

# Class 10 - Electrical Stimulation

## Uses:

- Sedation
- Unblock meridian
- Balance yin and yang
- Promote circulation of Qi and Blood
- Stimulate nervous system (for Wei Syndromes)

## Contraindications:

- Do not use on patients with a pace maker
- Do not use silver needles
- Needle should be .22mm or thicker and of slightly longer length
- Do not apply electric over an area with embedded metal implants
- Do not have leads cross the chest
- Avoid having leads cross spinal column above L2
- Do not stimulate the nerve directly with electric
- Avoid on epileptics

## Principles:

- Only use periodically, continuous use can damage nerves
- Can cause muscle spasms