

Class 1 - Introduction to Needling

Needle History

Ancient needles - Bian Shi - made from stone and used for acu-pressure like stimulation

Filiform Needle Description

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1 2 3 4 5

- 1) Tail
- 2) Handle
- 3) Root
- 4) Body
- 5) Point/Tip

Needle types and Indications

Metal

Golden - Heavy Metal, Calms Shen, enters heart meridians

Silver - Cool Metal, Good for inflammations and cooling - Can not be used with electricity due to potential of blood poisoning

Stainless Steel - Currently most often used (disposable one time use) due to strength, non-corrosive, cost

Properties

Gauge of needle affects stimulus on patient

(smaller number = larger diameter)

26-32 Gauge generally used, 34 and 36 also available

.45mm - .26mm, .22mm - .19mm

30 and 32 most commonly used

.32mm, .26mm

Thinner needles are often inserted using insertion tubes

(usually 4mm shorter than needle length)

Length depends on location of point

1-3 cun more frequently used

13mm - 75mm in length

(.5 cun = 15 mm, 1 cun = 25 mm)

Office Needs

- 1) Needles
- 2) Nearby running water
- 3) Sharps container (Red Box) (\$10 / box)
- 4) Bio Medical Waste container
 1. License (\$55 - County Fee)
 2. Red Bags (\$20 - Company Fee)
- 5) 70% Isopropyl Alcohol
- 6) Clean Field (area for equipment)

Training

- 1) Mind - Shen
- 2) Qi
- 3) Finger force - ability to insert and twirl needles

Preparation

Needles should be inspected before use

Burrs on needle can be detected by sliding cotton over needle

Handles should be checked to be firmly attached

Point location dabbed with cotton swab of alcohol

Patient Positions

According to technique and patient needs

- 1) Sitting in flexion (back flexed)
- 2) Sitting with elbows resting on table
- 3) Lateral recumbent (on side)
- 4) Supine posture (on back)
- 5) Prone posture (on stomach)

Needle Insertion and Removal

Three Phases

Initial penetration

Obtaining Depth

Do not bring needle all the way to root

Obtaining/Arrival of Qi 气

Like a fish pulling on a line

Sensation Felt

Sore, numb, heavy or distension

Reddening of area around point

Needle Angles

Perpendicular - 90° (anything over 60°)

Oblique - 45° (30°-60°)

Horizontal/Transverse - 10°-20° (even up to 30°)

Insertion Techniques

Use one of -

- 1) Nail guard - Press next to location with nail
- 2) Two handed - Both hands apply downward motion
- 3) Skin stretch
- 4) Skin pinch
- 5) Stab
- 6) Tube tap

Removal Techniques

Use all 3 -

- 1) Slight rotation - prevents sticking
- 2) Delay just below skin - prevents bleeding
- 3) Alcohol swab held on point after withdrawal

When on face - Use in addition one of

- 1) Place cold spoon immediately after removal
- 2) Rub with cream after removal
- 3) Hold 3 minutes cotton ball on removal

Needling Notes

Do not allow cold water for at least 2 hours on puncture points or half an hour for

warm or hot water.