

Chapter 29

Neck Pain

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Treatment

The main treatment acupuncture points for neck pain are GB 20 (Fengchi), GV 14 (Daizhui), GB 21 (Jianjing), SI 9 (Jianzhen), SJ 5 (Waiguan), GB 39 (Xuanzhong), KI 3 (Houxi), and Tienying acupuncture points (Ahshi acupuncture point). If Foot-Taiyang meridian is sick, then add BL 10 (Tianzhu), DU 14 (Dazhu), and BL 60 (Kunlun) acupuncture points. If lesser yang meridian is sick, add SJ 17 (Yifeng), SJ 5 (Waiguan), and GB 34 (Yanglingquan) acupuncture points. Pick neck sprain points for hand needles. Use plum blossom needle from periphery to nidus and prick successively according to muscle and meridian parts. The technique should start light at first, then become heavy until local skin redness or a small amount of bleeding occurs. During the operation, tell the patient to move his or her neck. This is a stirring qi therapy.

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