

Class 14 - Long Needles

Definition:

Needles over 3 cun in length

Method:

Mostly used for subcutaneous puncturing

Needle is punctured to its length through gentle back and forth rotations of needle with pressure of insertion.

Techniques:

Enter Qi -

When area of def. found. Pressure placed on skin in front of where needle is located then needle is pushed in with some pressure at that point.

When withdrawing needle, make sure to apply pressure on line of needle as it is removed to prevent bleeding

Pulling Qi

When area of found. Pressure placed on skin where needle is located then needle is pulled in with some pressure at that point.

When withdrawing needle, make sure to apply pressure on line of needle as it is removed to prevent bleeding

Uses:

Nerve problems

GB 30 - 31

Radiating pain on upper arm

Li 15 -> Li 11