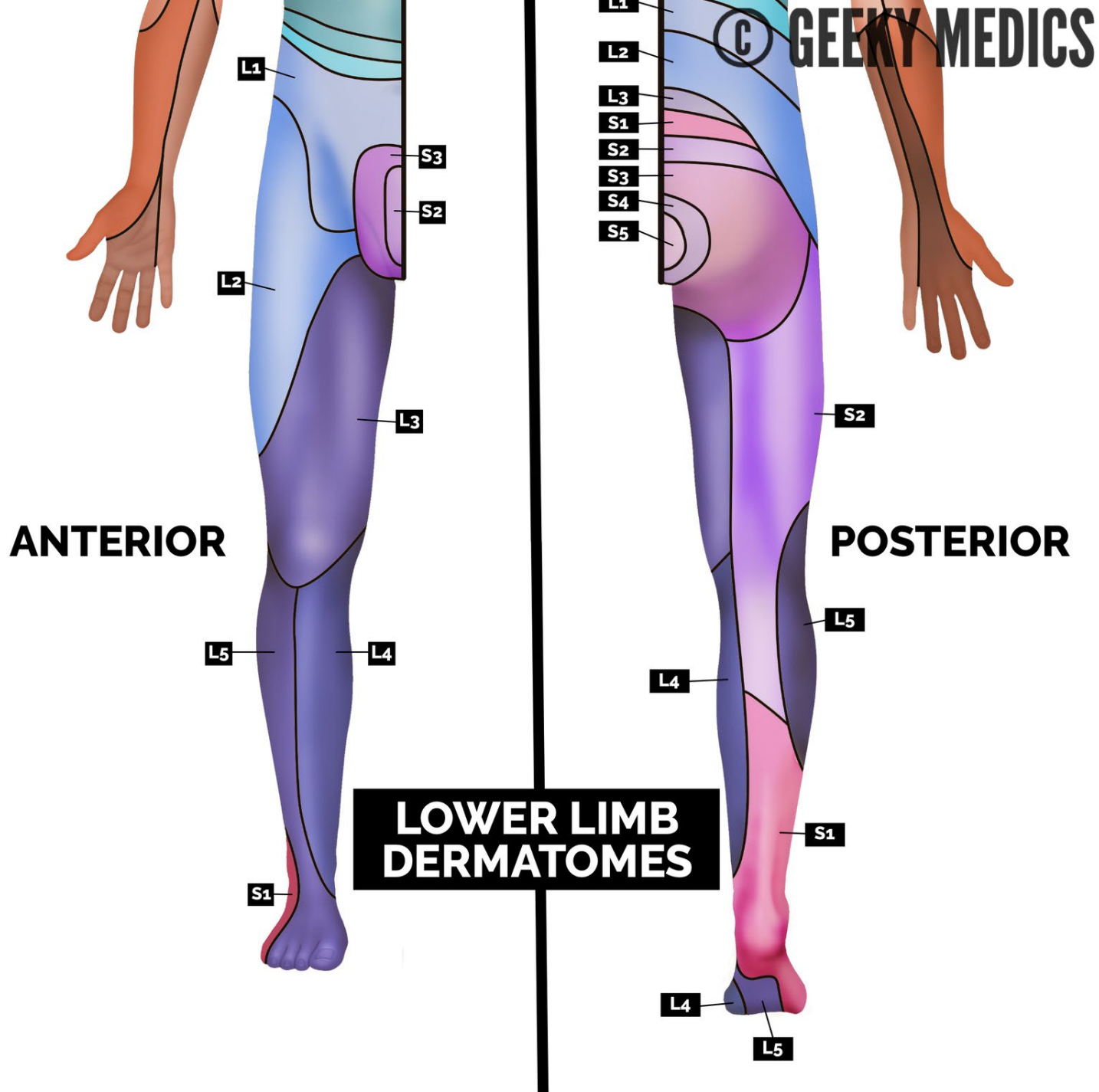




Treatment of L/B Pain

John D. Lockenour DC, DABCO, DABCA

Lower Extremities

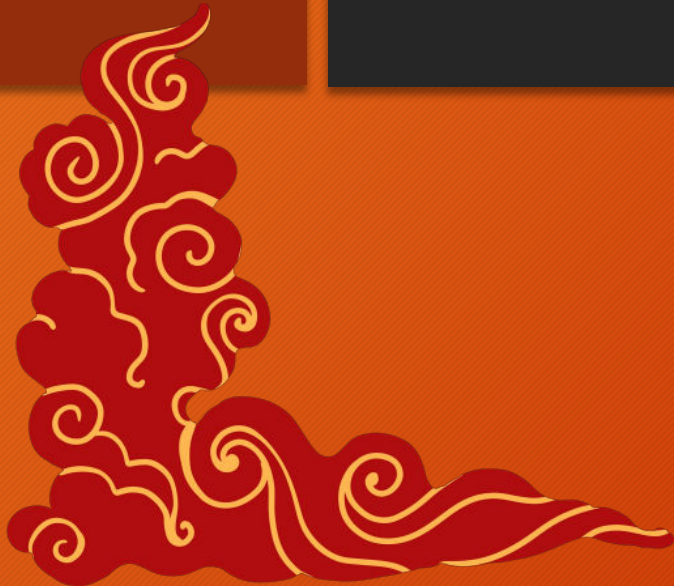




Neurologic Examination

L4

- Foot inversion (Tibialis anterior)
- Patellar reflex
- Medial aspect of foot sensation



PHYSICAL EXAMINATION OF THE LUMBAR SPINE

L4 NEUROLOGIC LEVEL

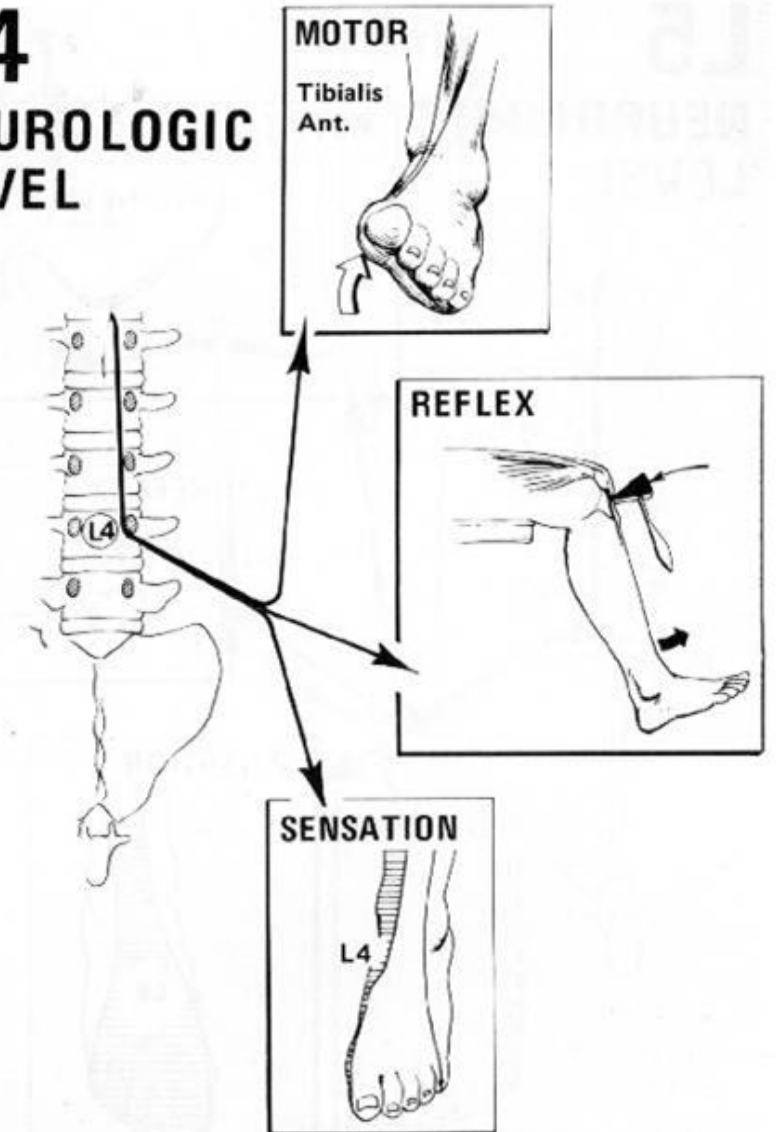


Fig. 30. Neurologic level L4.



L5

Neurologic Examination

L5

- Great toe extension (Extensor Hallicus longus)
- No reflex
- Dorsum of foot sensation

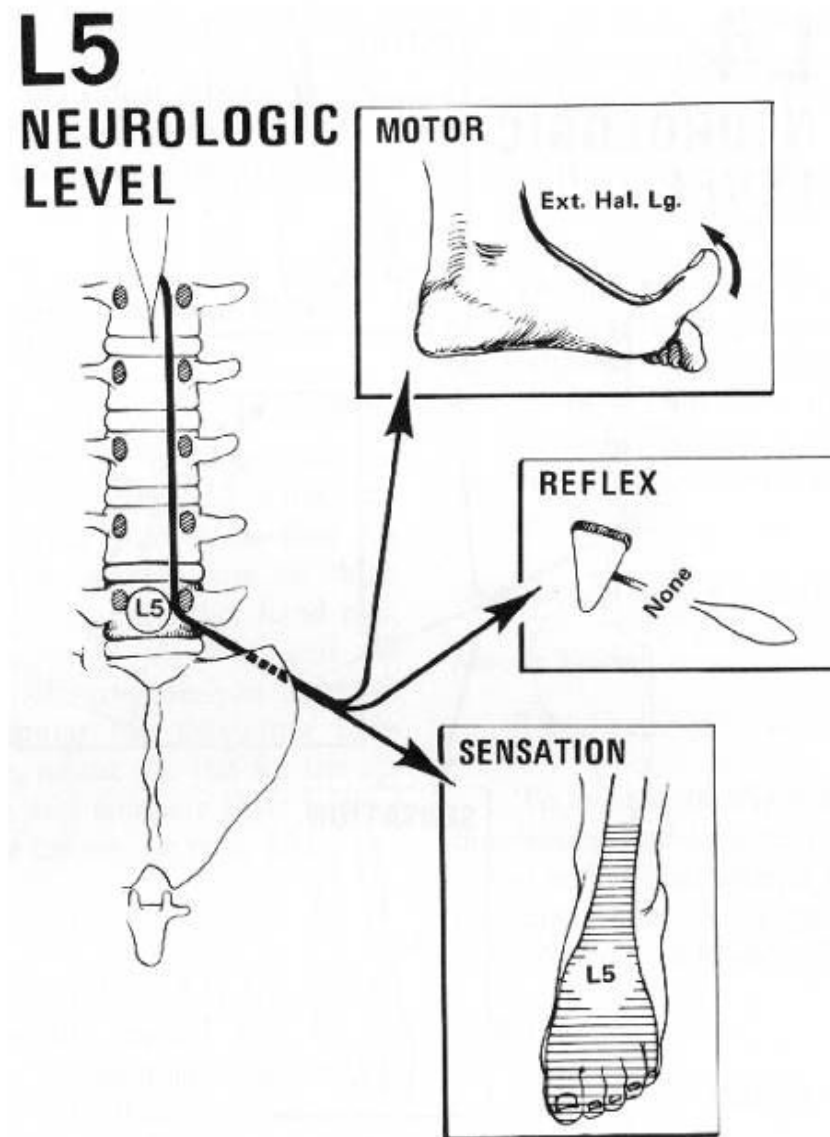
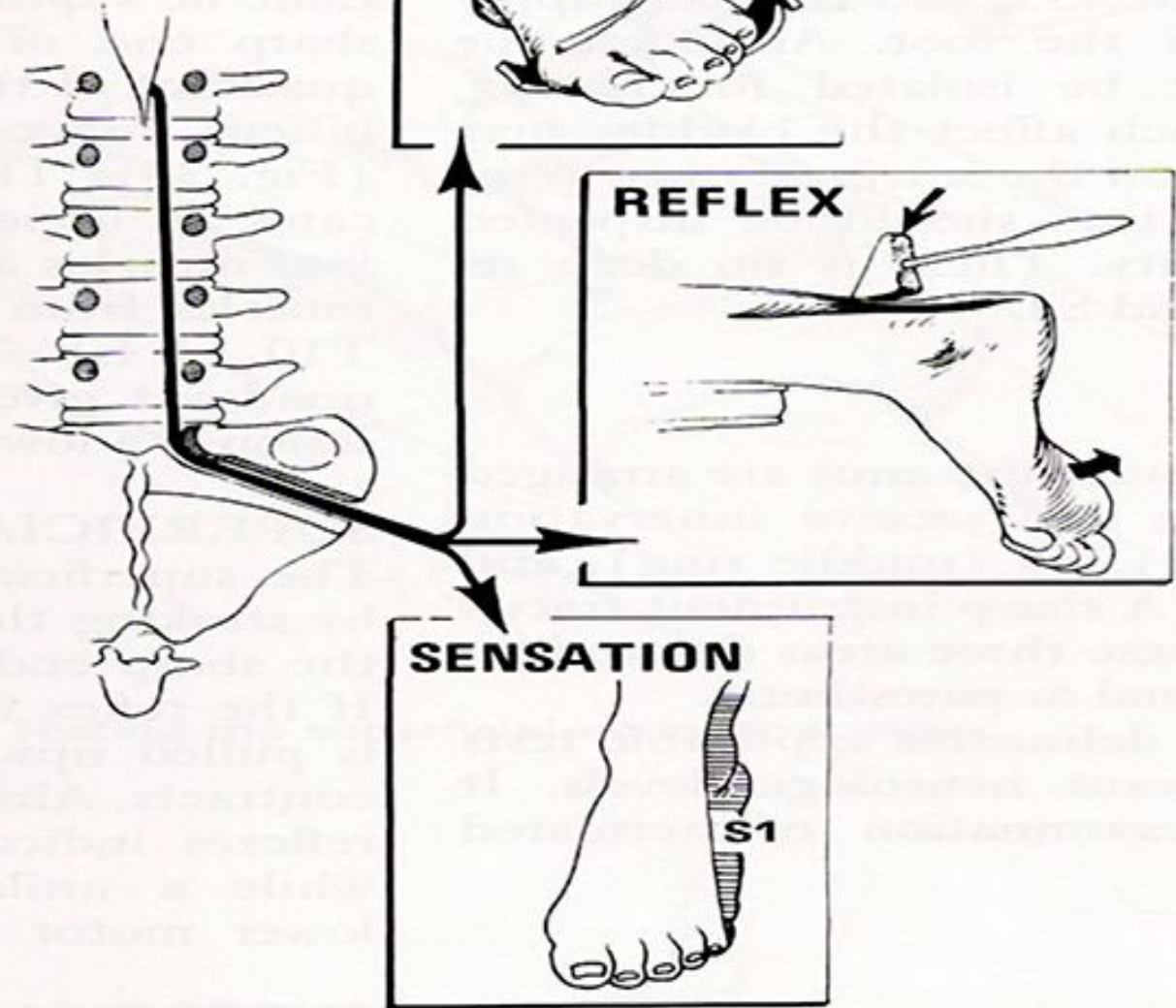


Fig. 31. Neurologic level L5.



S1

S1 NEUROLOGIC LEVEL



Neurologic level S1.



Red Flags



Red Flag	Possible Cause	Usual Action
<ul style="list-style-type: none"> • major motor weakness and numbness, or progressing neurological deficit • sphincter disturbance (urinary retention, bowel or bladder incontinence) • saddle anesthesia (numbness in inner thighs and perineum) 	Cauda Equina Syndrome	Immediate referral for MRI or CT and specialist assessment
<ul style="list-style-type: none"> • initial onset at over 55 years • non-mechanical pain (unrelenting, unaffected by position, severe nighttime pain) • history of cancer or suspicious physical finding (i.e.; acute localized bone pain) • unexplained weight loss • fever, night sweats • HIV, IV drug use, immunosuppression 	Infection, Tumor or Pathologic Fracture	Referral for medical assessment
<ul style="list-style-type: none"> • Recent significant trauma • Known or suspected osteoporosis with or without recent trauma 	Fracture	X-Ray

Lumbar Spine Acupuncture Protocol



1. Treat the TCM Imbalance/Constitution
2. Treat the Spine - Level of Nerve
3. Treat the Command Points
4. Treat the Spine
5. Treat the Ashi Points
6. Treat the Ear
7. Use Correct EMS



Cold & Dampness

Cold Dampness can cause both acute and chronic backache. The pain is worse in morning and better with light exercise. Cold weather makes the pain worse. Application of heat make the pain better. In retention of cold dampness there may be a prevalence of cold or dampness. When cold predominates, there may be stiffness and contraction of the back muscles and the pain is more severe, is aggravated by rest improved by movement. It also responds to application of heat. When dampness predominates, there may be swelling, numbness and a feeling of heaviness.

BL-23- Kidney Deficiency

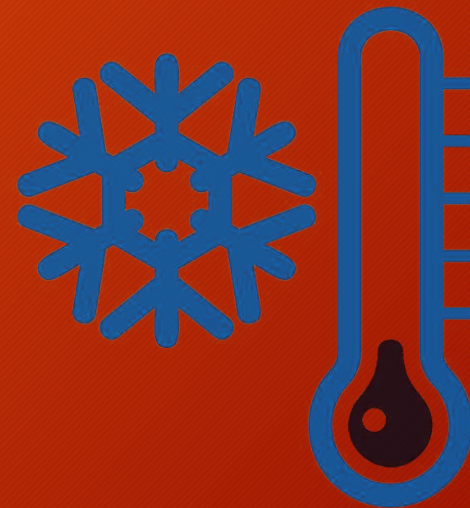
BL-40 - Command Point/Dispels Dampness

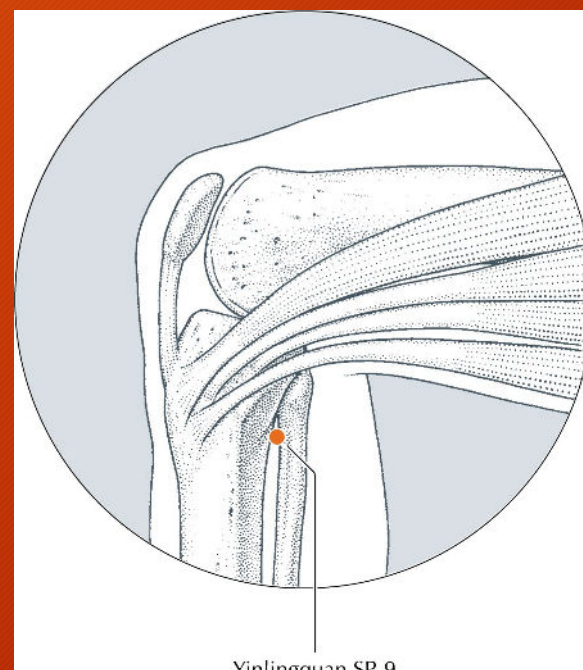
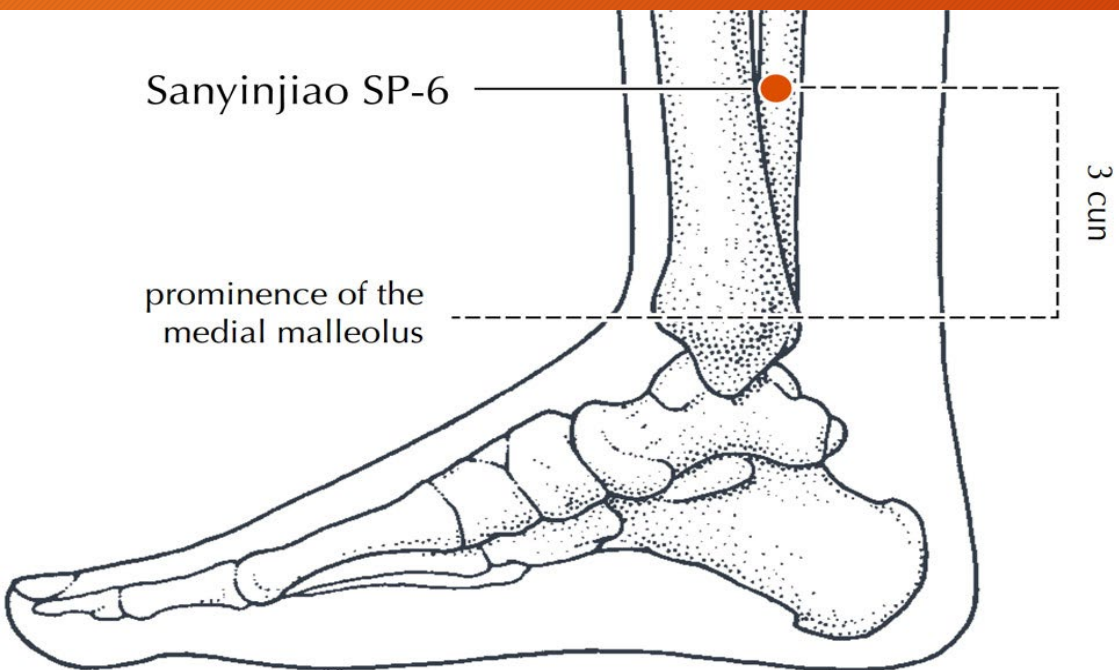
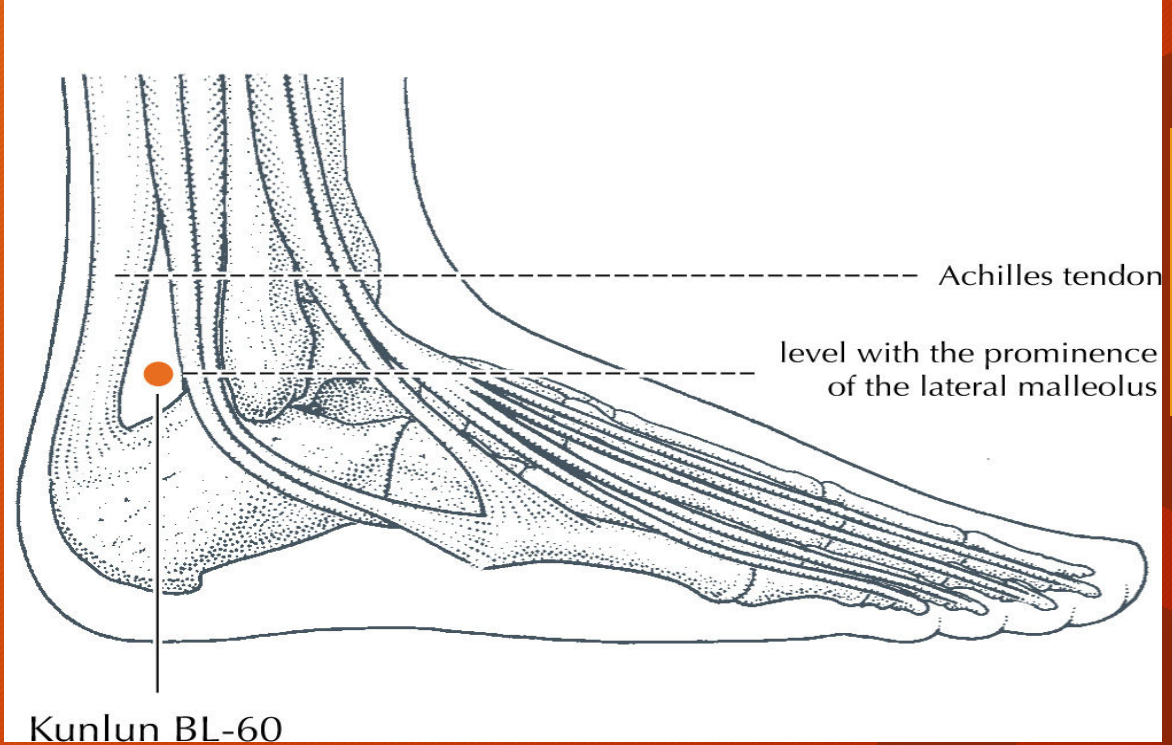
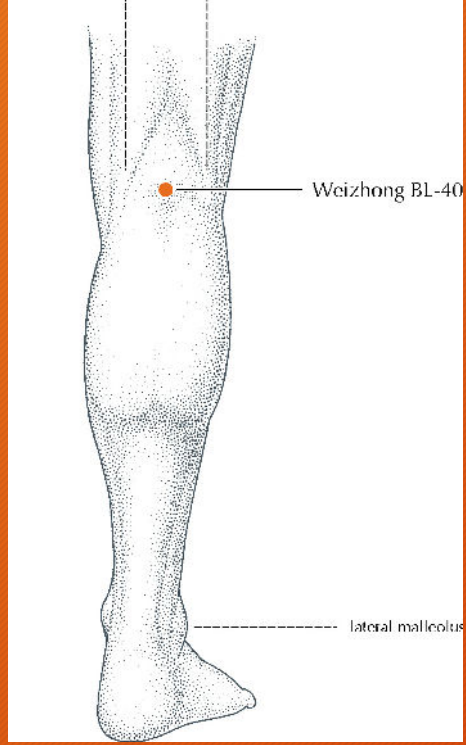
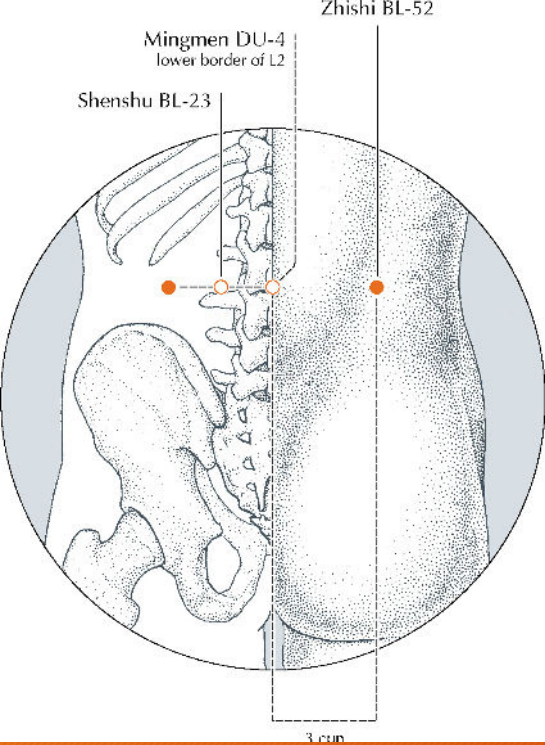
BL-60- Transforms Dampness

SP-6- Dispels Wind Dampness

SP - 9 -Transforms Dampness

Use Heat





Stagnation of Qi and Blood

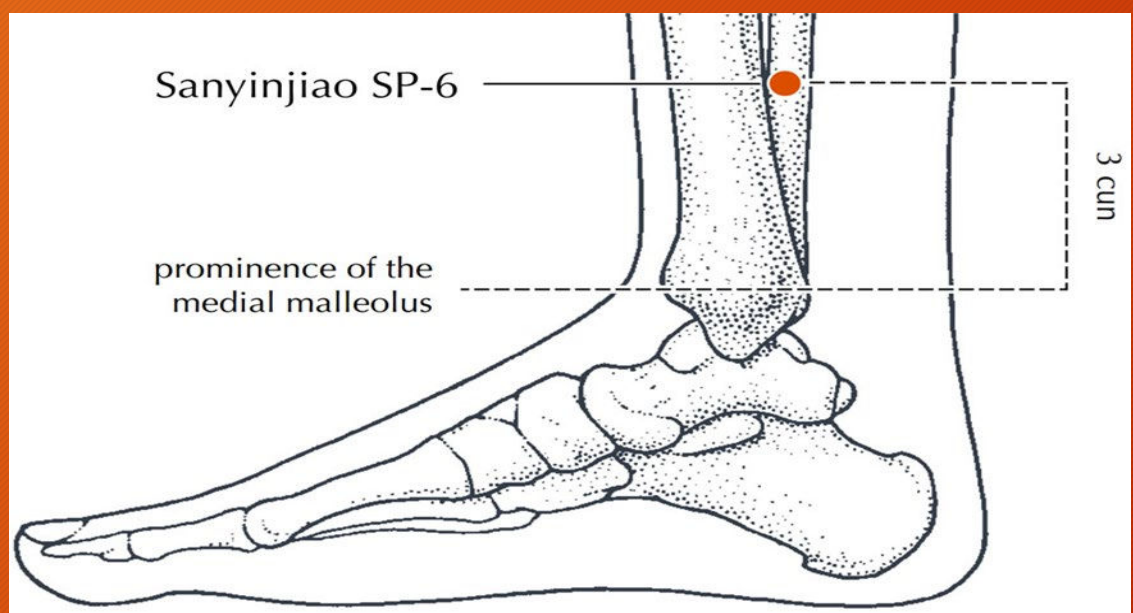
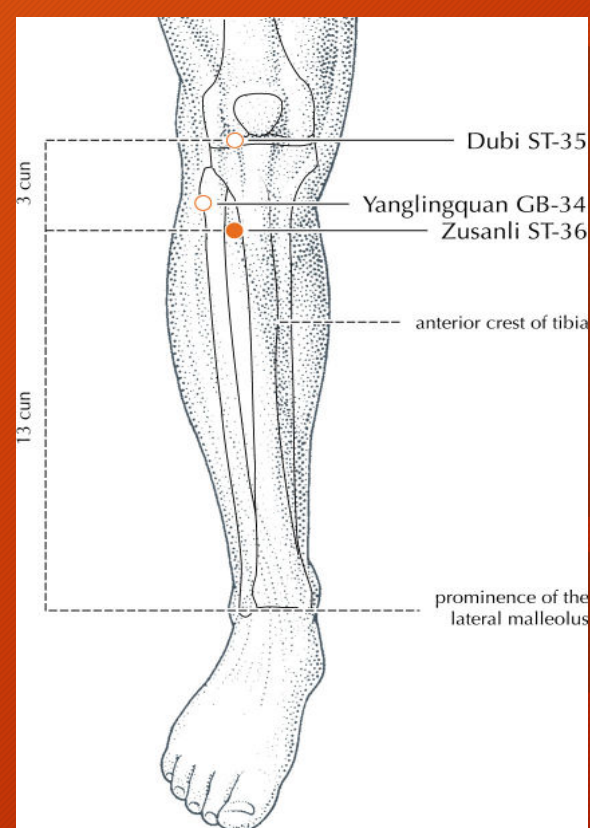
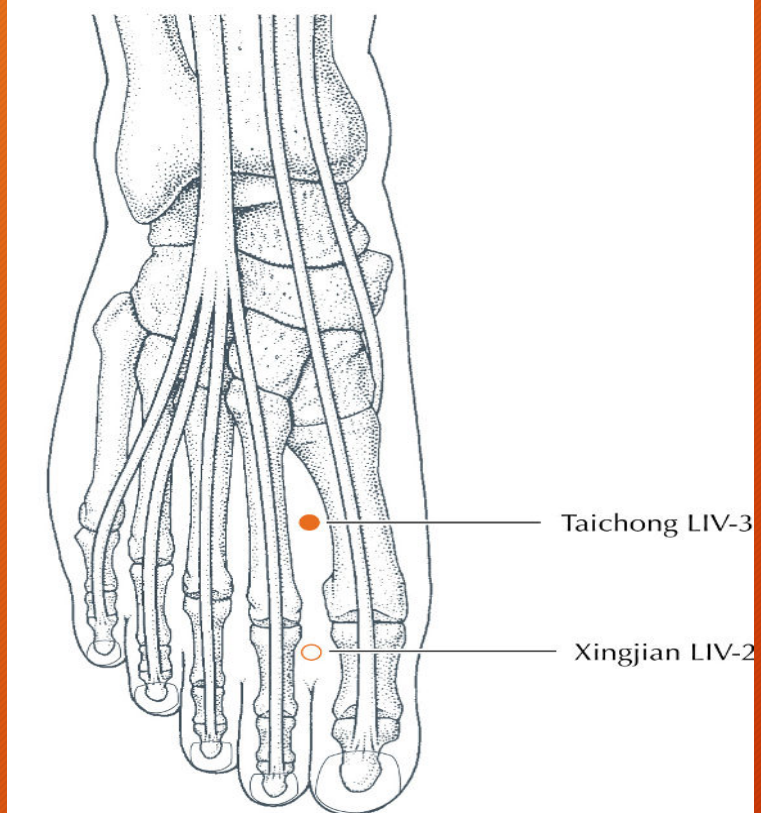
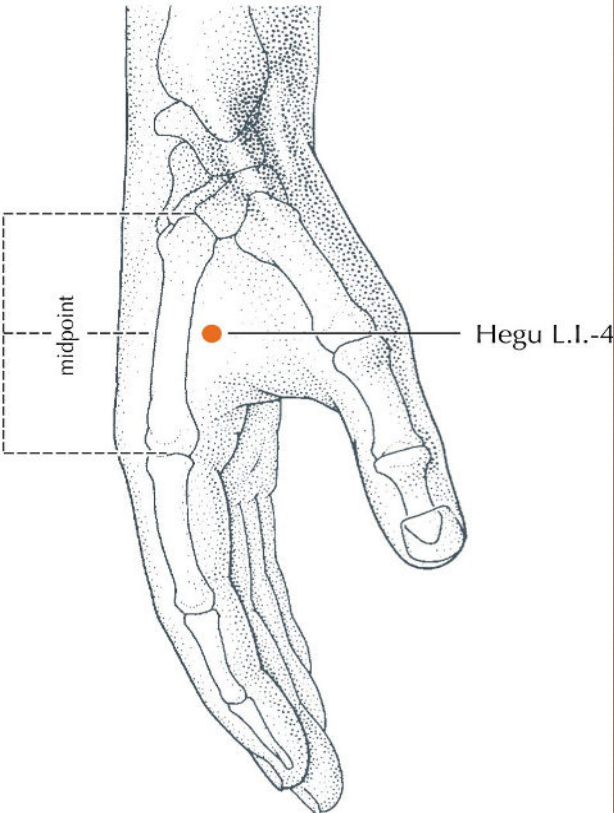
Stagnation of Qi and Blood is characterized by a severe, stabbing pain that becomes worse with rest and better with light movement, although it would be worse with overexertion. It is tender to the touch, does not respond to changes in weather and is much worse standing or sitting. Application of heat does not help. There is marked rigidity and limited ROM in all movements. Stagnation of Qi and Blood in the back in an acute case is due to sprain. In chronic cases in overuse syndrome.

LI- 4- Moving Qi

LIV-3- Liver Stagnation

SP-6 – Nourishing & Moving Qi

ST-36 – Tonifies Qi & Blood



Liver Qi Stagnation

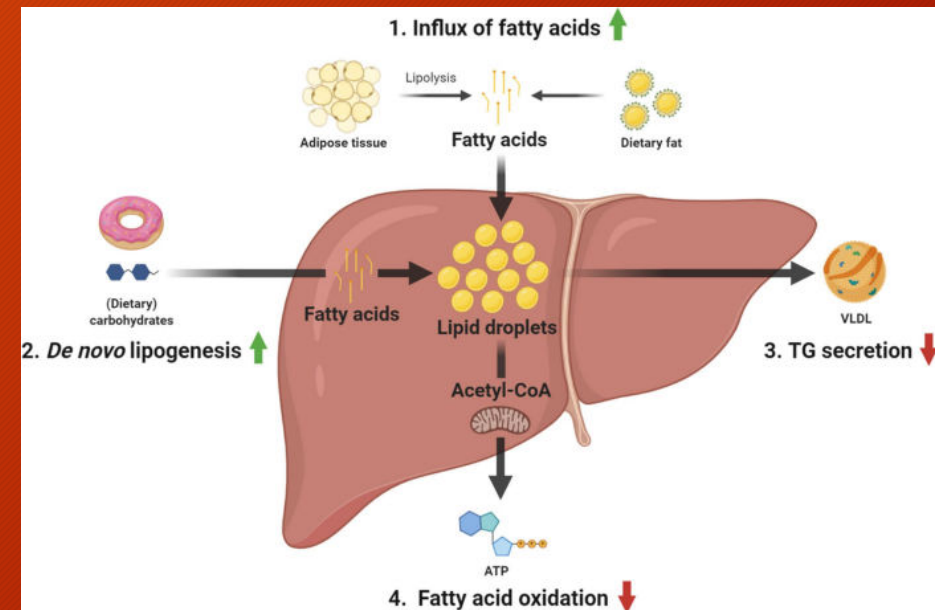
Liver-Qi stagnation can cause acute or chronic backache. The Liver is involved in the pathology in two ways. First Liver influences the sinews resulting in imbalance of muscle /tendons/ ligaments. Second it can result in emotional stress such as anger, resentment, frustration, and guilt.

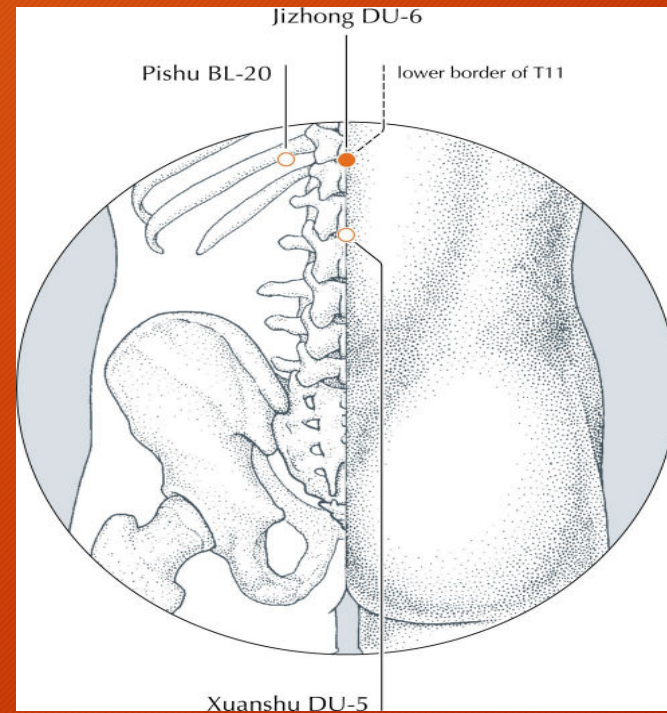
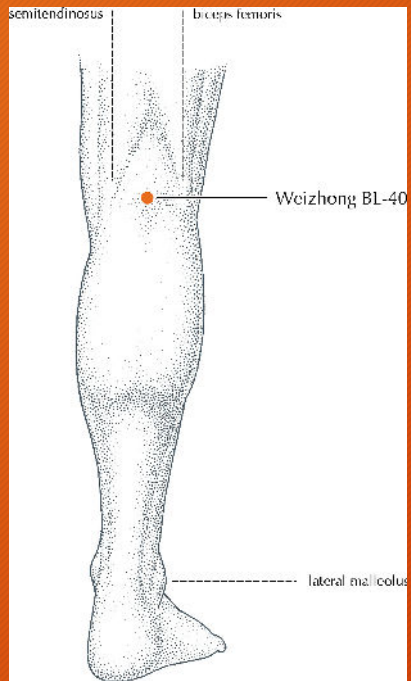
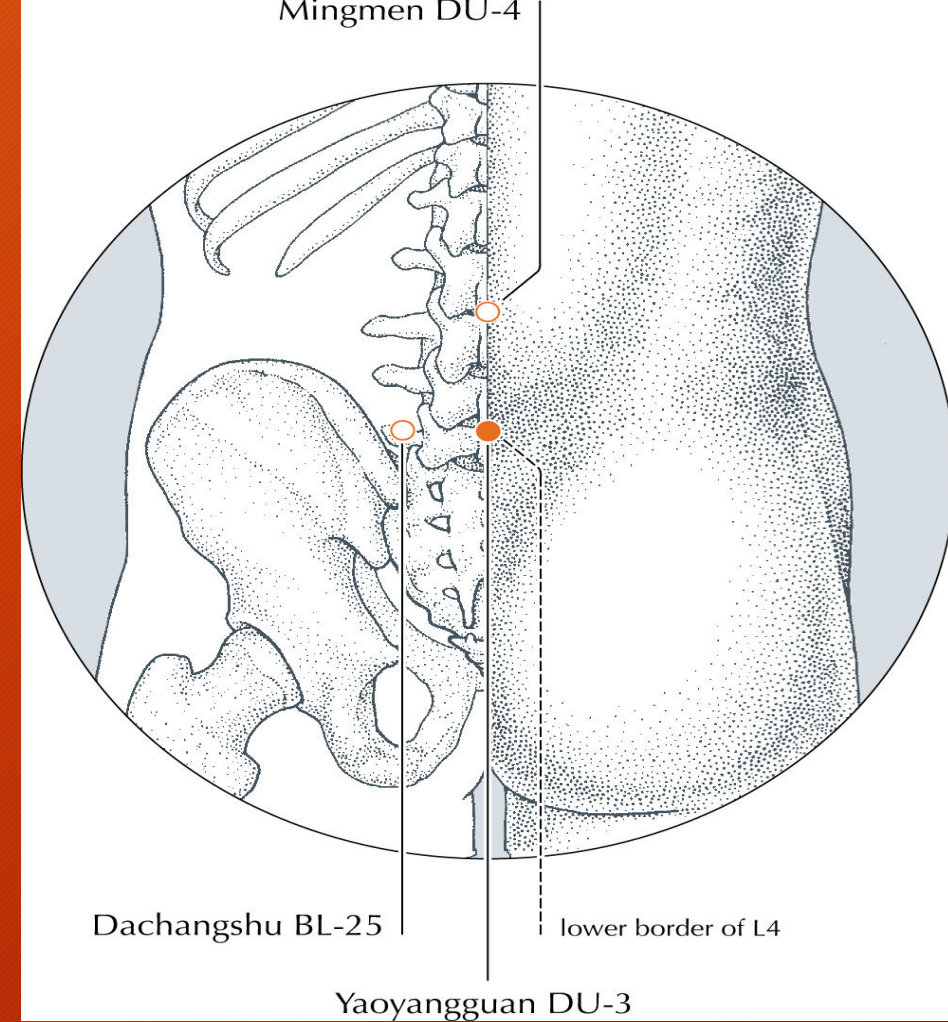
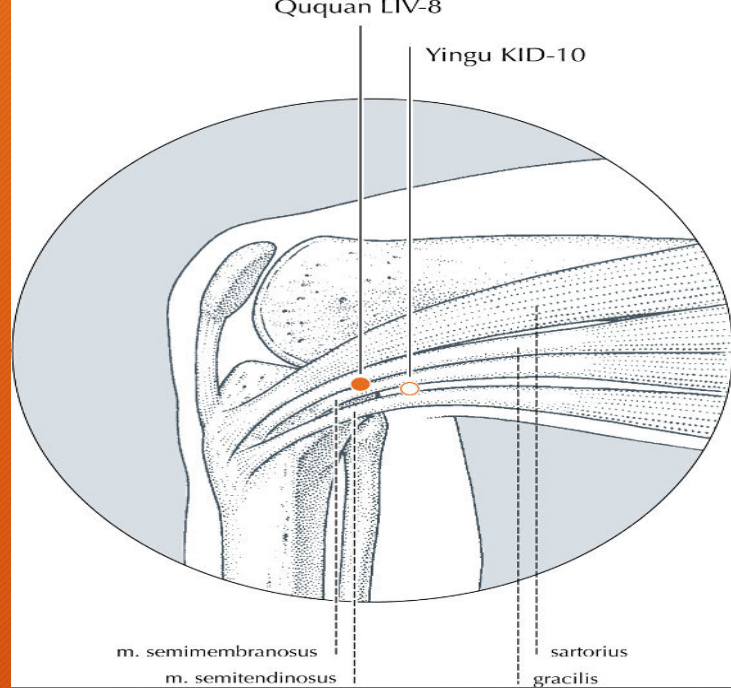
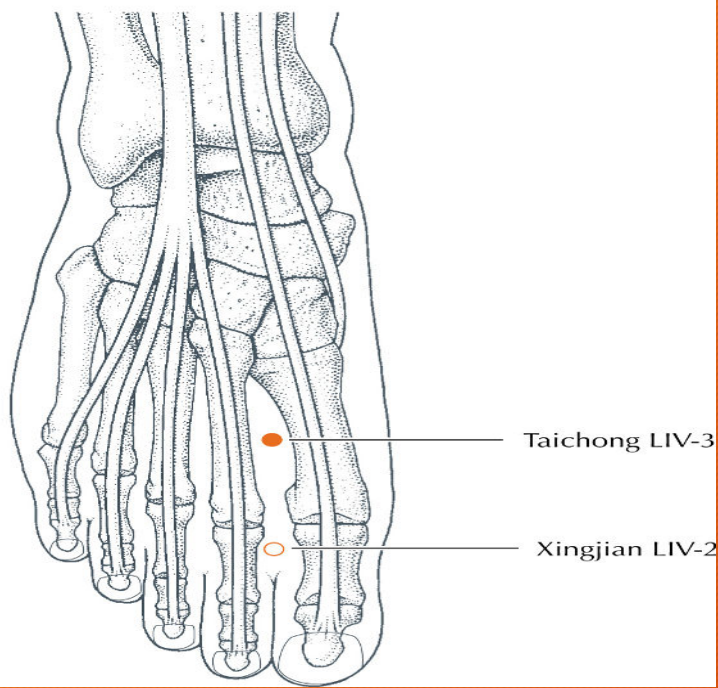
LIV-2/3 – Treats all sinews, Clears emotions

LIV-8 – Tonify Liver

GV 3/6 Promotes Free Flow of Chi

BL-40 – Moves Blood





Kidney Deficiency

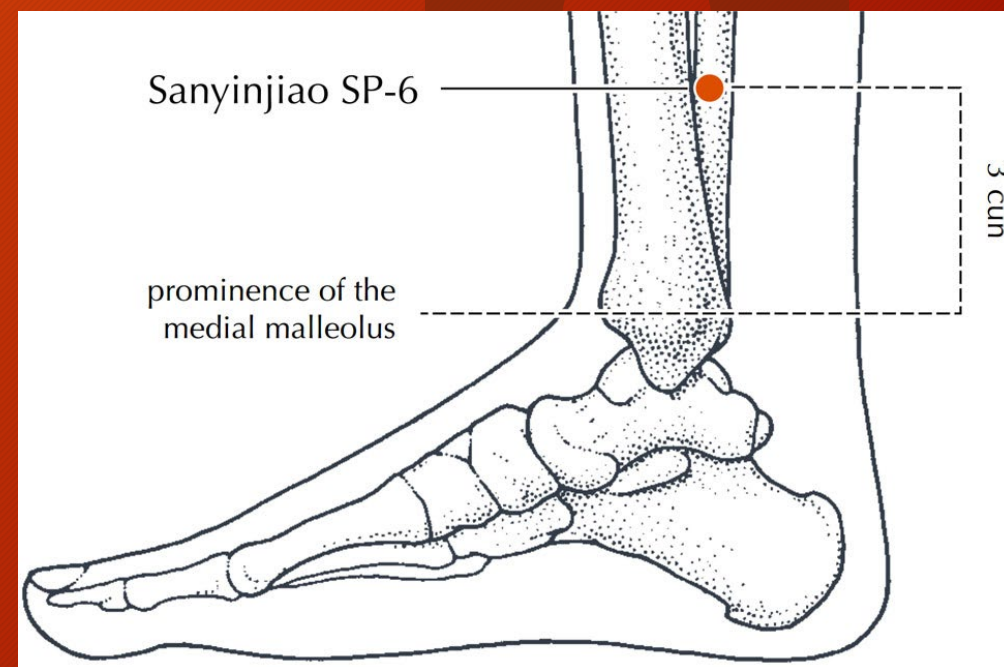
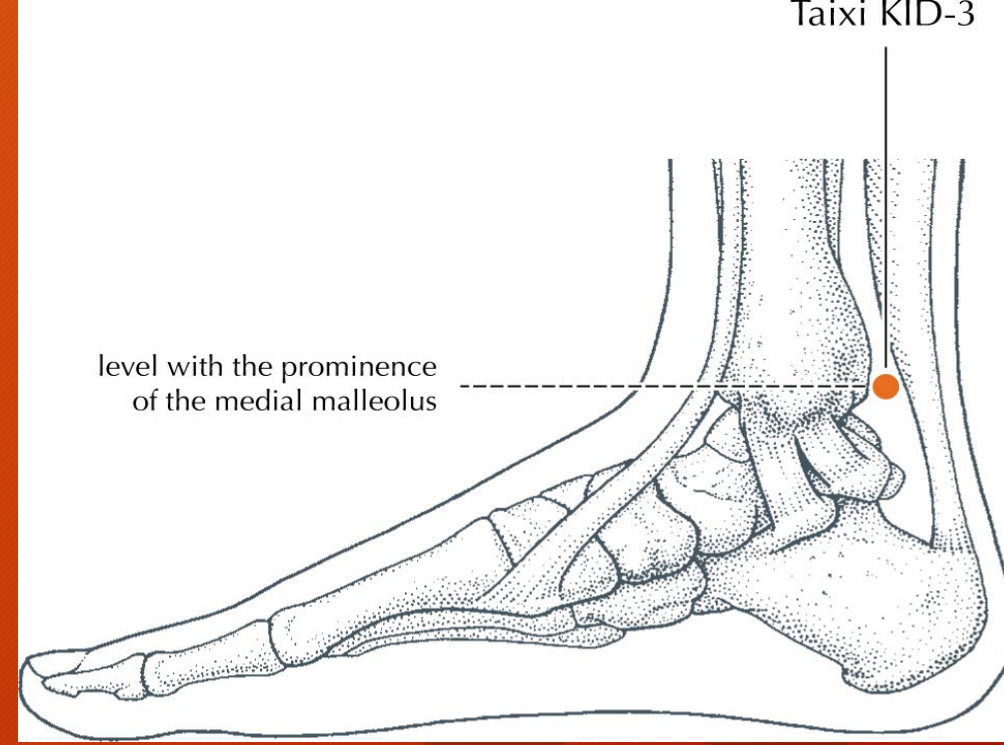
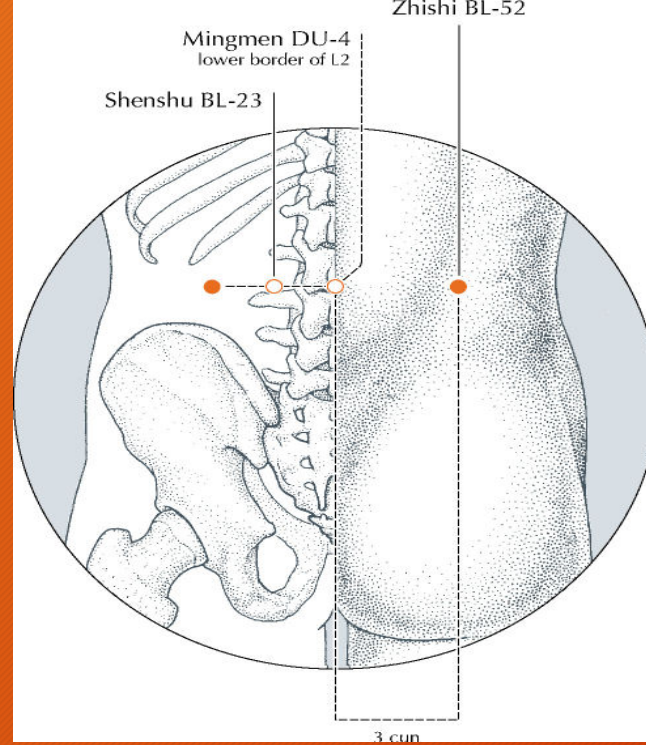
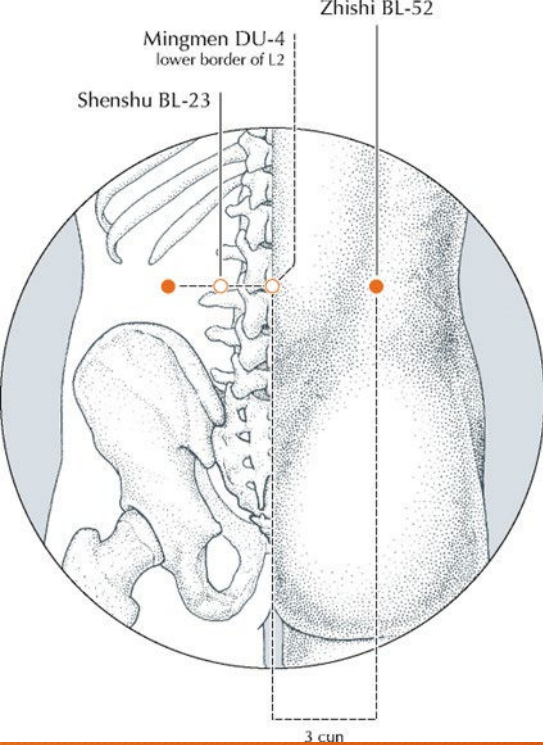
Kidney deficiency causes chronic backache. The pain is dull and comes in bouts. It is definitely better with rest and worse when the person gets overtired. It is also aggravated by excessive sexual activity. Obviously, a backache from kidney deficiency is more common in middle-aged or elderly people. Younger patients who show kidney deficiency usually are involved in excessive exercise, work, sports, or living in “excess”. Some modern practitioners equate Kidney Deficiency with Adrenal Fatigue or HPA Axis Dysfunction.

BL-23 – Kidney Deficiency

BL-52 Replenish Essence

K-3 Nourish Kidney

SP-6 – Dispels Wind / Dampness

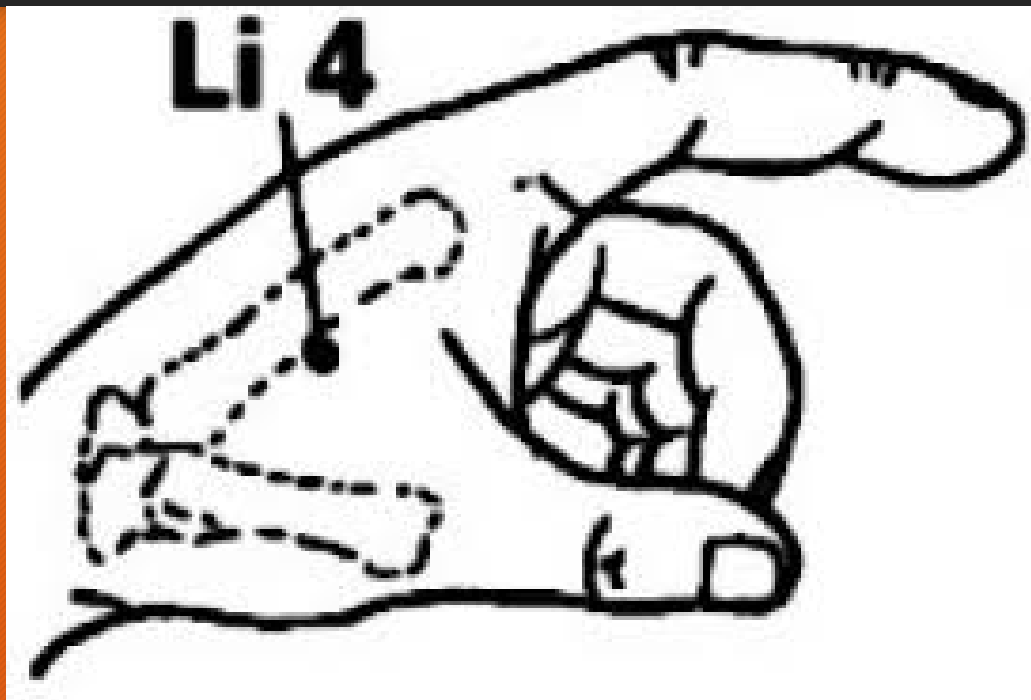


Miriam Lee Points

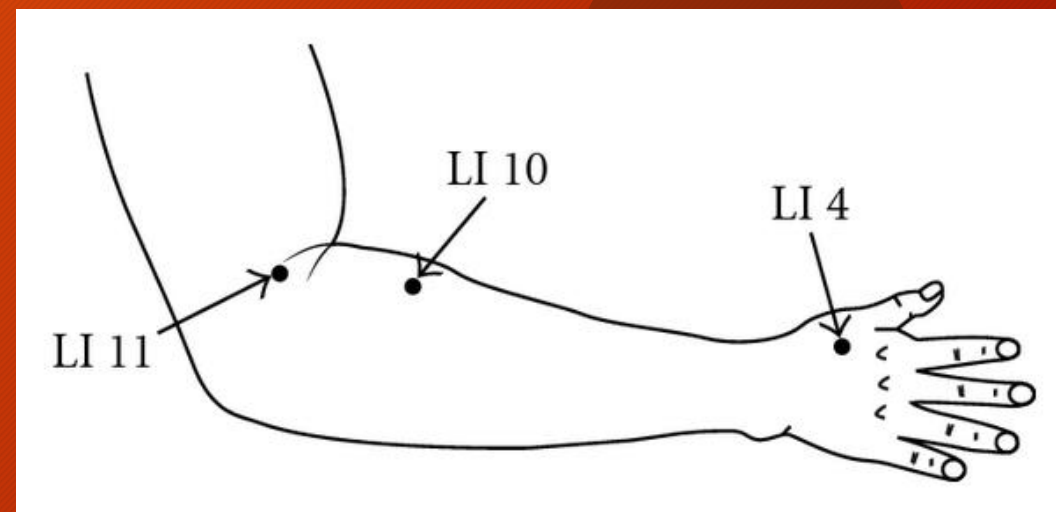
- LI 4
- LI 11
- LU 7
- SP 6
- ST 36
- Bilaterally



Large Intestine 4



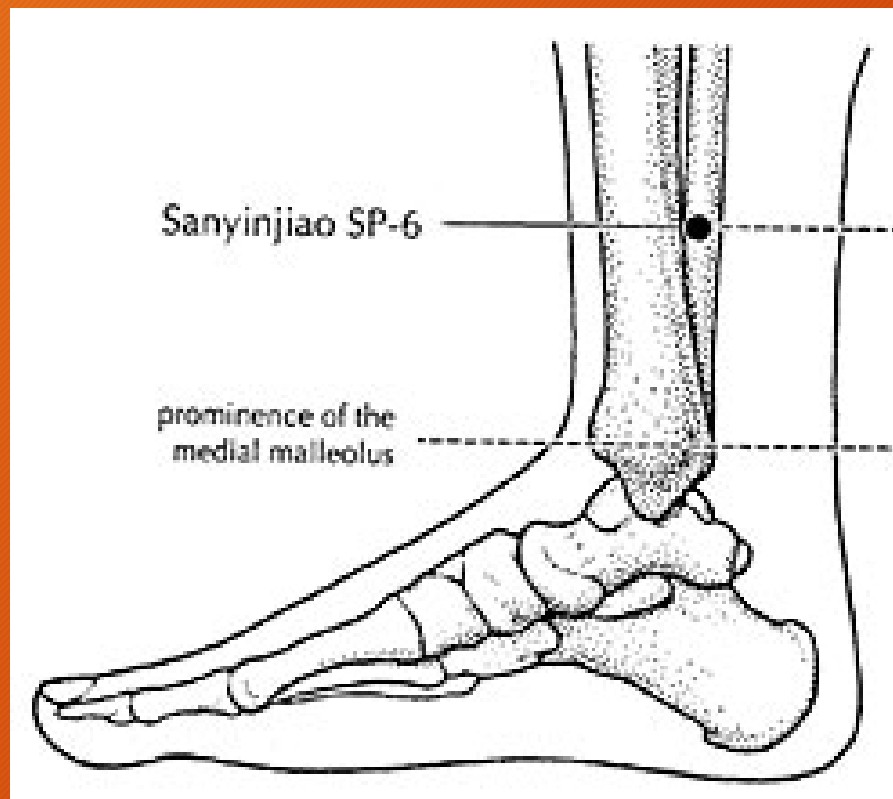
Large Intestine 11



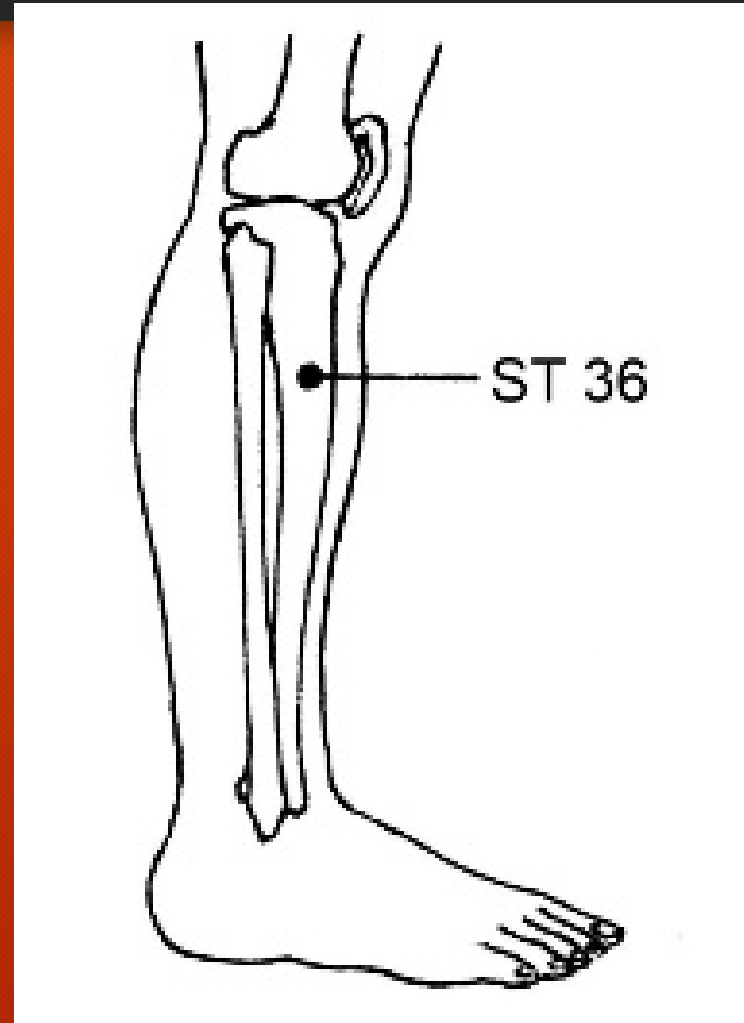
Lung 7

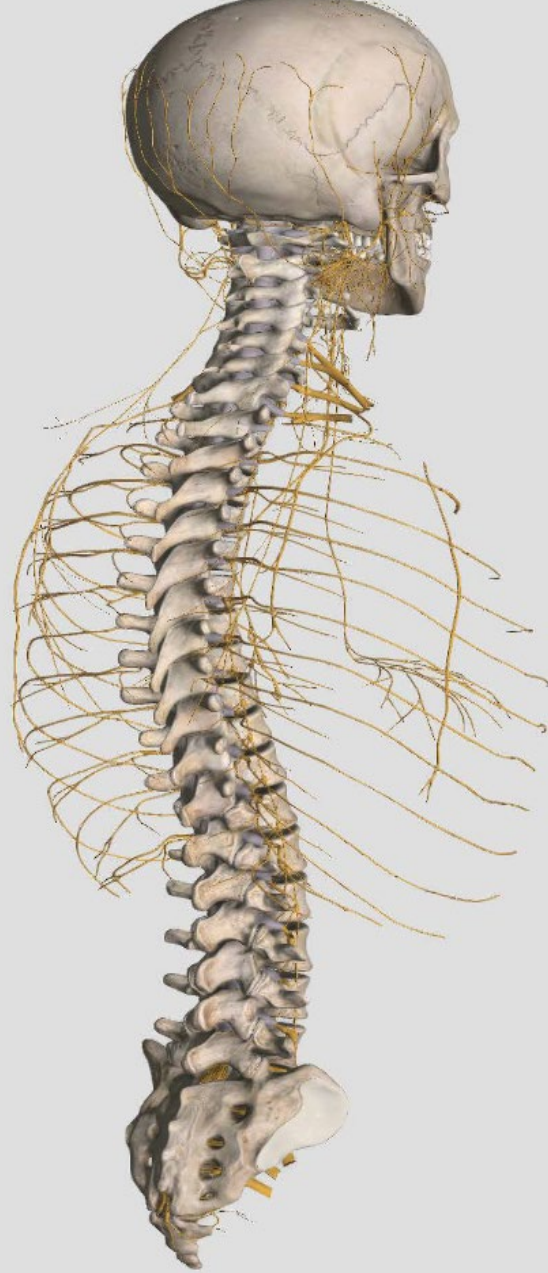


Spleen 6

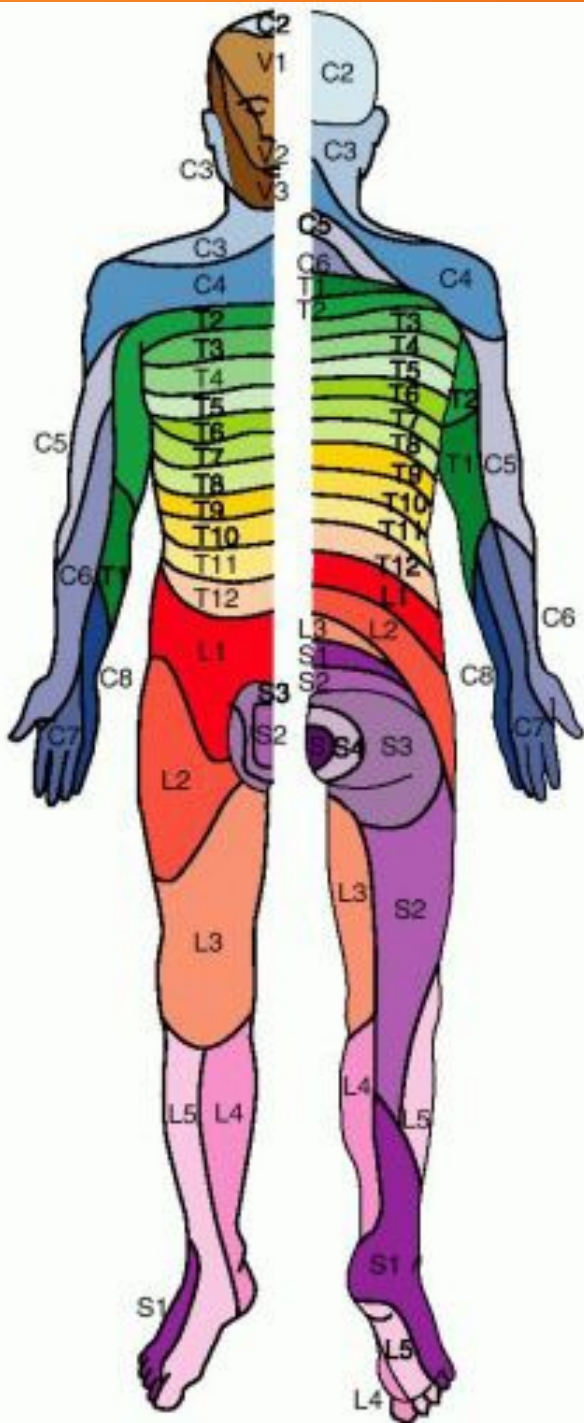


Stomach 36





Spinal Segmental Level Points



Spinal Segmental Levels

1. Dermatomes Skin

- • Mostly Afferent
- • Sends signals from the surface to the Central Nervous System (CNS)

2. Myotomes Muscle

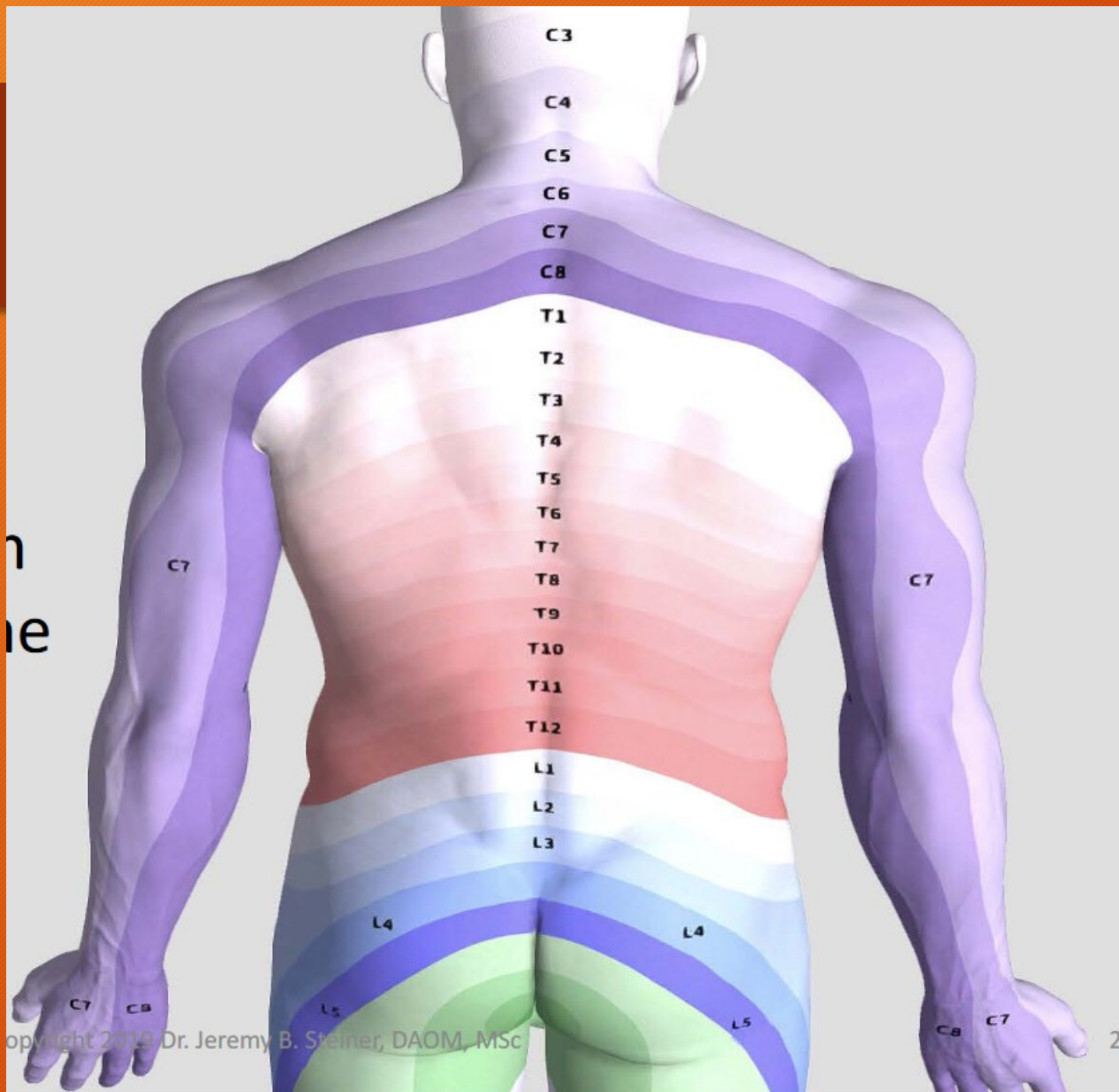
- • Afferent and Efferent

3. Sclerotomes Bone

- • Mostly Afferent

4. Viscerotomes/Enterotomes Organs

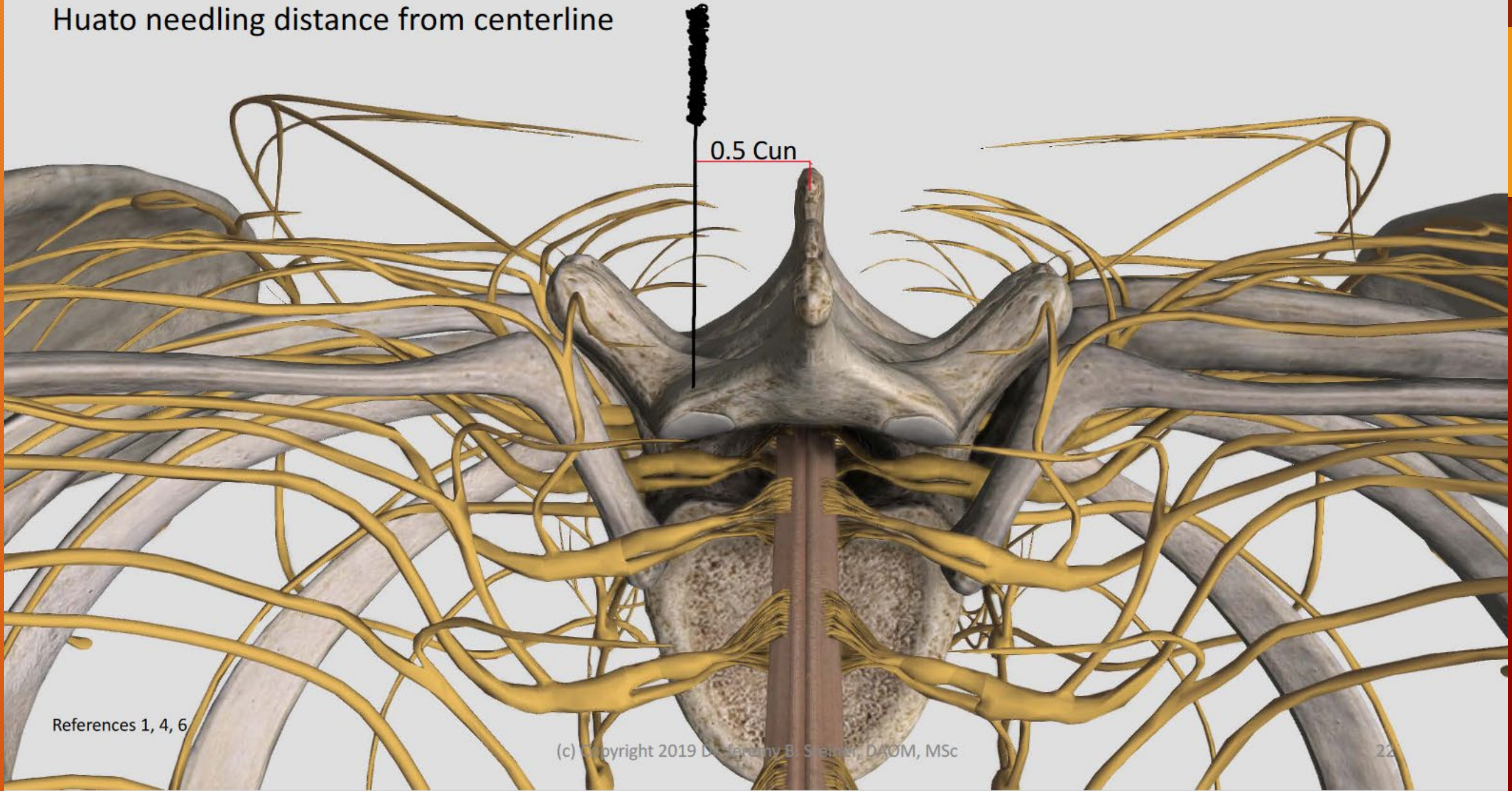
- • Afferent and Efferent



Dermatomes

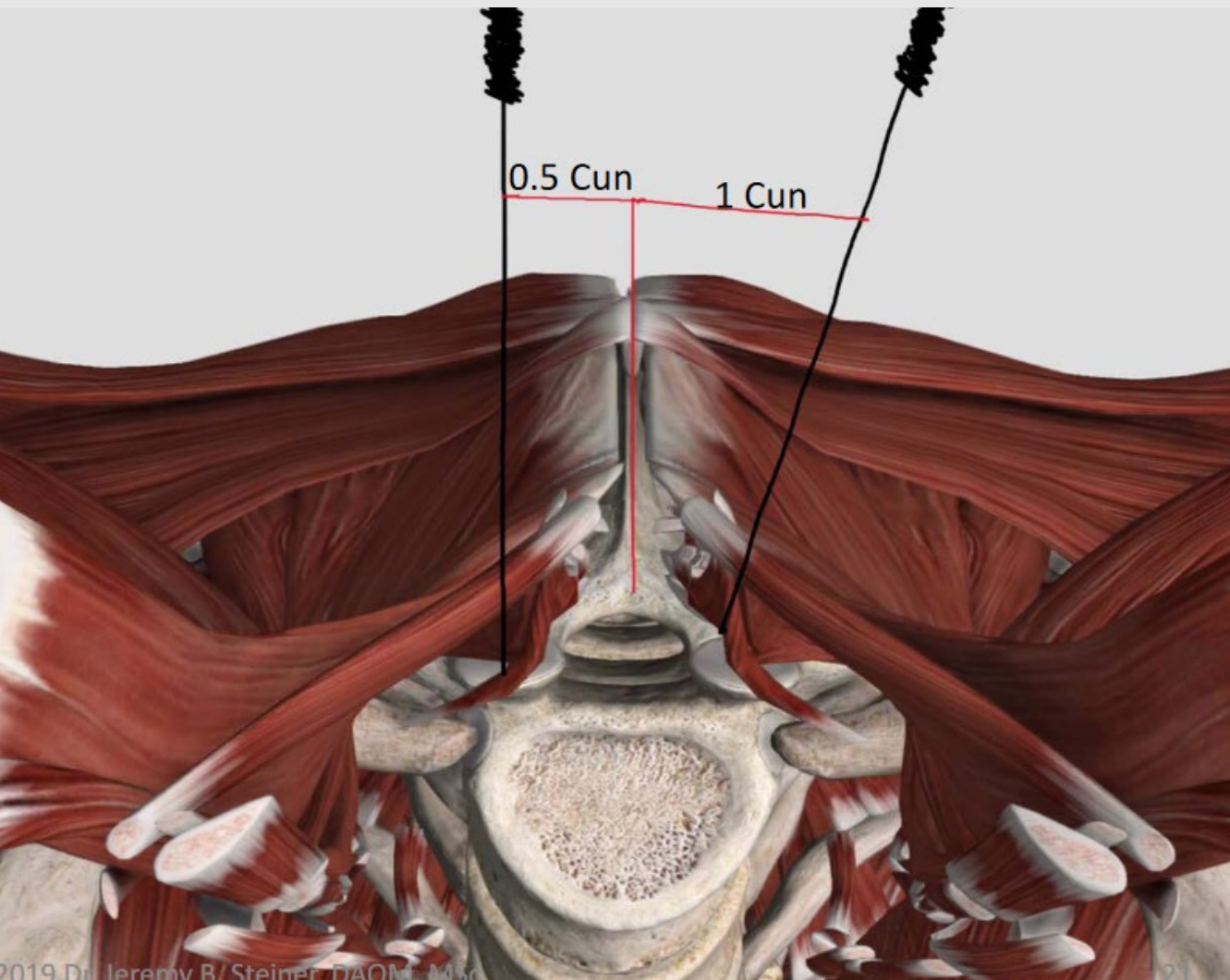
- Afferent sensory nerves
- Transmit signals from the skin into the spine and into the CNS

Huato needling distance from centerline



0.5 Cun

References 1, 4, 6



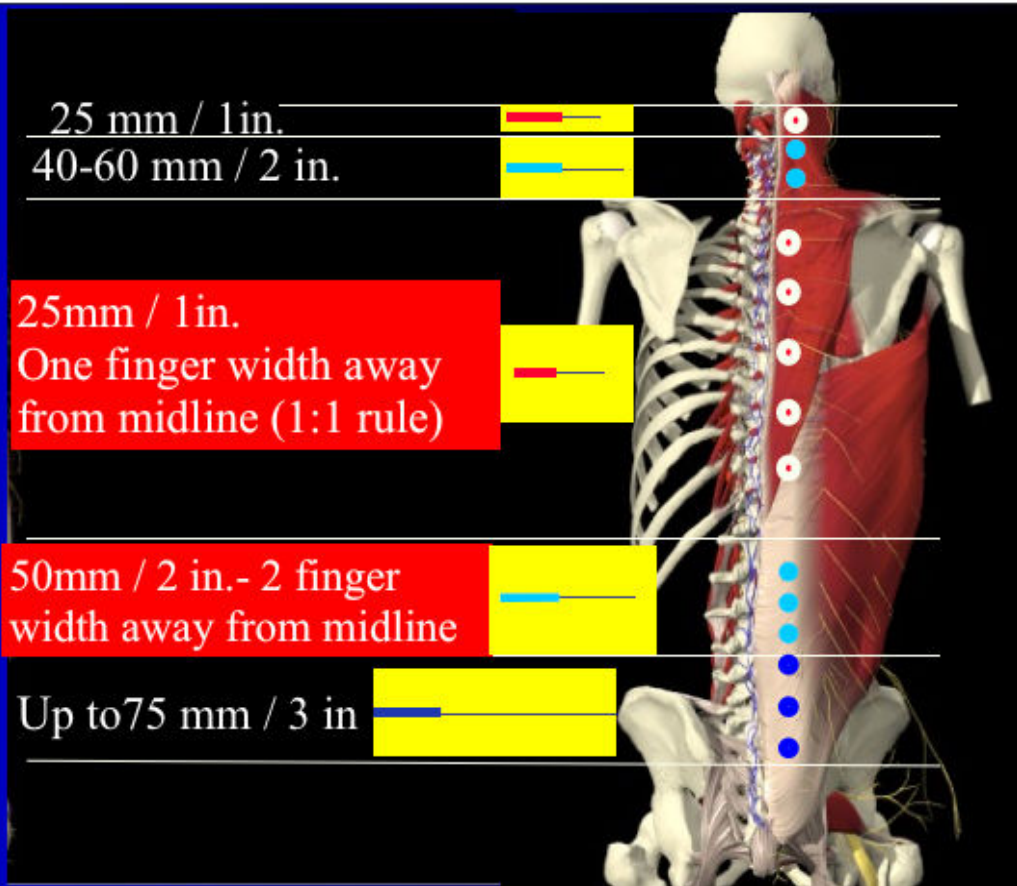
Spinal Acupuncture

C-Spine - 1 finger width from Spinous Process

T-Spine - 1 finger width from Spinous Process

L-Spine - 2 finger width from Spinous Process

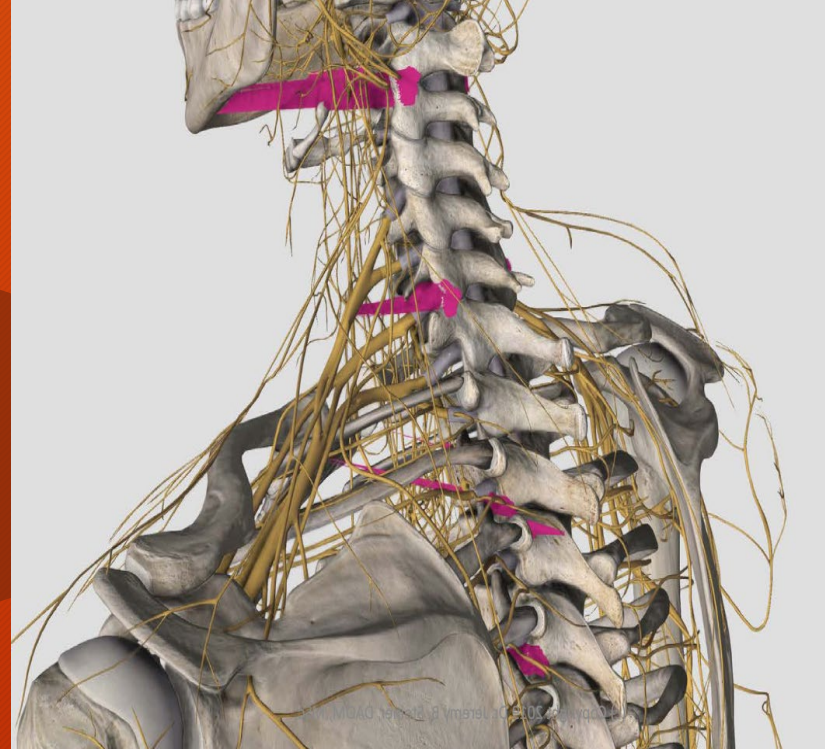
Needling Depth (up to): Paravertebral Neuro TrP's



Needling Depth

Central Nervous System Pain Memories

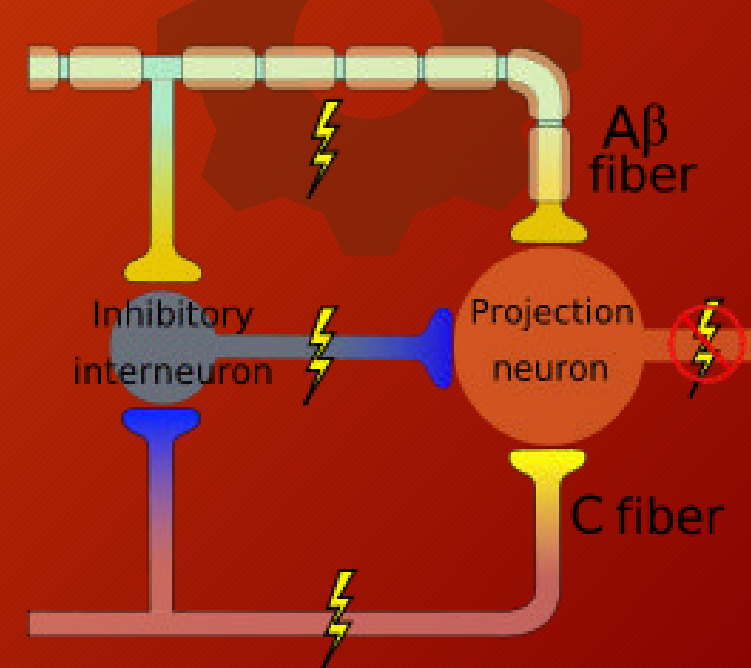
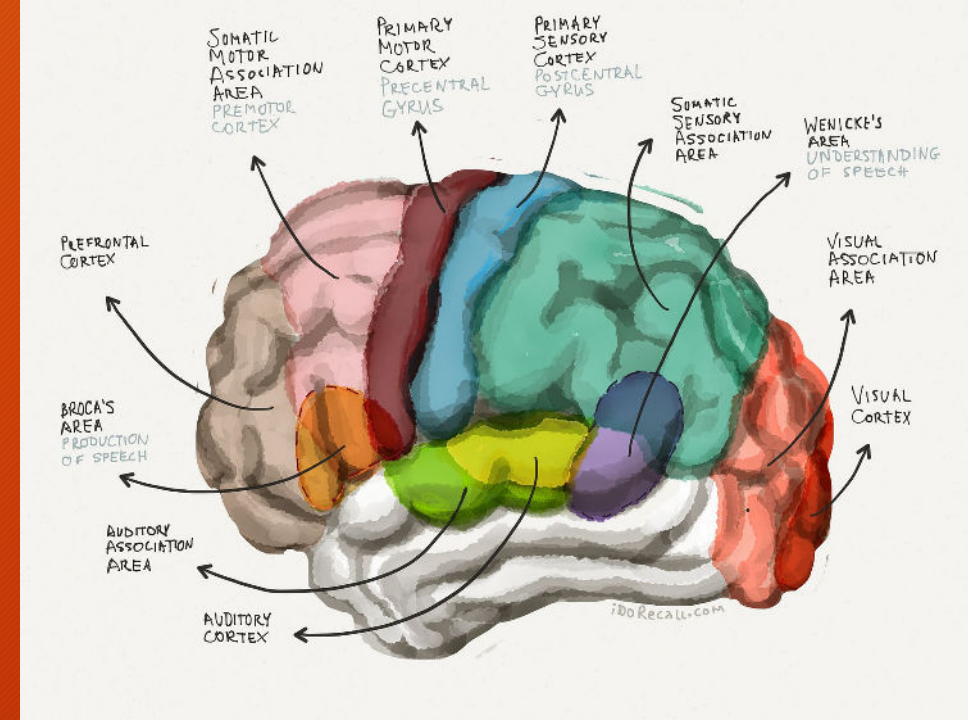
- • The nervous system has memory.
- • Whenever discomfort or pain lasts longer than 3-4 weeks, that feeling can get permanently engrained in the nervous system, so that even though the original problem has healed, the pain can remain.
- • Spinal Acupuncture is one of the best ways to reset the nervous system



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Central Nervous System Pain Memories

- • We can create new nervous system memories with our treatments.
- The nervous system has a preference for non-noxious stimulus.
- • Gate Theory
- • Example: If you hit your arm and it hurts, applying heat or simply rubbing the area makes the pain better. The nervous system prefers the non painful stimulus over the painful feedback loop it has created as a protection mechanism



Spinal Segmental Needling

🕷️ We examine the spinal cord and its segments.

🕷️ Those afferent fibers, motor and sensory nerves, enter the level of the spinal segment at the dorsal horn.

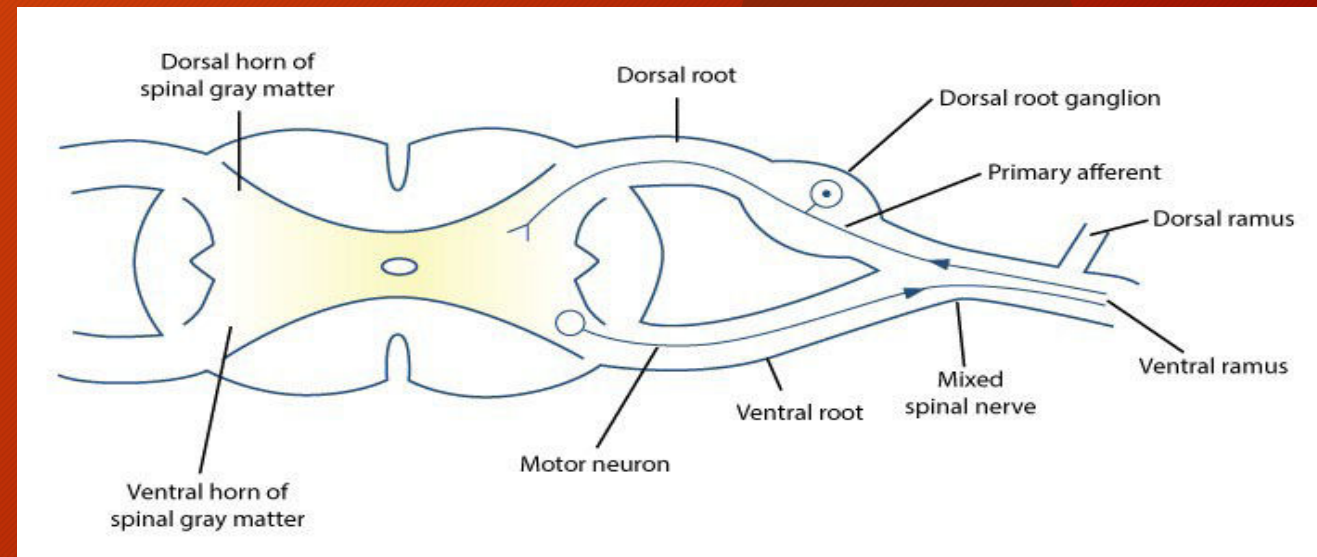
At the site of spinal innervation in the dorsal horn, 3 strong neuropeptides are released:

- Serotonin
- Noradrenaline
- Enkephalins

🕷️ Dorsal horn: Enkephalin is released-neuromodulator which directly modifies ANY pain signaling from the body. This depresses the effect at that specific dorsal horn. Neuroanatomy dorsal horn theory illustrates that NOW ANYTHING below will benefit from the depression of descending pain signals.

🕷️ Serotonin and Norepinephrine also released. SNRIs

🕷️ Visceral AND orthopedic applications



5 Command Points

		KI	BL	LV	SP	ST	GB
Well	<i>Emotion</i>	1	67	1	1	45	44
Spring	<i>Acute</i>	2	66	2	2	44	43
Stream	<i>Chronic</i>	3	65	3	3	43	41



Fig. 9.1. The channel as a river.

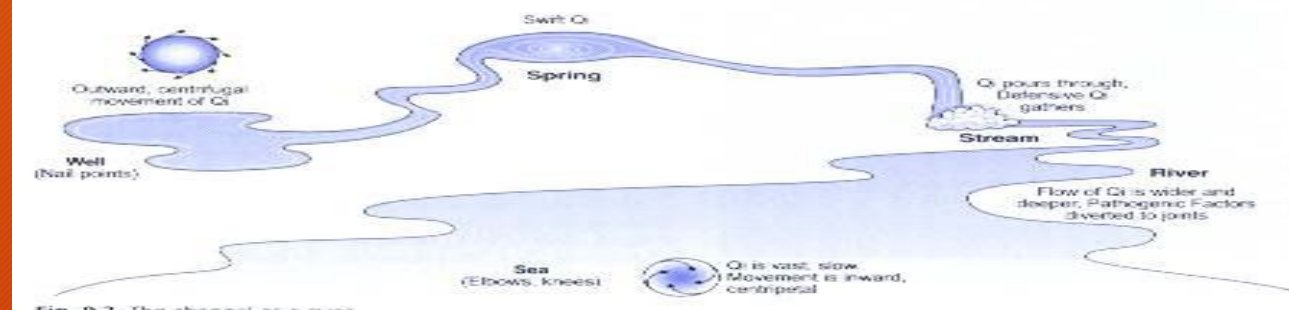
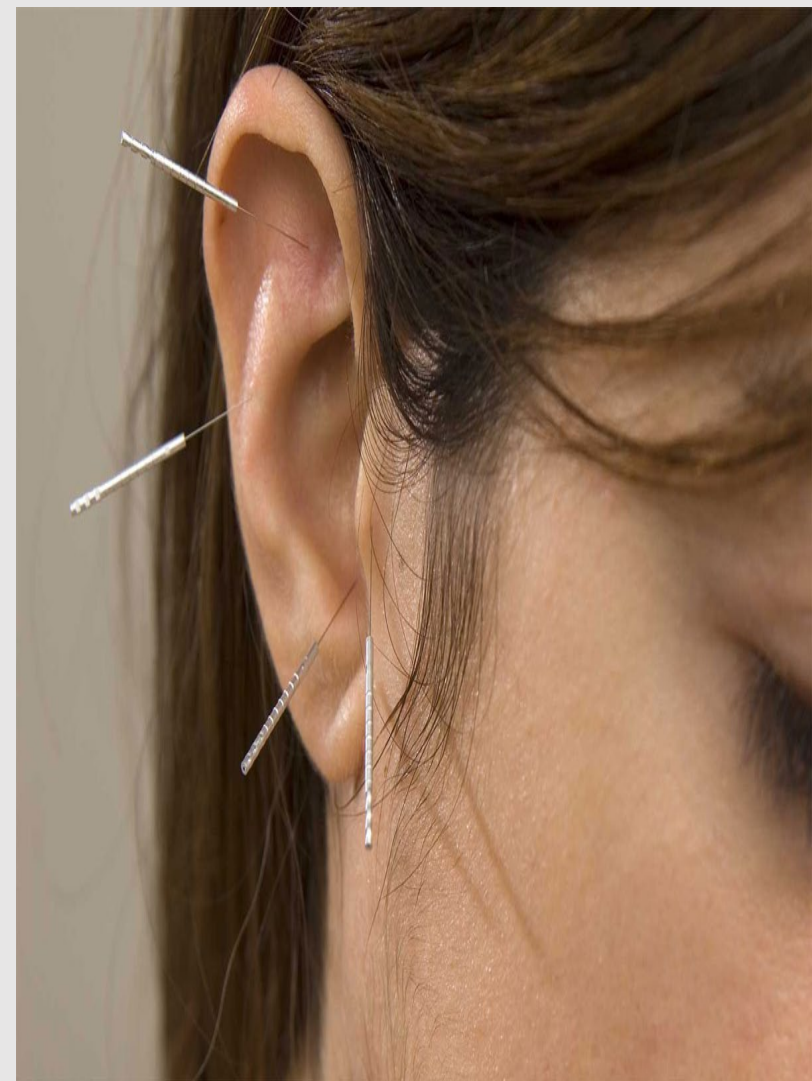
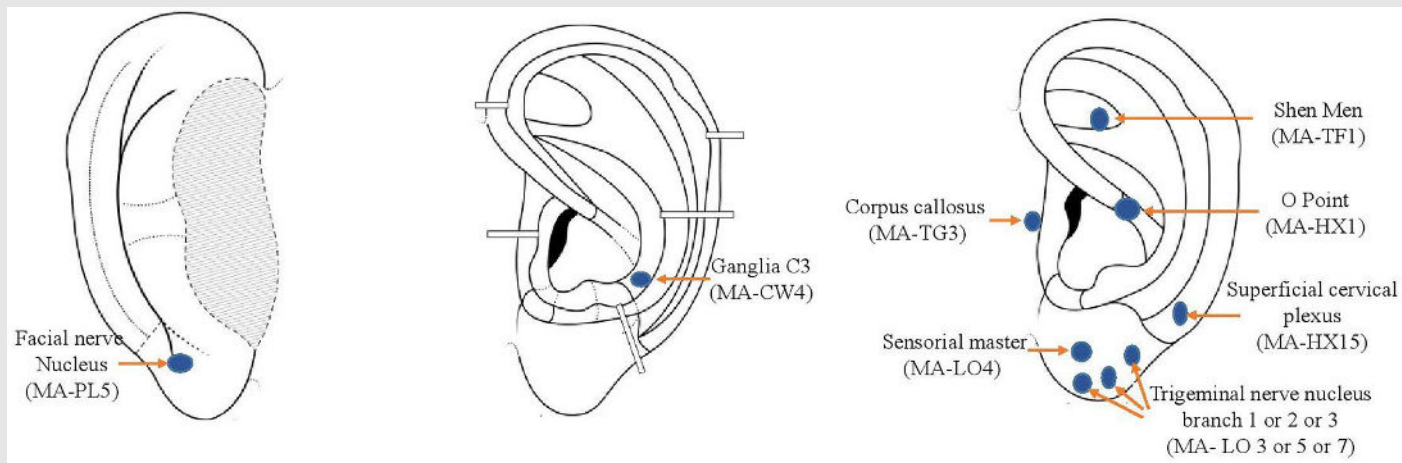
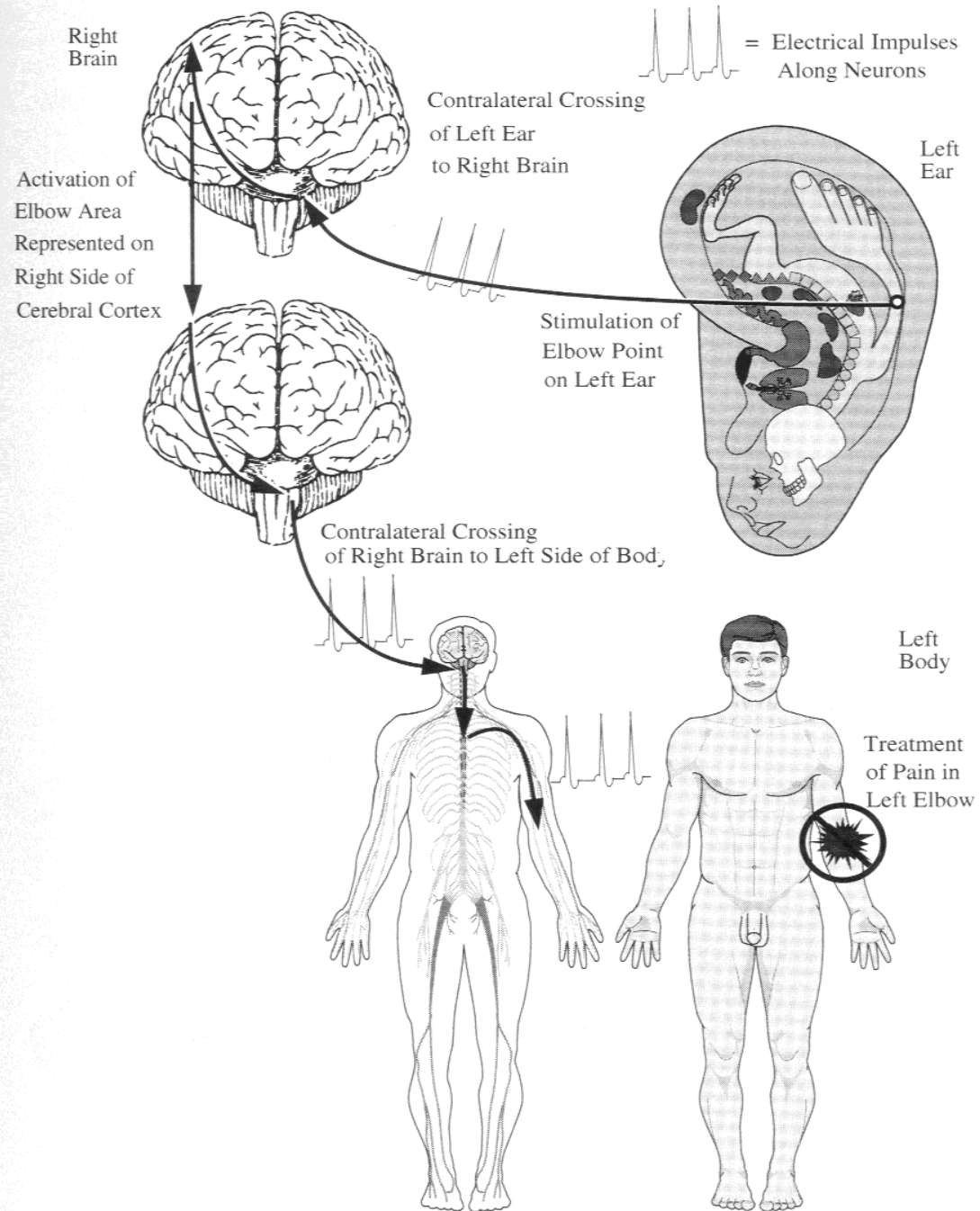


Fig. 9.2. The channel as a river.

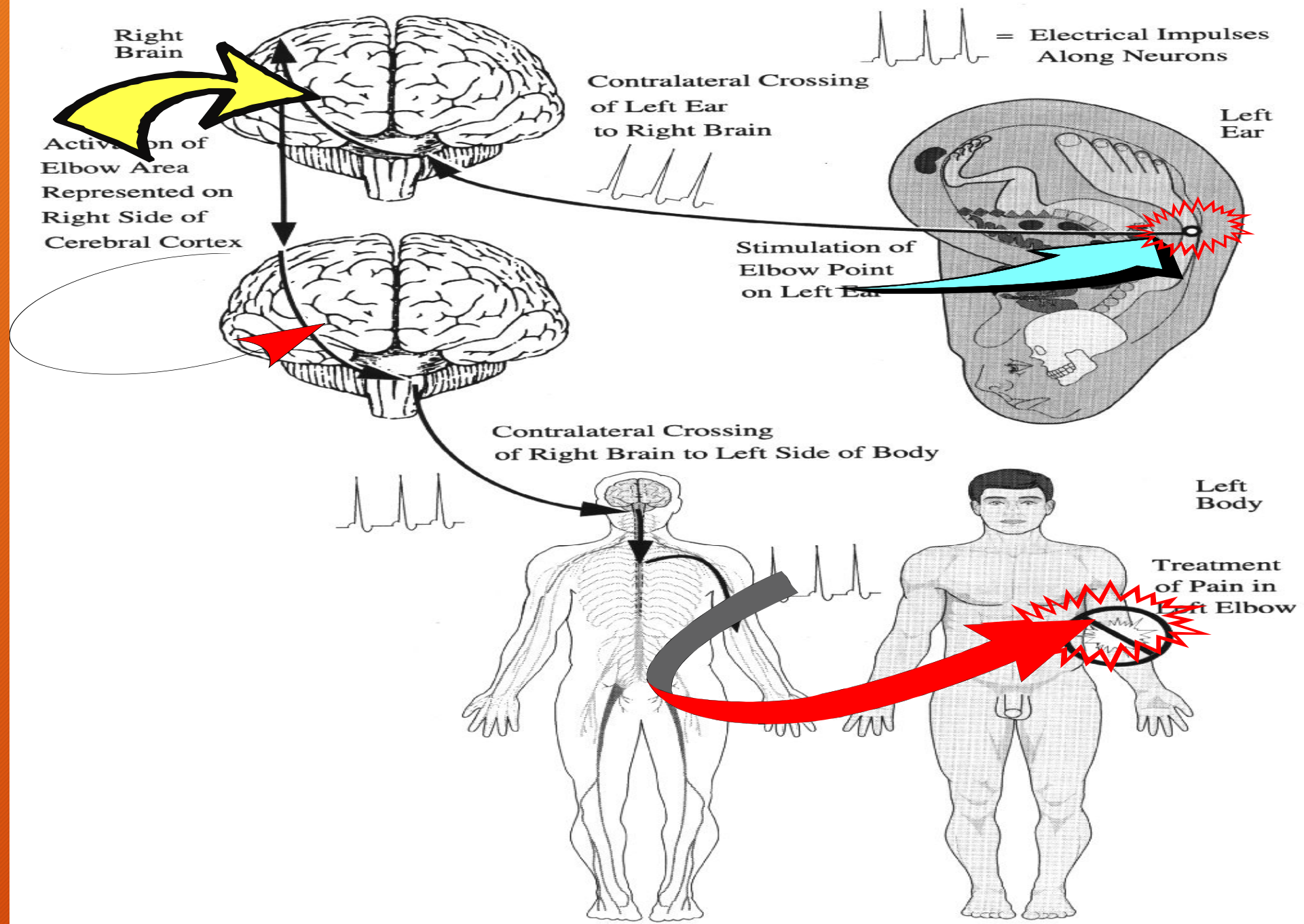
AURICULOTHERAPY POINTS



Neurophysiological Theory of Auricular Microsystem

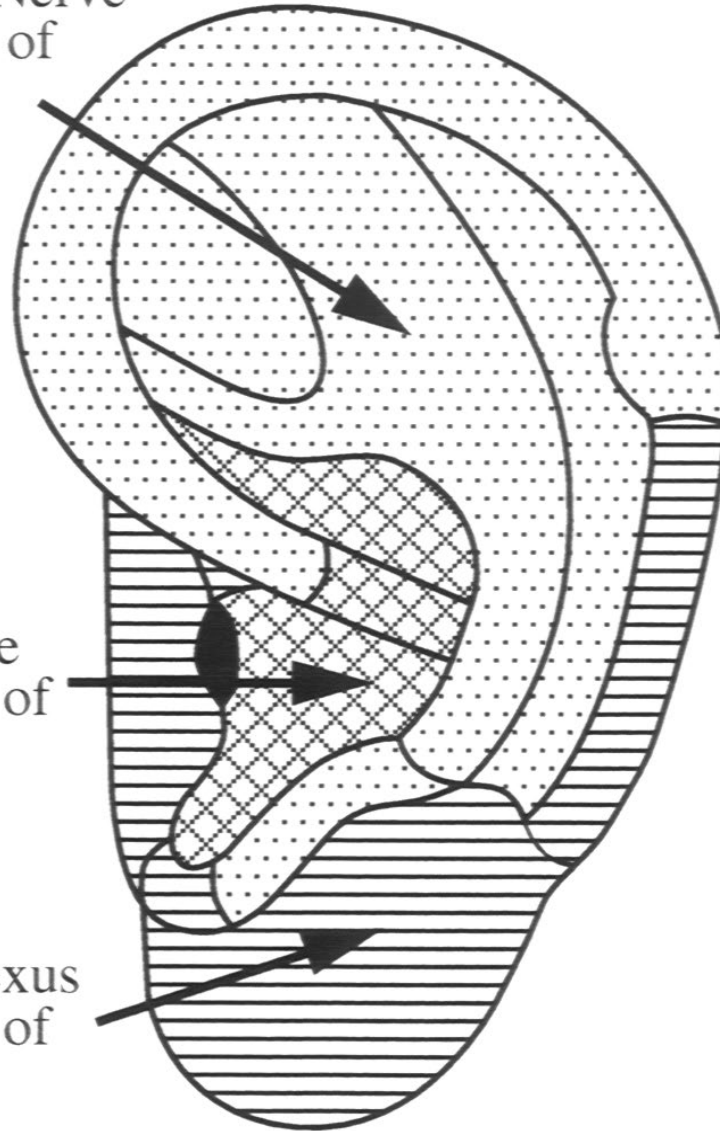


Neurophysiological Theory of Auricular Microsystem



Nerve Connections to the Auricle

Trigeminal Nerve
Innervation of
the Auricle



Vagus Nerve
Innervation of
the Auricle

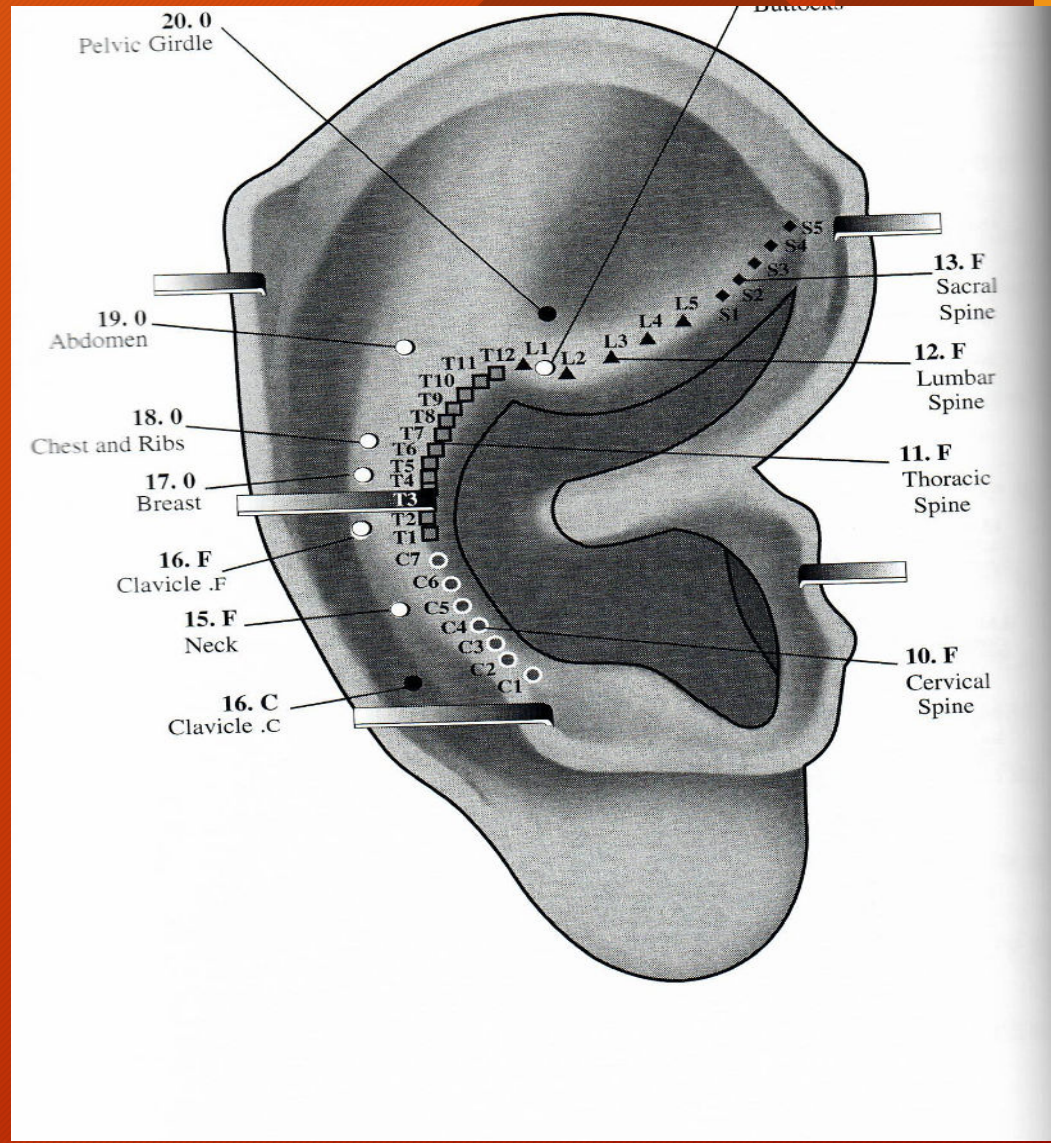
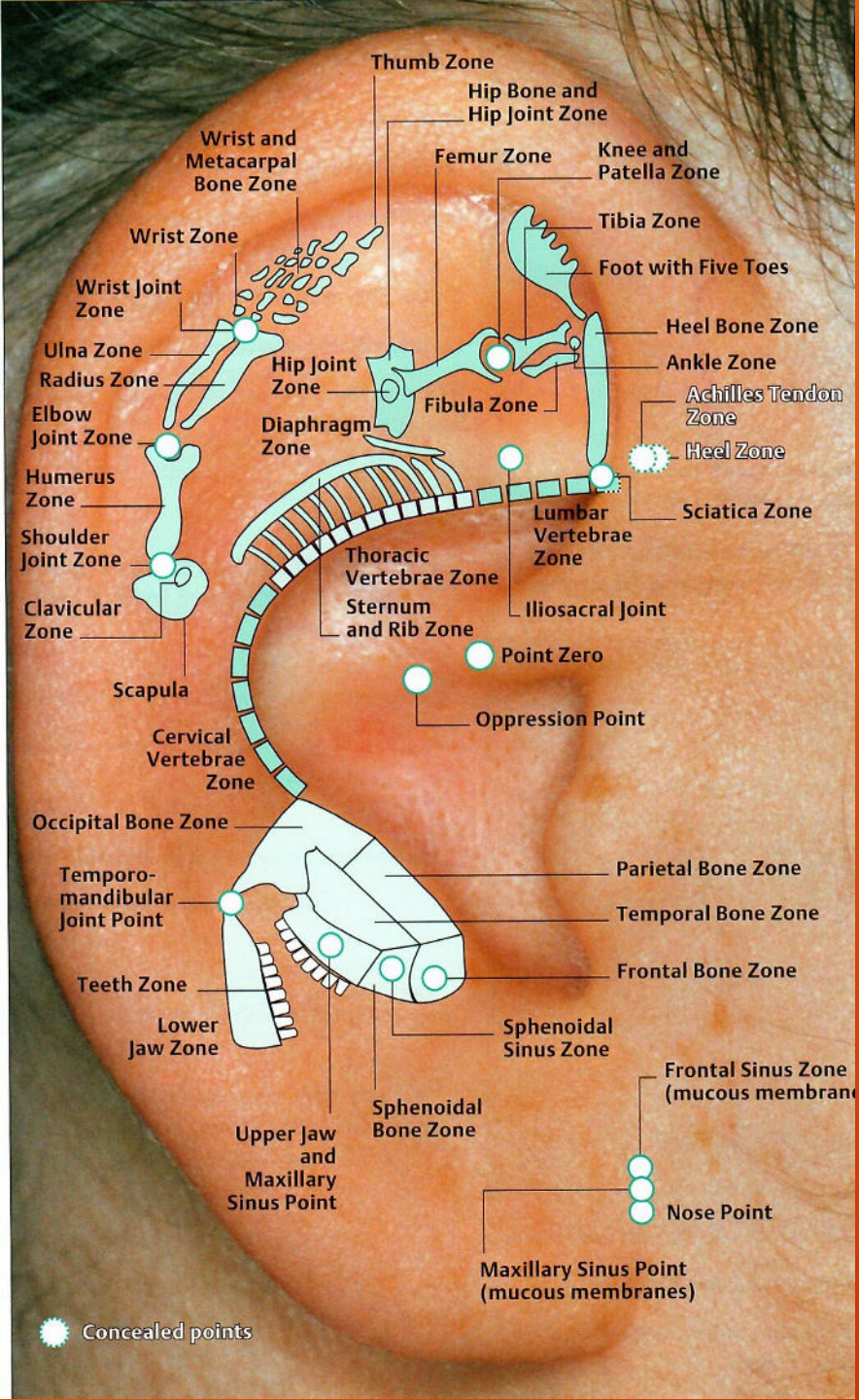
Cervical Plexus
Innervation of
the Auricle

2.

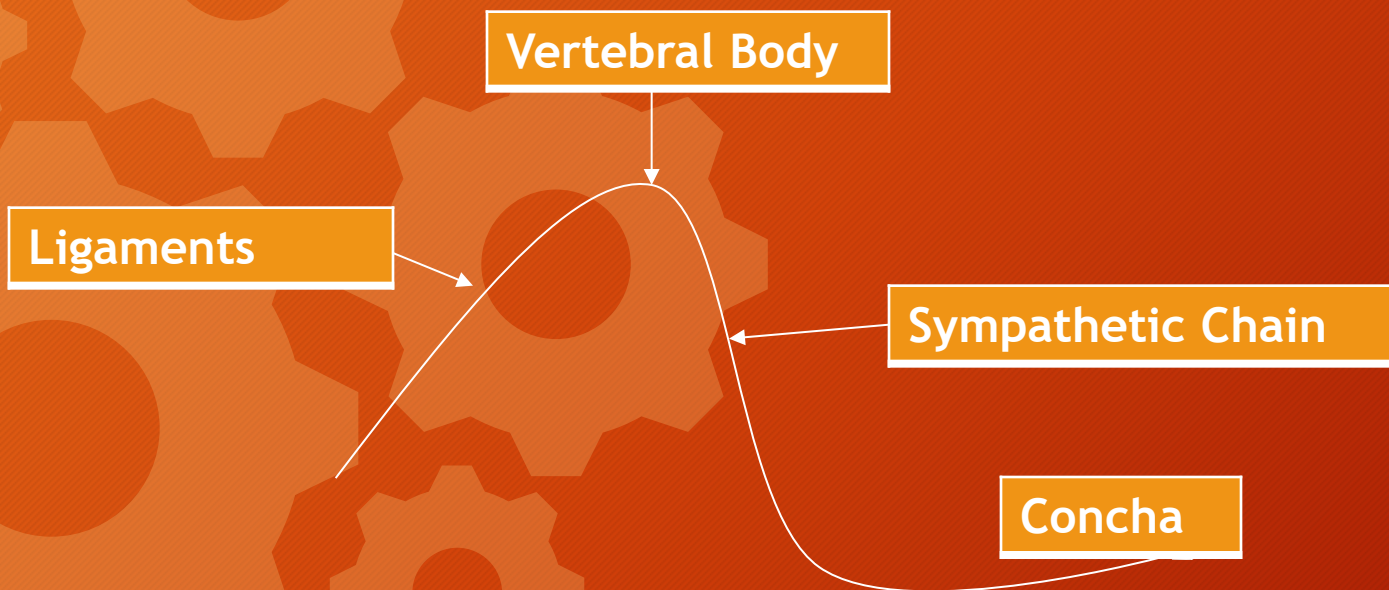
2

16

Spine



EAR Control of Spine

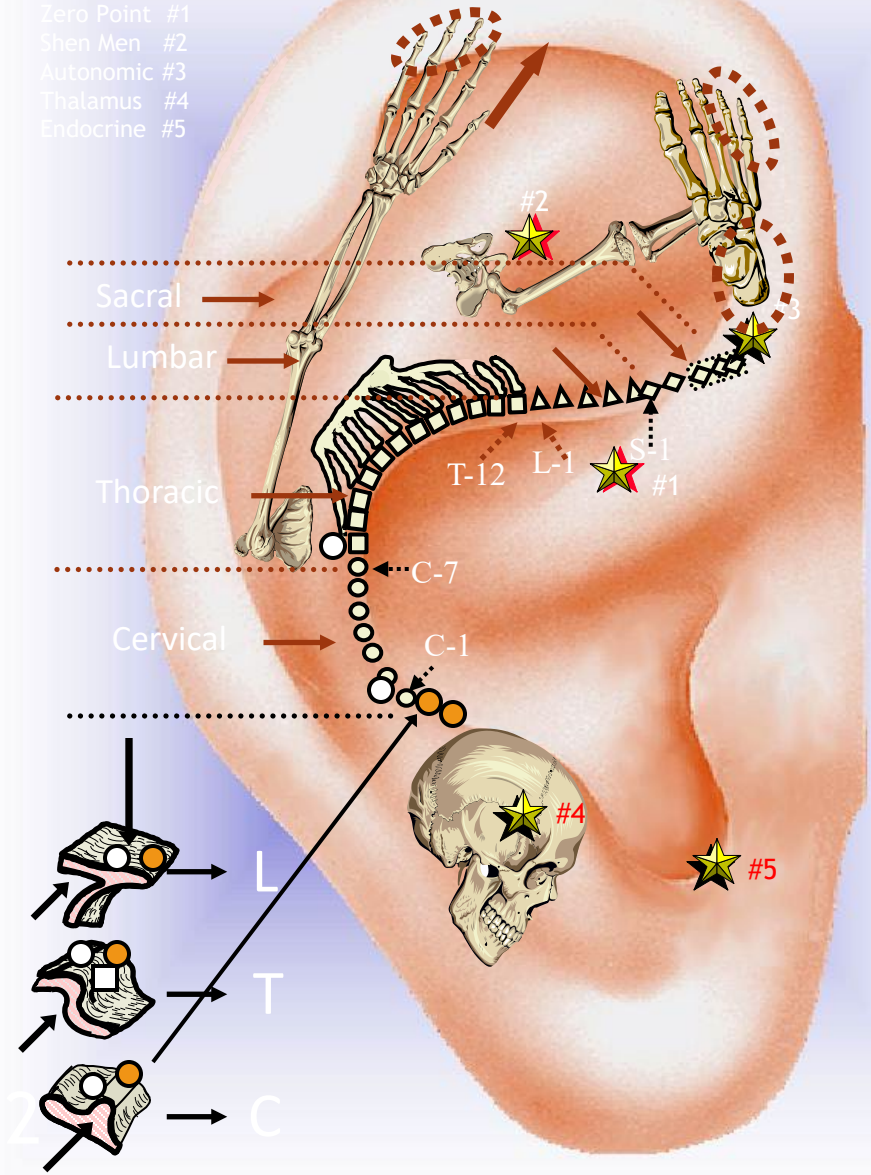


MUSCULOSKELETAL SYSTEM

Major Master Points

- Zero Point #1
- Shen Men #2
- Autonomic #3
- Thalamus #4
- Endocrine #5

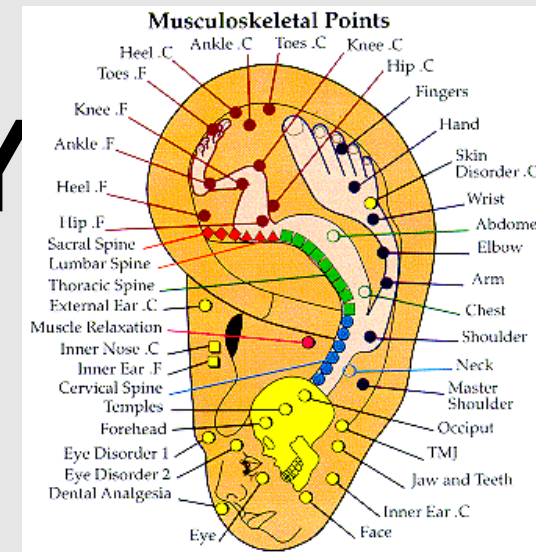
Phase 1



2
W

2
S

AURICULOTHERAPY PROTOCOL



1. Treat the side of Pain
 - Treat Bilateral if Pain is Central
 - Neuro- Treat Opposite side inferior to C-3
2. Treat Shen Men and Point O
3. Treat the area of Pain

SHEN MEN



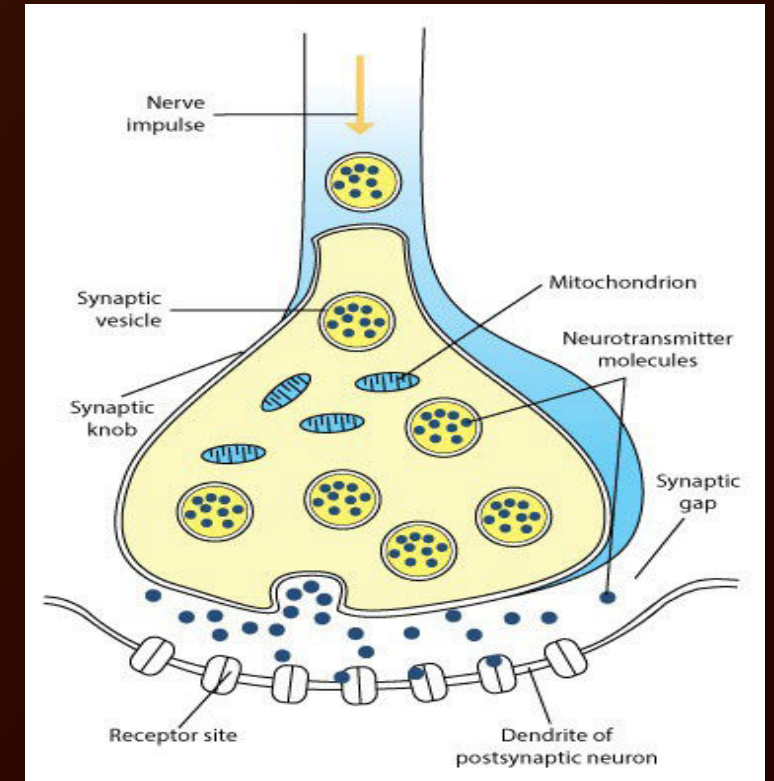
earseeds.com

POINT ZERO



earseeds.com

EMS for Endogenous Opioid Pain Relief



Electro-Acupuncture

HISTORY AND GENERAL PRINCIPLES

Electro-acupuncture, the application of a pulsating electrical current to acupuncture needles as a means of stimulating the acupoints, was developed in China as an extension of hand manipulation of acupuncture needles around 1934. It is described, though only briefly, in most comprehensive texts of acupuncture. The procedure for electroacupuncture is to insert the acupuncture needle as would normally be done, attain the qi reaction by hand manipulation, and then attach an electrode to the needle to provide continued stimulation.

The benefits of using electrical stimulation are:

1. It substitutes for prolonged hand maneuvering. This helps assure that the patient gets the amount of stimulation needed, because the practitioner may otherwise pause due to fatigue. Electro-acupuncture may also help reduce total treatment time by providing the continued stimulus. During electro-acupuncture, the practitioner can attend to other patients.
2. It can produce a stronger stimulation, if desired, without causing tissue damage associated with twirling and lifting and thrusting the needle. Strong stimulation may be needed for difficult cases of neuralgia or paralysis.
3. It is easier to control the frequency of the stimulus and the amount of stimulus than with hand manipulation of the needles.

- How Does it Work ?
- Gate Theory of Pain by Melzack & Wall

There is a physiological gate in the spinal cord. This gate is influenced by the amount of activity imputed by A-delta & C fibers. These impulses excite and/or inhibit transmission to the brain. Whether or not further transmission occurs and the pain signal is sent on to higher centers depends on the summation of inhibitory and excitatory influences. Activity of the large fibers tends to inhibit small fibers and close the gate. Activity in the small fibers tends to facilitate pain or open the gate. When the gate is open, the patient feels or perceives pain. When the gate is closed, the sensation of pain is blocked at the spinal cord level.

Two Types of Electro-Acupuncture

1. **Standard EMS/Low Volt AC/Sine Wave - Milliamps**
2. **Microcurrent / Microamps**
 - * **Much Less Stimulation**
 - * **Function on Cellular Level**

Electro-Acupuncture Protocol

1. Check On/Off Switch
2. Start with Intensity at 0
3. Always Turn up Slowly
4. Turn up after the Body Accommodates
5. *“If a little does a little good,
a lot doesn’t do better”*



Principles of Pain Control

Neural messages are sent to Brain or Spinal Cord and Neurochemicals or Hormones are released.



Contraindications

*Pacemaker or Electrical
Implants
Anterior Neck
Crossing the Heart
Pregnancy*

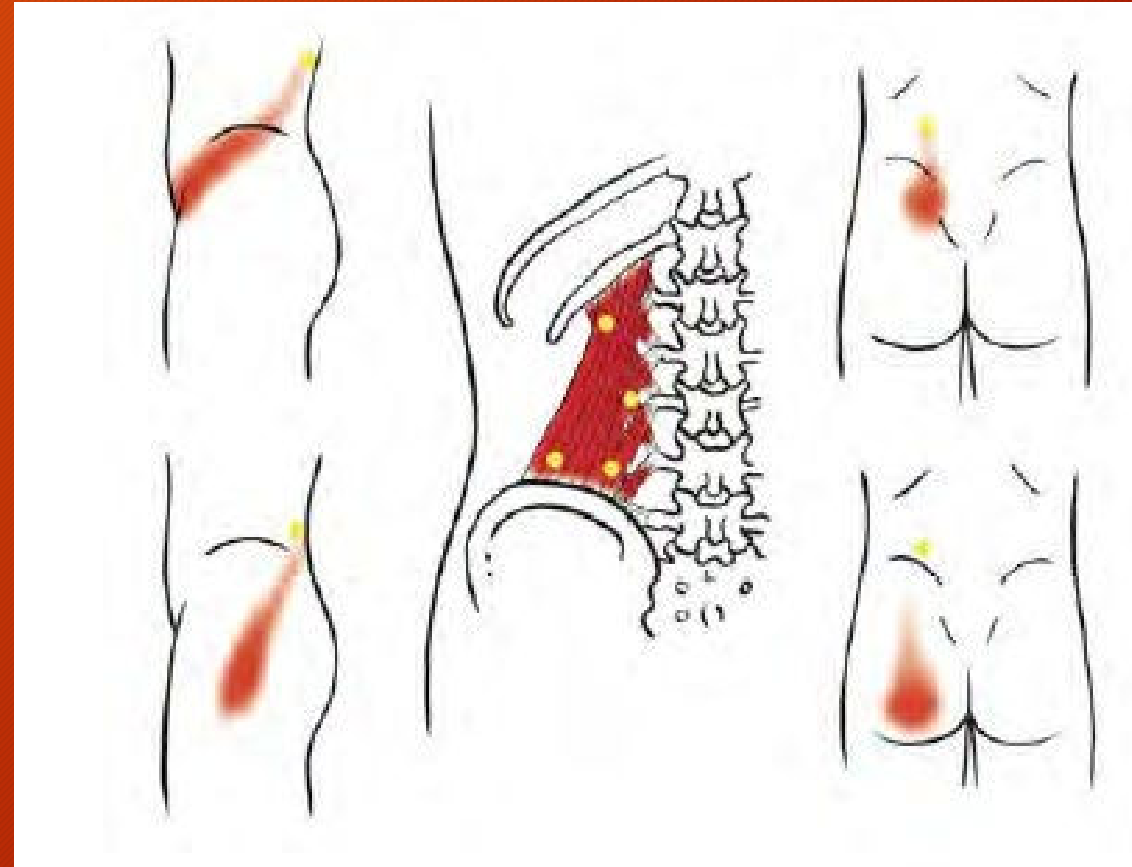




Functional Back Pain

Treatment Protocol

1. Treat Constitutional Imbalance
2. Spinal Segmental Points L-3/4/5/S1
3. Local Points
 1. Ashi Points
4. Distal Points
 1. Bl-40, ST-36
5. Treat Comand Points
 1. Choose Meridan
 2. Chose Acute/Chronic
6. Auriculotherapy Points
 1. Lumbar Spine
 2. Shen Men and Point 0
7. EMS - Acute/Chronic





Lumbar Strain / Sprain

Treatment Protocol

1. Treat Constitutional Imbalance
2. Spinal Segmental Points L-3/4/5/S1
3. Local Points
 1. Ashi Points
4. Distal Points
 1. Bl-40, ST-36
5. Treat Comand Points
 1. Choose Meridan
 2. Chose Acute
6. Auriculotherapy Points
 1. Lumbar Spine
 2. Shen Men and Point 0
7. EMS - Acute

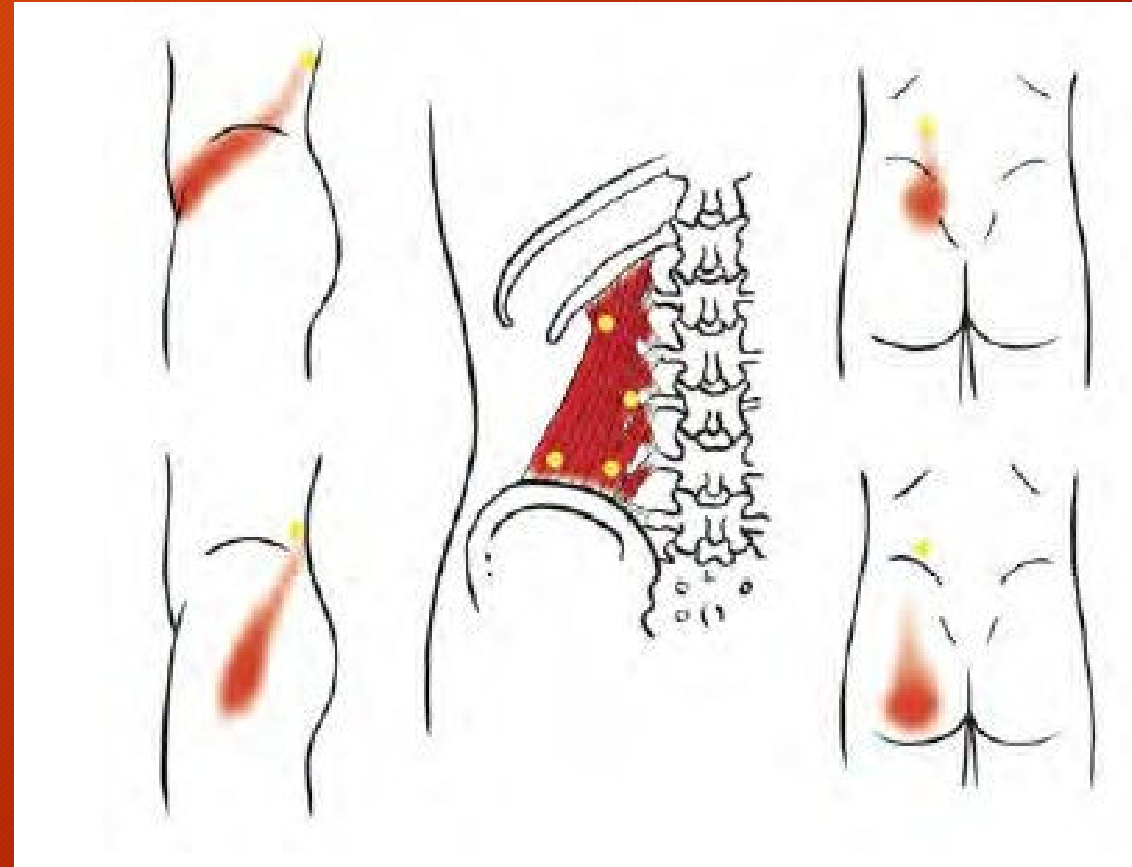




Facet Syndrome

Treatment Protocol

1. Treat the Constitutional Imbalance
2. Spinal Segmental Points L-3/4/5/S1
3. Local Points
 1. Ashi Points
4. Distal Points
 1. BL40, ST-36, GB-30,34,39
5. Treat Command Points
 1. Choose Meridian
 2. Choose Chronic/Steam Points
6. Auriculotherapy Points
 1. Lumbar Spine
 2. Shen Men and Point 0
7. EMS - Chronic



Classification of Disc Syndromes

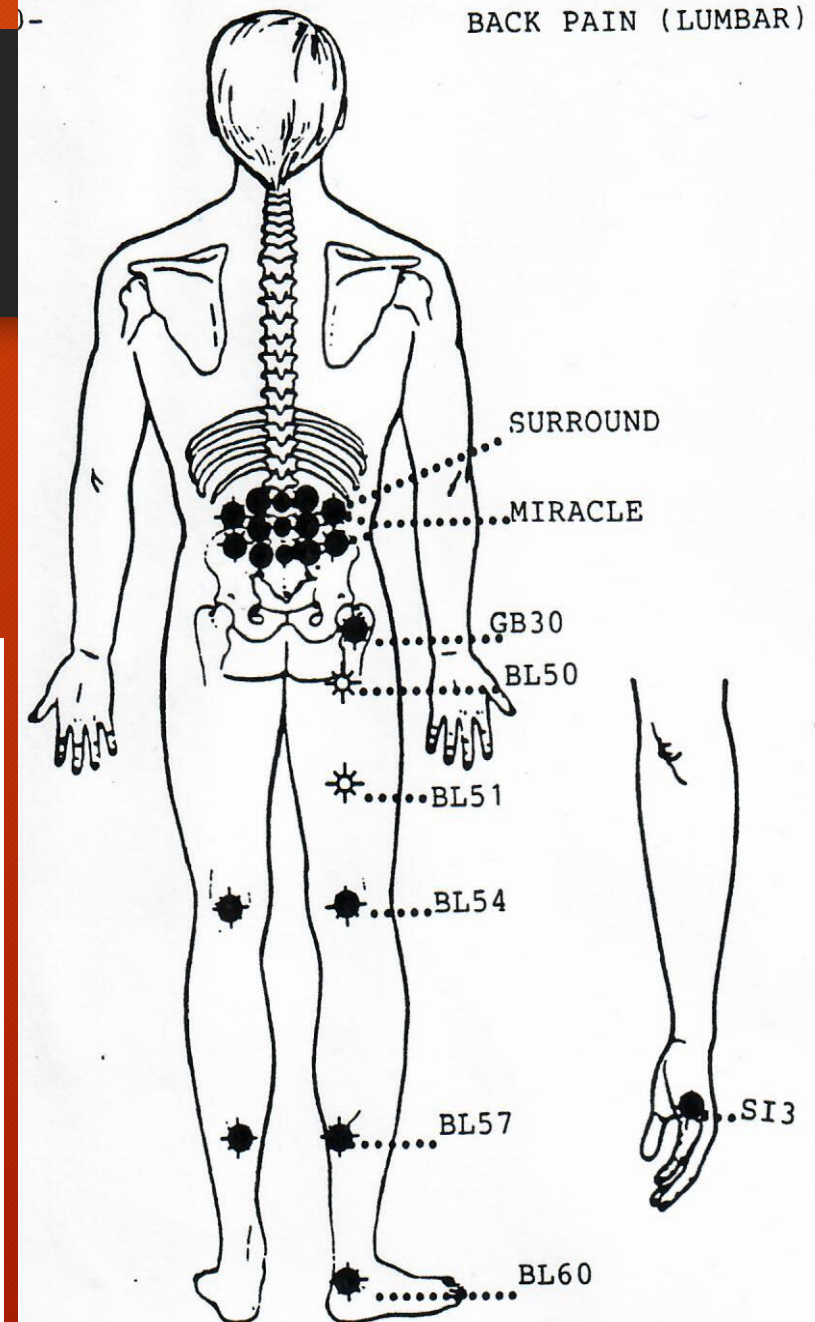
- Annular Tear
 - 100 % Respond to Conservative Care
- Disc Bulge
 - 95% Respond to Conservative Care
- Disc Herniation
 - 75% Respond to Conservative Care
- Disc Sequestration
 - 50% Respond to Conservative Care



Lumbar Disc Syndromes

Treatment Protocol

1. Treat the Constitutional Imbalance
2. Treat Segmental Points L-3/4/5/S1
3. Local Points
 1. Ashi Points
4. Distal Points
 1. BL40, 54, 57, 60, ST-36
 2. SI-3 for Leg Pain
5. Treat Command Points
 1. Choose Meridian
 2. Chose Acute/ Spring Points
6. Auriculotherapy Points
 1. Lumbar Spine
 2. Shen Men and Point 0
7. EMS - Acute
8. Nutritional Support



Lumbar DJD / DDD

Treatment Protocol

1. Treat the Constitutional Imbalance
2. Spinal Segmental Points L-3/4/5/S1
3. Local Points
 1. Ashi Points
 2. BL 23
4. Distal Points
 1. BL40, ST 36
5. Treat Command Points
 1. Choose Meridan
 2. Chose Chronic/Stream Points
6. Auriculotherapy Points
 1. Lumbar Spine
 2. Shen Men and Point 0
7. EMS - Chronic
8. Nutritional Support



DIRECTIONS: As a dietary supplement, take three (3) tablets daily, preferably with a meal.
MSM, methylsulfonylmethane, is a vital, bioavailable dietary supplement of sulfur that is found in our living tissues. MSM is an end product of DMSO (Dimethyl Sulfoxide) and helps maintain healthy joints and cartilage.*
TAMPER EVIDENT: Do not use this product if imprinted foil seal under cap is broken or missing.
Keep tightly closed. Store at room temperature: 59°-86°F (15°-30°C). **KEEP OUT OF REACH OF CHILDREN.**
CAUTION: Do not take this product if you are pregnant, nursing or allergic to shell fish.
Mfg. in an FDA Registered Facility using Good Manufacturing Practices (GMPs)
Conforms to USP <2091> for weight. Meets USP <2040> disintegration for maximum bioavailability.
* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

dc **QualiPURE**

Gluten Free #542

GLUCOSAMINE CHONDROITIN & M. S. M.

Helps Maintain Healthy Joints and Cartilage*

Dietary Supplement **90 TABLETS**

Supplement Facts
Serving Size 3 Tablets
Servings Per Container 30

Amount Per Serving	% DV
Calories	10
Total Carbohydrate	2 g 1% **
Dietary Fiber	<1 g 4% **
Sodium	150 mg 6%
Glucosamine Sulfate 2KCl	1500 mg ***
Chondroitin Sulfate	1200 mg ***
M.S.M. (methylsulfonylmethane)	500 mg ***

** Percent Daily Values are based on a 2,000 calorie diet.
*** Daily Value not established.

Other ingredients: Vegetable cellulose, vegetable magnesium silicate, vegetable magnesium stearate, silica. Contains shellfish (crab, shrimp, lobster, crayfish) ingredients.
Manufactured by: Dee Cee Laboratories, Inc. ©
304 Dee Cee Rd., White House, TN 37188
Made in USA Rev. 09/09

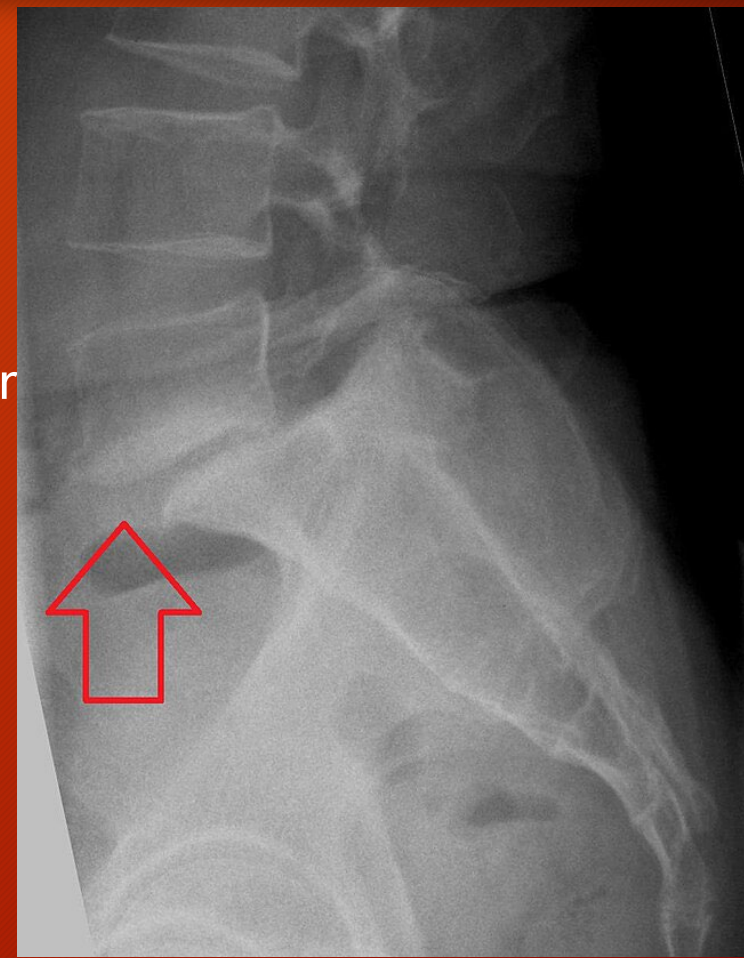


Spondylolisthesis

Treatment Protocol

1. Treat Constitutional Imbalance
2. Spinal Segmental Points L-3/4/5/S1
3. Local Points
 1. Ashi Points, CV 3/4/8
4. Distal Points
 1. Bl-40,58,60,62, ST-36
5. Treat Comand Points
 1. Choose Meridan
 2. Chose Acute/Chronic
6. Auriculotherapy Points
 1. Lumbar Spine
 2. Shen Men and Point 0
7. EMS - Acute/Chronic

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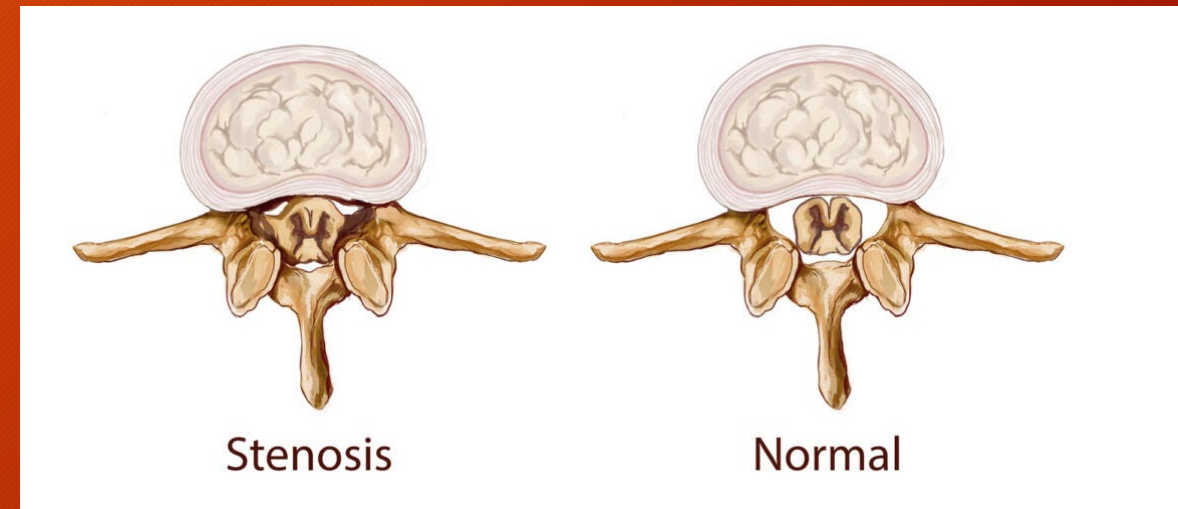




Spinal Stenosis

Treatment Protocol

1. Treat Constitutional Imbalance
2. Spinal Segmental Points L-3/4/5/S1
3. Local Points
 1. Ashi Points, CV-3/4/8
4. Distal Points
 1. Bl-40,58,60,62 ST-36
5. Treat Comand Points
 1. Choose Meridan
 2. Chose Chronic/Stream Points
6. Auriculotherapy Points
 1. Lumbar Spine
 2. Shen Men and Point 0
7. EMS - Chronic



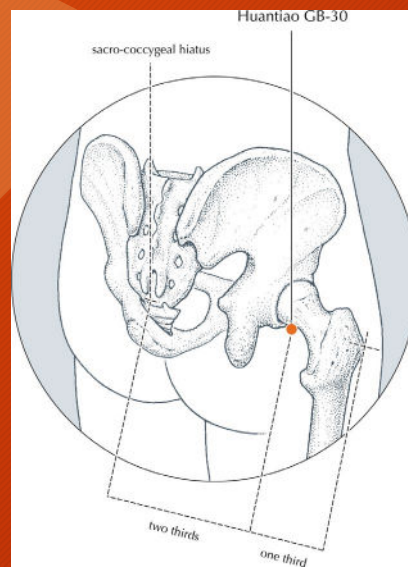
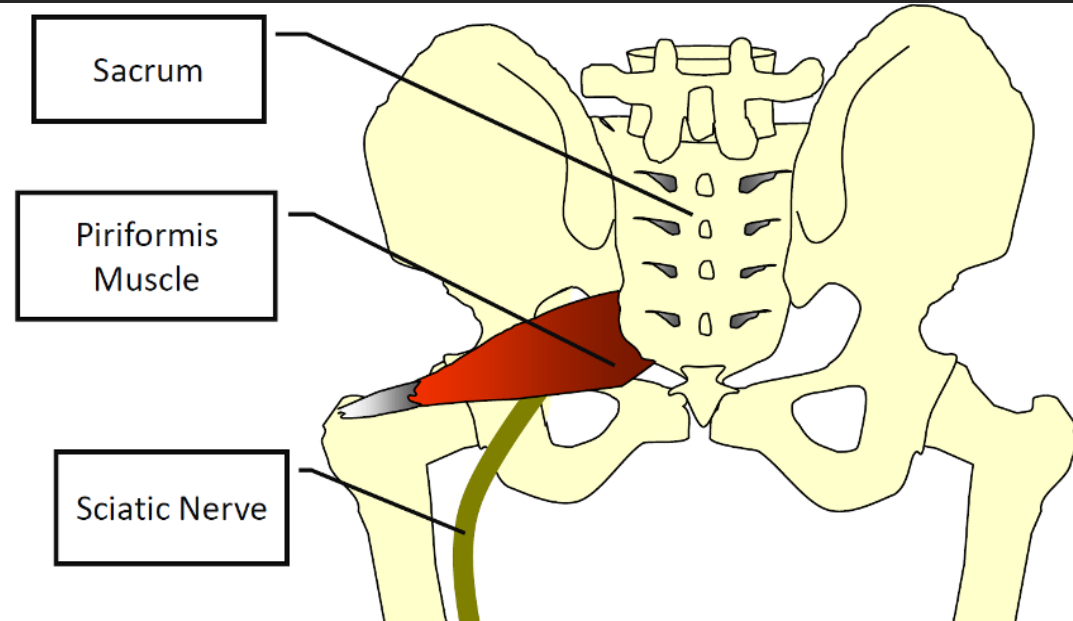


Pelvic / Hip Region

Piriformis Syndrome

Treatment Protocol

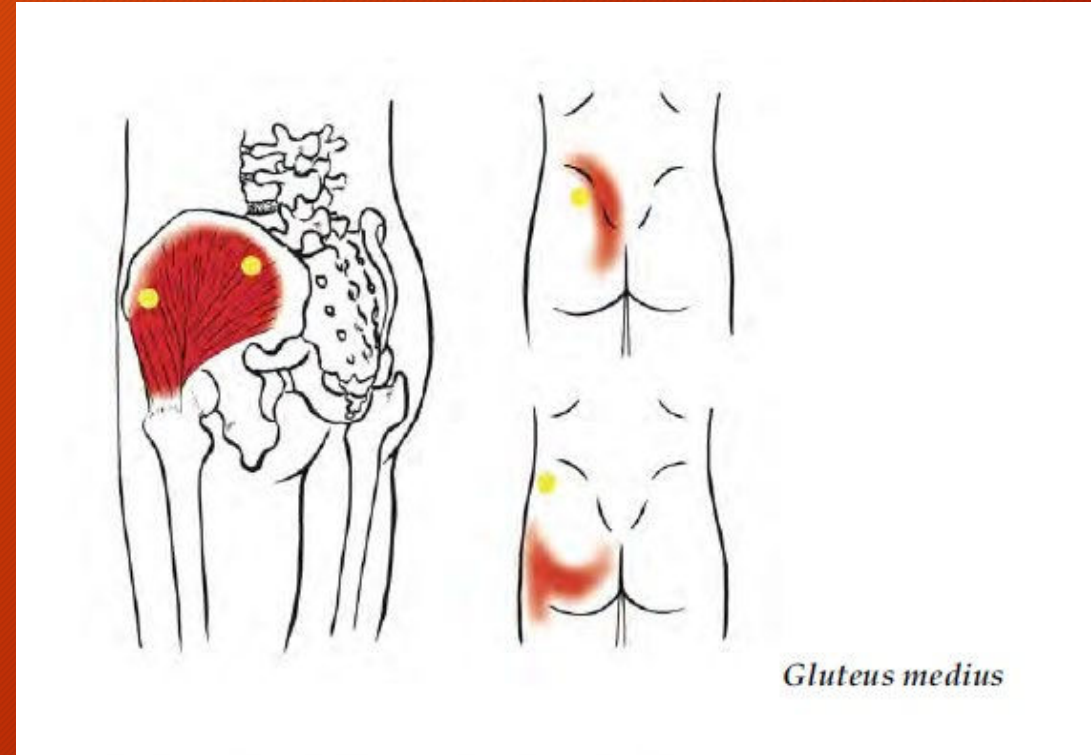
1. Treat Constitutional Imbalance
2. Spinal Segmental Points L-4/5/S1
3. Local Points
 1. Ashi Points in Piriformis Muscle
 2. GB 30
4. Distal Points
 1. BL 40, ST 36
5. Treat Comand Points
 1. Choose Meridan / GB
 2. Chose Chronic/Stream Points
6. Auriculotherapy Points
 1. Lumbar Spine
 2. Shen Men and Point 0
7. EMS - Chronic



Acetabular Tendonitis/Bursitis/DJD

Treatment Protocol

1. Treat Constitutional Imbalance
2. Spinal Segmental Points L-1/2/3
3. Local Points
 1. Ashi Points
 2. GB 30
4. Distal Points
 1. ST 36
5. Treat Comand Points
 1. Choose Meridan / GB
 2. Chose Chronic/Stream Points
6. Auriculotherapy Points
 1. Hip
 2. Shen Men and Point 0
7. EMS - Chronic
8. Myofascial Release: Psoas, Iliacus, Hip



THANK YOU

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