

[IMAGE]

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## **Acupuncture Orthopedics: The Lumbar Spine and Lower Extremity**

By John Amaro, LAc, Dipl. Ac. (NCCAOM), FIAMA, DC

In my November 5, 2001 article in *Dynamic Chiropractic* ("Acupuncture Orthopedics") I presented nine acupuncture points that are exceptionally effective for pain in the cervical spine, shoulder, elbow, and the entire upper extremity in general. Apparently there were numerous doctors, perhaps thousands, who not only read the article, but also applied the points, as I have been swamped with e-mail and phone messages as to their incredible effectiveness.

Yes, I know they are powerful. It's probably not necessary to point out to me how effective these points are, however, as always, I am interested in hearing of your specific case histories. In the excitement of telling me of the positive clinical response experienced, I have heard some remarkable stories. In case you missed that issue for some inexcusable reason, or failed to take my suggestion to clip the article and graphics to add to future articles, go to the web link at the end of this article for access to these and more than 100 of my articles that have appeared over the last 12 years.

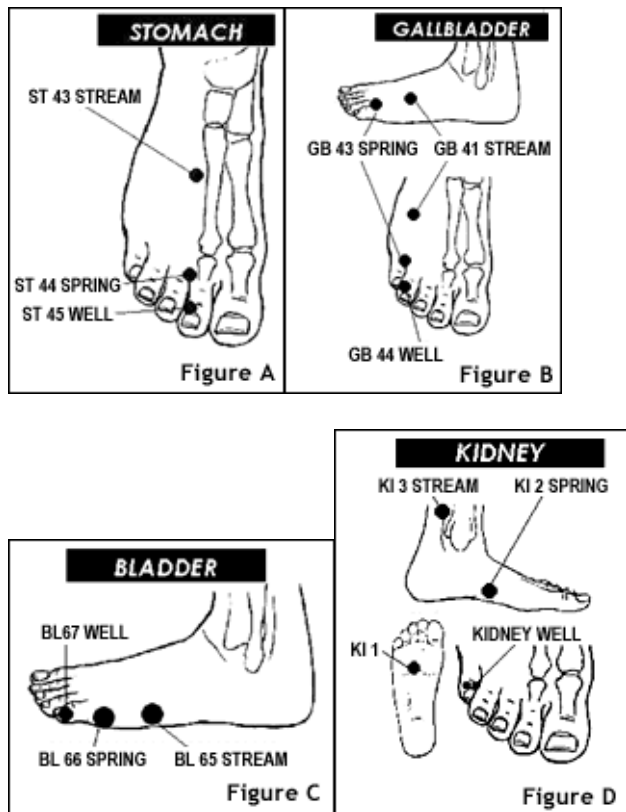
The lumbar spine warrants more of our attention than any other particular area. Just as we learned in the previous article of nine specific acupoints that have amazing effectiveness in the upper extremity, there are likewise a number of points that have powerful effects on the lower extremity and lumbar spine.

Since a picture is worth a thousand words, clip this reference and apply it by locating the acupoint on your patient from the graphics. Obviously there is not the space necessary to fully explain the mechanisms and academic reasons as to why these points are selected. But do yourself and your patients a favor and take my word - they are without question the most powerful points on the body for low back and lower extremity.

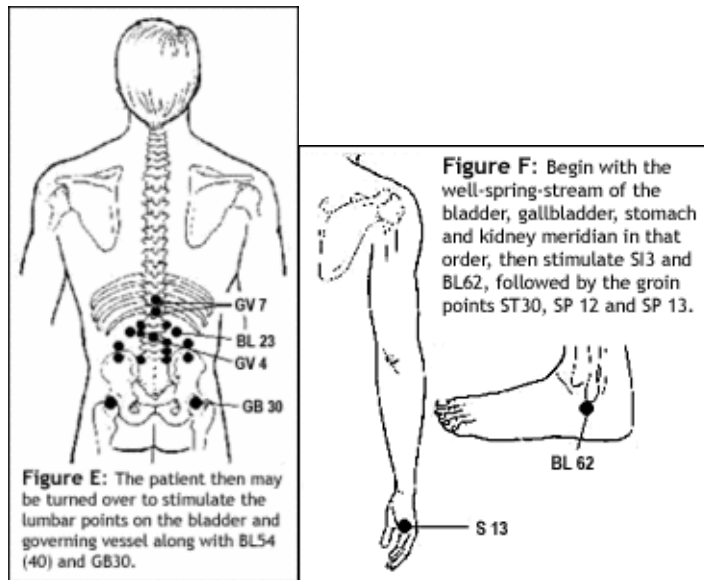
For those of you practicing acupuncture with needle stimulation, I suggest you minimize the use of needles and combine noninvasive electronic stimulation, laser light or *teishen* to the "tsing-well" and the "stream" points. Only needle the "spring" points of the "well-spring-stream."

Needles may be applied to the remaining points. For those practitioners preferring or forced to use nonpenetrating methods of stimulation, activation of all of the points is highly effective with electronic or laser.

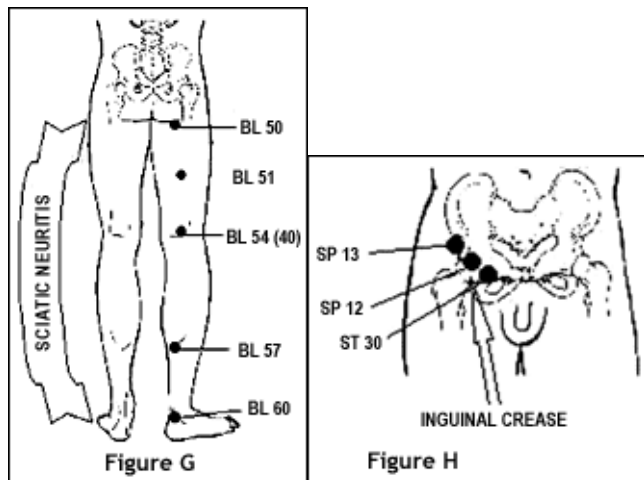
In the next 10 cases you see of severe discogenic lumbalgia; sciatic neuritis; spinal stenosis; facet syndrome; or generalized myogenic lumbar pain along with your usual chiropractic procedures, add the points shown in the graphics. Begin with the well-spring-stream of the bladder, gallbladder, stomach and kidney meridian in that order, then stimulate SI3 and BL62, followed by the groin points ST30, SP 12 and SP 13. The patient then may be turned over to stimulate the lumbar points on the bladder and governing vessel along with BL54 (40) and GB30. Remember, all of the mentioned points may be stimulated with direct transcutaneous electric nerve stimulation (TENS) with as much effectiveness as needle stimulation in most cases.

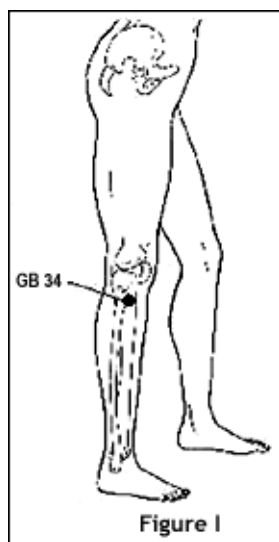


The entire procedure is quick, with no more than 12 seconds per point with electronic or laser. Stimulation can be accomplished in less than 20 minutes of needle retention. When using needle stimulation, clinical response is accelerated with wiring to electronic stimulation via alligator clip to the needle.



It is common practice in Okinawan and Japanese acupuncture to insert the needle, rotate quickly and withdraw immediately, performing the same procedure on all the points as illustrated. It's very powerful!





I'm looking forward to hearing of your successes. Best wishes on the use of these points.

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Click [here](#) for more information about John Amaro, LAc, Dipl. Ac. (NCCAOM), FIAMA, DC.

[IMAGE]

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