>BL</td>
<td>LV</td>
</tr>
<tr>
<td>LI</td>
<td>Hand Yangming</td>
<td>ST</td>
<td>LV</td>
<td>LU</td>
<td>KI</td>
<td>ST</td>
</tr>
<tr>
<td>ST</td>
<td>Foot Yangming</td>
<td>LI</td>
<td>PC</td>
<td>SP</td>
<td>PC</td>
<td>LI</td>
</tr>
<tr>
<td>SP</td>
<td>Foot Taijin</td>
<td>LU</td>
<td>SI</td>
<td>ST</td>
<td>SJ</td>
<td>HT</td>
</tr>
<tr>
<td>HT</td>
<td>Hand Shaoyin</td>
<td>KI</td>
<td>GB</td>
<td>SI</td>
<td>GB</td>
<td>SP</td>
</tr>
<tr>
<td>SI</td>
<td>Hand Taiyang</td>
<td>BL</td>
<td>SP</td>
<td>HT</td>
<td>LV</td>
<td>BL</td>
</tr>
<tr>
<td>BL</td>
<td>Foot Taiyang</td>
<td>SI</td>
<td>LU</td>
<td>KI</td>
<td>LU</td>
<td>SI</td>
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<td>Hand Shaoyang</td>
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<td>PC</td>
<td>LI</td>
<td>GB</td>
<td>SI</td>
<td>LU</td>
</tr>
</tbody>
</table>
Foot Taiyang
Urinary Bladder
Posterior Lateral
Foot

Hand Taiyang
Small Intestine
Posterior Lateral
Hand

**Please find enlarged versions of muscle images at the end of the lecture notes**
Foot Shaoyang
Gallbladder
Lateral
Foot

Hand Shaoyang
San Jiao
Internal Membrane
(Triple Heater)
Lateral
Hand
Foot Yangming
Stomach
Anterior Lateral
Foot

Hand Yangming
Large Intestine
Anterior Lateral
Hand
Foot Taiyin
Spleen
Anterior Medial
Foot

Hand Taiyin
Lung
Anterior Medial
Hand
Foot Shaoyin
Kidney
Posterior Medial
Foot

Hand Shaoyin
Heart
Posterior Medial
Hand
Foot Jueyin
Liver
Medial
Foot

Hand Jueyin
Pericardium
Medial
Hand
Headaches

If on top of the head
(targeting the Liver Vessel works best):

Needle bilaterally:
- LV 1,2,3
- GB 44,43,42
- Ling Ku
- All Jung Well points on hands and feet

Headaches

If on the side of the head
(target Shao Yang on both hands and feet):

Needle bilaterally:
- SJ 2,3,4
- GB 44,43,42
- GB 31
- 3 close needles evenly spaced on Foot Shao Yang stopping at ST 38 area.
Headaches

If on the forehead:
(target Foot Shao Yang)

Needle bilaterally:
• SJ 2, 3, 4
• GB 34
• Add 3 more needles down the leg evenly spaced on Foot Shao Yang stopping at ST 38 area

Headaches

If between the eyes:
(target the Foot Tai Yung)

Needle bilaterally:
• LU 10, 11
• SI 2, 3
• UB 63, 64, 65, 66
Headaches

If on the face below the eyes:
(target Foot and Hand Yang Ming)
Needle bilaterally:
• ST 35, 36 and several more needles all the way to ST 38
• ST 42, 43, 44
• SP 9, 8, 7
• LI 2, 3, 4 and 11,10, 9

Headaches

If on the lower jaw:
(target Foot and Hand Yang Ming)
Needle bilaterally:
• ST 38, 39, 30
• LI 2, 3, 4, 5, 6, 7
Neck Pain

If on the trapezius muscle:
(target the Foot Tai Yang)

Needle bilaterally:
• SI 2 to 8
• UB 66 to 40
• K2 to 10
• LU to 5

Neck Pain

If on the Levator Scapula:
(target Hand Tai Yang)

Needle bilaterally:
• LV 2 to 8
• SI 2 to 8
• SP 2 to 9
• P 8 to 3
Neck Pain

If on the Spinous Erector
(target Foot Shao Yin)

Needle bilaterally:
- K6
- UB 66 to 40
- All along the K vessel starting with K2 to 10
- LI 2 to 12
- SJ 2 to 10

Neck Pain

If on the Posterior Scalene
(target Hand Shao Yang)

Needle bilaterally:
- SJ 2 to 10
- P 8 to 3
- K 2 to 10
- GB 44 to 34
Neck Pain

If on the Medial Scalene
(target Hand Yang Ming)

Needle bilaterally:
• LI 2 to 10
• ST 44 to 35
• LV 2 to 8
• LU 10 to 5

Neck Pain

If on the Posterior Scalene:
(target Foot Shao Yang)

Needle bilaterally:
• GB 44 to 35
• SJ 2 to 10
• HT 8 to 3
• LV 2 to 8
Neck Pain

If on the SCM:
(target Foot Tai Yang)

Needle bilaterally:
• UB 66 to 40
• SI 2 to 8
• K 2 to 10
• LU 10 to 5

Neck Pain

If on the Upper Rhomboids:
(target Hand Yang Ming)

Needle bilaterally:
• LI 4 to 12
• ST 42 to 36
• LU 10 to 5
• LV 4 to 8
Pain at the Base of the Neck

The muscles involved are the same ones for the neck. In this case, focus on all the previously mentioned points and muscles by concentrating the needling around the wrists and ankles.

You can spread the image proximally and distally from the ankles and wrists for a better effect.

Upper Back Pain

If on the Supraspinatus Muscle:
(target Hand Shao Yang)

Needle bilaterally:
• SJ 4 to 10
• GB 40 to 34
• P 7 to 3
• K 3 to 10
• Be sure to needle deeply into any point that gives access to a joint.
Upper Back Pain

If on the Trapezius muscle: (target Foot Tai Yang)

Needle bilaterally:
• UB 60 to 40
• SI 3 to 8
• K 3 to 10
• LU 9 to 3

Upper Back Pain

If on the Rhomboid muscle: (target Hand Yang Ming)

Needle bilaterally:
• LI 5 to 12
• ST 41 to 35
• LV 4 to 8
• LU 9 to 5
Upper Back Pain

If on the Infraspinatus muscle:
(target Hand Tai Yang)

Needle bilaterally:
• SI 4 to 8
• UB 60 to 40
• HT 9 to 3
• LV 4 to 8

Upper Back Pain

If on the Subscapularis muscle:
(target Hand Yang Ming)

Needle bilaterally:
• LI 5 to 11
• LU 9 to 5
• ST 41 to 35
• LV 4 to 8
Upper Back Pain

If on the Teres Major or Minor muscles:
(target Hand Tai Yang)

Needle bilaterally in the same areas as for the Infraspinatus muscle.

Upper Back Pain

If on the Spinous Erector muscle:
(target Foot Shao Yin)

Needle bilaterally:
• K 3 to 10
• UB 60 to 40
• LI 5 to 12
• SJ 4 to 10
Shoulder Pain

If on the Posterior Deltoid muscle:
(target Hand Shao Yang)

Needle bilaterally:
• SJ 2,3,4 and 5 into the joint
• GB 42,41, and 40 into the joint
• K 2 to 10 with special insertion into the joint

Shoulder Pain

If on the Medial Deltoid muscle:
(target Hand Yang Ming)

Needle bilaterally:
• LI 4 to 6
• LU 9 to 6
• ST 42 to 38
• LV 4 to 8
Shoulder Pain

If on the Anterior Deltoid muscle:
(target Hand Tai Yin)

Needle bilaterally:
• LU 9 to 5
• LI 5 to 12
• SP 4 to 9
• UB 60 to 40

Shoulder Joint Pain

The shoulder joint is a muscle dependent joint. The primary stabilizers of the joint are the Biceps Brachia muscle and tendon and the tendons and muscles of the rotator cuff.

These are the Supraspinatus muscle and tendon, the Infraspinatus muscle and tendon, the Teres Minor muscle and tendon, and the Subscapularis muscle and tendon.
Shoulder Joint Pain

If on the Supraspinatus tendon:
(target Hand Shao Yang)
Needle bilaterally:
• SJ 2 to 10 into muscles, tendons, and joints
• GB 41 to 34 into muscles, tendons, and joints
• P 8 to 3 into muscles, tendons, and joints
• K 2 to 10 into muscles, tendons, and joints

Shoulder Joint Pain

If on the Teres Minor tendon:
(target Hand Tai Yang)
Needle bilaterally:
• SI 2 to 8 into muscles, tendons, and joints
• HT 8 to 3 into muscles, tendons, and joints
• UB 60 to 40 into muscles, tendons, and joints
• LV 2 to 8 into muscles, tendons, and joints
Shoulder Joint Pain

If on the Subscapularis tendon:
(target Hand Yang Ming)

Needle bilaterally:
• LI 2 to 11 into muscles, tendons, and joints
• ST 44 to 35 into muscles, tendons, and joints
• LU 10 to 5 into muscles, tendons, and joints
• LV 2 to 8 into muscles, tendons, and joints

Shoulder Joint Pain

If on the Infraspinatus tendon:
(target Hand Tai Yang)

Needle bilaterally all the same points used with the Teres Minor tendon pain.
Shoulder Joint Pain

If on the Biceps Brachii tendon:
(target Hand Yang Ming)

Needle bilaterally using the same points used with the Subscapularis tendon pain.

Middle Back Pain

Thoracic Spine
Vertebrae T1 to T12
Thoracic Back Pain

If on the Trapezius, Serratus posterior, Spinalis Thoracis, Longissimus Thoracis, Iliocostalis Thoracis, and/or upper edge of Latissimus Dorsi muscles: (target Foot Tai Yang)

Needle bilaterally:
- UB 60 to 40
- LU 9 to 5
- SI 4 to 8
- K 2 to 10

Thoracic Back Pain

If on the Levator Scapula, Infraspinatus, Teres Minor and Teres Major muscles: (target Hand Tai Yang)

Needle bilaterally:
- SI 4 to halfway up the forearm using 3 needles
- UB 60 to 58 (using several needles)
- LV 4 plus several needles to middle of lower leg
- HT 7, 6, 5, 4
Thoracic Back Pain

If on the Subscapularis muscle:  
(target Hand Yang Ming)
Needle bilaterally:
• LI 5 and several needles halfway up the arm
• ST 41 to 38
• LU 9 and several needles to middle of forearm
• K 6 to 9

Thoracic Back Pain

If on the Multifidus, Levator Costarum, Semispinalis Thoracis, and/or Rotatores Thoracis muscles:  
(target Foot Shao Yin)
Needle bilaterally:
• K 6 to 10
• UB 60 to 58 (add needles in between)
• LI 5 to 11
• HT 9 to 3
Lower Back Pain

Lumbar Spine
Vertebrae L1 to L5

Lumbar Back Pain
If on the Serratus Posterior/ Inferior, Iliocostalis Lumbarum and Thoracis, Latissimus Dorsi muscles:
(target Foot Tai Yang)

Needle bilaterally:
• UB 60 to 40
• K 6 to 10
• SI 4 to 8
• LU 9 to 3
• Needle the abdomen above where the patient hurts.
• Also add a lot of needles in the abdomen to cover the entire lower back area.
Lumbar Back Pain

If on the Intertransverse, Quadratus, and Multifidus muscles:
(target Foot Shao Yin)

Needle bilaterally:
• K 6 to 10
• UB 60 to 40
• HT 7 to 3
• LI 5 to 11

Lumbar Back Pain

If on the External/ Internal Oblique or Transverse Abdominis:
(target Foot Shao Yang)

Needle bilaterally:
• GB 40 to 35
• LV 4 to 7
• SJ 5 to 7
• HT 7 to halfway up the lower arm
Low Back Pain

Sacral Spine
Vertebrae S1 to Tailbone

Sacral Spine Pain

If on the Piriformis, Gemellus Superior, Obturator Internus, Gemellus Inferior, Quadratus Femoris, Gluteus Maximus, and/or Iliocostalis Lumborum muscles:
(target Foot Tai Yang)

Needle bilaterally:
• UB 67 to 60
• K 1 to 6
• LU 11 to 7
• SI 2 to 5
Sacral Spine Pain

If on the Multifidus, Coccygeus, and/or Iliococcygeus muscles: (target Foot Shao Yin)

Needle bilaterally:
- K 1 to 6
- UB 67 to 60
- HT 8, 9
- LI 1 to 5

Sacral Spine Pain

If on the tailbone: (target Foot Shao Yin)

Needle bilaterally (if applicable on the bone at each point)
- K 1,2
- DU 20
- LI 1, 11
- UB 67 to 64, and 40
- Needles in either the top or bottom of sternum
Throat Pain

If on the Hyoid bone or the Omohyoid and/or Scalenus muscles:
(target Hand Shao Yang and Hand Yang Ming)

Needle bilaterally:
- SJ 4 to 6
- GB 40 (use more than one needle)
- P 7
- K 4 to 6

Needle bilaterally:
- LI 4 to 6
- ST 42 to 40
- LU 11 to 7
- K 2 to 7

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Throat Pain

If on the Mylohyoid, Sternothyroid, Thyrohyoid, and/or Sternohyoid muscles:
(target Foot Yang Ming)

Needle bilaterally:
- ST 42 to 40
- LI 4 to 6
- SP 4 to 6
- P 8 to 6
Chest Pain

If on the Scalenus Anterior, Superior Serratus Anterior muscles:
(target Foot Shao Yang)

Needle bilaterally:
• GB 42 to 38
• LV 4 to 6
• HT 8 to 6
• SJ 3 to 6

Chest Pain

If on the Intercostal muscles (External and Internal):
(target Foot Tai Yin)

Needle bilaterally:
• SP 5 to 9
• ST 41 to 35
• LU 9 to 5
• SI 4 to 8
Chest Pain

If on the Pectoralis Minor:
(target Hand Tai Yin)

Needle bilaterally:
• LU 9 to halfway up the forearm
• SP 5 to halfway p the lower leg
• LI 5 to halfway up the forearm
• LV 4 to halfway up the lower leg

Chest Pain

If on the Pectoralis Major (lower portion):
(target Hand Shao Yin)

Needle bilaterally:
• HT 6 to 3
• SI starting at level of P6 and needling to SI 8
• GB 39 to 34
• K 7(ish) to 10
Chest Pain

If on the Pectoralis Major (Upper and Clavicular region):
(target Hand Jue Yin)

Needle bilaterally:
• P7 to halfway up the forearm
• SJ 4 to halfway up the forearm
• ST 41 to 38
• LV 4 to halfway up lower leg

Chest Pain

If on the Serratus Anterior:
(target Hand Jue Yin)

Needle bilaterally:
• P7 to 3
• SJ 4 to 8
• ST 41 to 35
• LV4 to 8
Chest Pain

If on the Diaphragm:  
(target Hand Tai Yin)

Needle bilaterally:
• LU 5(ish)
• LI 1(ish)
• SP 9(ish)
• UB 40(ish)

Abdominal Pain

If on the Iliacus, Psoas, or Rectus Abdominis muscles:  
(target Foot Yang Ming)

Needle bilaterally:
• ST 41 to 35
• LI 5 to 11
• SP 5 to 9
• P 7 to 3
Pelvic Pain

If on the Pubococcygeus muscle:
(target Foot Jue Yin)

Needle bilaterally (depending upon where the pain level is versus the arm and leg):

- LV 7 to 3
- GB 40 to 35
- P 8 to 3
- LI 4 to 11

Pelvic Pain

If on the Pectineus muscle or origin of the Satorius muscle:
(target Foot Tai Yin)

Needle bilaterally (depending on where pain level is versus the arm and leg):

- SP 3 to 9
- ST 42 to 35
- LU 10 to 5
- SJ 3 to 8
Pelvic Pain

If on the Rectus Abdominus or Obturatos Externus:  
(target Foot Yang Ming)
Needle bilaterally (depending on where the pain level is versus the arm and leg)

- ST 42 to 35
- SP 4 to 9
- LI 4 to 11
- P 8 to 3

Leg Pain

If on the Gracilis muscle:  
(target Foot Jue Yin)
Needle:
- GB 43 to 34
- P 8 to 3
- LI 4 to 11
Leg Pain

If on the Rectus Femoris, Vastus Lateralis, and Vastus Intermedius muscles:
(target Foot Yang Ming)

Needle:
LI 4 to 11
SP 5 to 9
P 8 to 3

Leg Pain

If on the Adductor Longus, Semimembranosus, Medial Soleus, Adductor Brevis and Magnus, and Gastrocnemius muscles:
(target Foot Shao Yin)

Needle:
UB 60 to 40
HT 7 to 3
LI 5 to 11
Leg Pain
If on the Satorius, Vastus Medius, Tibialis Posterior, Flexor Digitorum Longus, and Flexor Hallucis Longus and Abductor Hallucis:
(target Foot Tai Yin)
Needle:
LU 10 to 5
SI 2 to 8
LU 8 to 3

Leg Pain
If on the Biceps Femoris, Semitendinosus, Plantaris, Popliteus, Lateral Soleus muscles on the side of the foot:
(target Foot Tai Yang)
Needle:
K 2 to 10
SI 2 to 8
LU 10 to 5
Leg Pain

If on the Iliotibial Tract, Biceps Femoris (short head), Peroneus Tertius, and muscles of the foot on the GB pathway:

(target Foot Shao Yang)

Needle:
LV 2 to 8
SJ 2 to 10
HT 8 to 3

Arm Pain

If on the Triceps Brachii (long head) or Flexor Carpi Ulnaris:

(target Hand Tai Yin)

Needle:
HT 3 to 8
UB 65 to 40
LV 2 to 8
Arm Pain

If on the Triceps Brachii (lateral head), Extensor Digiti Minimi, Anconeus, or Extensor Carpi Ulnaris muscles:
(target Hand Shao Yang)

Needle:
GB 40 to 34
P 8 to 3
K 6 to 10

Arm Pain

If on the Biceps Brachii (short head), Brachioradialis, or Flexor Policis muscles:
(target Hang Tai Yin)

Needle:
LI 4 to 11
SP 5 to 9
UB 65 to 40
Arm Pain

If on the Triceps Brachii (medial head), Brachialis, Pronator Teres, or Palmaris Longus and Brevis:
(target Hand Shao Yin)

Needle:
SI 4 to 8
K 3 to 10
UB 65 to 40

Arm Pain

If on the Coracobrachialis, Flexor Carpi Radialis, Pronator Quadratus, or Flexor Digitorum Profundus:
(target Hand Jue Yin)

Needle:
SJ 3 to 10
LV 3 to 8
ST 43 to 35
Knee Pain

Locate the area of pain and needle the opposite knee and both elbows.

The medial side of the knee is associated with Foot Tai Yin, the back of the knee is associated with Foot Tai Yang, and the lateral side of the knee is associated with Foot Shao Yang.

You can also needle the identical anatomical location on the opposite knee and elbows.

If the tendons are in pain, needle into the tendons. If the muscles are in pain, needle into the muscles, etc.
<table>
<thead>
<tr>
<th>Elbow Pain</th>
</tr>
</thead>
<tbody>
<tr>
<td>The location of pain at the elbow is almost always in accordance with classical vessel theory. The normal vessel pathways through the elbow can be considered the target vessel for pain relief.</td>
</tr>
<tr>
<td>Needle the opposite elbow and both knees using DNA vessel relationships.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Hand Pain</th>
</tr>
</thead>
<tbody>
<tr>
<td>Needle the opposite hand and both feet using standard vessel relationships according to DNA theory.</td>
</tr>
<tr>
<td>If the dorsum of the hand hurts, you can needle the palmar side of the opposite hand and the Yin or Yang vessels of both feet. Needle the correct anatomical spots on the feet and opposite that are associated with the painful area.</td>
</tr>
</tbody>
</table>
Foot Pain

Needle the opposite foot and both hands. Use standard DNA vessel relationships, however, you do not need to use classical acupuncture points. It is better to use anatomical points, which match the area of pain on the affected foot.

Foot Pain

For example:

If the foot pad is in pain, needle the foot pad on the opposite foot alone with the top of the opposite foot as well. Needle the top or bottom of both hands in the correct anatomical areas.
Conclusion

- 1. This method works extremely well.
- 2. It will revolutionize your clinical practice.

With deepest thanks…

It is my privilege to honor the teachers who came before me and, most especially, to my dearest mentor:

Dr. Richard Tan
Find everything you want to know about:

CD of Clinical Forms
Apprenticeship Training Program
Residency Program

All located at:

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