

TUINA Avoid in active skin lesions, open wounds, fractures, infections, acute trauma. Consult physician after surgery or during cancer treatment.

BLOOD LETTING

- ⚡ Indications → tonsillitis, neurodermatitis, allergic dermatitis, acute sprain, heatstroke, abscesses, febrile diseases, headache, rhinitis, acute conjunctivitis or keratitis, numbness of the fingers or toes, erysipelas, eczema, lymphangitis, phlebitis, hemorrhoids, coma, wind-stroke
- ⚡ **Contraindications** → active lesions, bleeding disorders, hemorrhagic diseases, vascular tumors, pregnant or recently delivered women, or weak, anemic and hypotensive patients, patients taking anticoagulants, convulsions, NSAIDs and other supplements that thin the blood (ex: Vitamin E & fish oil). Moxa the site if bleeding continues.
- ⚡ Caution → wear gloves & PPE, prep the skin, use single sterile needles/lancets and dispose immediately, use glass or disposable cups if wet cupping. If using a pen-like device for lancing, do not reuse on subsequent patients even when changing out the lancet. Use a new pen for each new patient.

CUTANEOUS NEEDLE

- ⚡ 2 Types: Plum blossom or rolling drum. Indications → hypertension, headache, myopia, dysmenorrhea, intercostal neuralgia, neurasthenia, GI disorders, dermatitis.
- ⚡ **Contraindications** → ulcerations, traumatic injury, acute infectious diseases, acute abdominal disorders.
- ⚡ Cautions: Always go above-to-below or medial-to-lateral. Stop when skin gets red. Do not puncture the skin. Hold hammer 1-2 inches above skin surface & be gentle (do not fling or tap forcefully). Wear goggles and gloves. Use single-use sterile hammers and dispose the whole hammer immediately in sharps container.

INTRADERMAL NEEDLE

- ⚡ Also called a grain or tack. Indications → chronic diseases, headache/migraine, stomachache, bilious colic, neurasthenia, hypertension, asthma, irregular menstruation
- ⚡ **Contraindications** → Infants and those with HIV, skin ulcers, immuno-suppression, or needling in the joints (restricts movement.) Those with multiple sclerosis, extreme fatigue disorders, & multiple allergies will show hypersensitivity to needle retention. Use ear seeds or magnets instead when necessary.
- ⚡ Caution → retain needles 1-3 days or up to a week. In hot/humid weather, or if patient sweats a lot, retain shorter (1-2 days) to avoid infection associated with moisture under the tape. Stretch skin when taping and be sure patient is not allergic to medical tape. Advise patient on safe removal – if area becomes tender, red, painful, inflamed or looks infected, have them remove it and dispose in a small sharps container you give them or return to office. Never reinsert.

ELECTRO-STIMULATION

- ⚡ Indications → same as for acupuncture but stimulation is stronger; especially recommended for neuralgia and nervous paralysis
- ⚡ **Contraindications** → do NOT place leads near the brain or brainstem, anterior triangle of the neck (carotid sinus & vagus nerve), also never cross the heart or spinal cord (midline of the body), or go front to back especially on the chest. Do not use in patients with seizure disorders, history of heart disease, any implanted electronic or medical devices like pacemakers or cochlear implants.
- ⚡ Caution → Do not use silver needles as they electrolyze and cause immediate toxicity. Do not use needles previously used with needle-top moxa. Stainless steel needles are best. Gauge of needles should be at least Chinese 32 or Japanese 5. For pain, use regular frequencies. For numbness/paralysis, use irregular and low frequencies.

INFRARED/HEAT LAMP

- ⚡ Indications → low back pain, joint pain, tendinitis, neuralgia, sprain of soft tissue, asthma, chronic bronchitis, frostbite, acute eczema, chronic pharyngitis
- ⚡ Infrared **Contraindications** → peripheral vascular disease, liver and kidney disorders, acute tuberculosis, malignancies/cancer, cardiovascular insufficiency, hemorrhage, sensory impairment, bleeding disorders. Stop if patient experiences lassitude, pallor, vertigo, insomnia, etc....
- ⚡ TDP (Teding Diancibo Pu), a type of far infrared therapy, has additional **contraindications** → overly sensitive skin, those with poor blood circulation, skin lesions, infants, children, pregnant women, incapacitated, sleeping, unconscious, otitis media, varicose veins, surgical implants, bleeding disorders
- ⚡ Caution must be used in diabetic neuropathies. Avoid heat on the head in hypertensive patients. Heat lamp must be positioned at least 12 inches away from body area and not longer than 10-15 minutes. Check every 5 min. Do not leave the room. Do not use in wet or moist environment. Keep combustible & metal objects away.

MOXIBUSTION

- ⚡ **Contraindications** → asthma, skin ulcers, edema, convulsions, febrile diseases, last stages of cancer, lower back or abdomen of pregnant women, near sensory organs on the face or mucous membranes. Direct moxa should not be used on the face, hairline, breast, major blood vessels, prominent tendons, major creases in the skin or on those who are elderly, intoxicated, or have over-eaten.
- ⚡ Caution with burns → palpate & monitor the skin in weak patients or diabetic neuropathies. Do not rely on patient feedback. Use shields to avoid burns from falling ash. Do not leave the room or multi-task. Cool all burns with water immediately. Chart location & size of burns. Refer out if > 1cm to avoid potential infection.
- ⚡ Rooms used for moxa must be equipped with proper ventilation (window or air filter), water & fire extinguisher. Moxa sticks need 1 hour to extinguish in a snuffer. Remove direct or needle-top moxa when burned 2/3 of the way or patient feels warmth. All moxa should be placed directly in a cup of water and not a trash can. Prepare cones or threads before beginning.

ULTRAVIOLET

- ⚡ Indications → pelvic inflammatory diseases, carbuncles, erysipelas, eczema, rickets, insufficient lactation, mastitis, frostbite, burns, asthma, joint pain, functional uterine hemorrhage, neuralgia, autonomic nervous system dysfunction, pruritus
- ⚡ **Contraindications** → active tuberculosis, arteriosclerosis, severe hepatic or renal dysfunction, hyperthyroidism, malignancies, lupus, erythema
- ⚡ Caution must be taken to wear protective goggles (both parties)

CUPPING

- ⚡ Indications → arthritic pain, abdominal pain, indigestion, headache, hypertension, common cold, cough, low back pain, painful menstruation, eyes red, swollen or painful, poisonous snake bite, non ulcerated furuncle.
- ⚡ **Contraindications** → edema, skin lesions, moles, swelling, trauma, petechiae, inflammation, infection, burns & sunburns, bleeding disorders, keloid scarring, Koebner phenomenon, patients taking anti-coagulants, cramps, dermatitis, ulcerated sores, areas where muscle is thin, abdomen or low back of pregnant women.
- ⚡ Caution → Retain only 2-10 minutes. Caution in diabetic neuropathies. Burning material for fire cups must be placed in the deepest part of the cup and not near the rim. Never retain the burning material in the cup. Avoid wet cupping in high fever, convulsions, any blood/heart conditions like anemia or hemophilia. Avoid bony areas. Needle cupping can cause needle to penetrate more deeply, hence do not needle-cup over the thoracic region. Side effects of cupping include fluid or hemorrhagic bullae

GUA SHA

- ⚡ Indications → pain anywhere, where there is blanching in the skin (indicates slow blood flow), respiratory conditions, common cold
- ⚡ **Contraindications** → active rashes, lesions, sores, pimples, infection, moles, swelling, trauma, burns, sunburns, skin beaks, or the breast (because of glands)
- ⚡ Caution → always needle before gua sha; stop when petechiae ceases to erupt. Explain timeline for resolution of petechiae with a handout. Do not gua sha in those taking blood thinners, NSAIDs, Vit E or fish oil or have bleeding disorder. Do not gua sha 48 hours before and 24 hours after chemotherapy treatment.

AURICULAR

- How to choose ear points: (1) the electrical resistance is significantly lower than other points when examining with an electrical probing device; (2) by tenderness either by palpating or probing with a tool; (3) areas with changes in color, shape, or have macules, rashes, or blisters.
- Certain factors will lower electrical resistance: (1) age, particularly those who are young; (2) cold weather; (3) point location, chiefly the Uterus, BL, LI, Esophagus, TW & Endocrine
- Use Chinese gauge 28 needle, half an inch in length. Insert only 0.1 cun deep and do not penetrate the cartilage. Retain 30-60 min. and manipulate every 5-10 to restimulate.

Disinfection for reusable tools such as cups and gua sha → Wearing PPE, wash with soap & water, then clean with an intermediate-to-high level FDA-cleared disinfectant (autoclave or 6 hours in 7.3% hydrogen peroxide solution but never household bleach), then rinse again. Also, decant lubricant used for sliding or scraping into a disposable cup or paper towel to avoid pump contamination. Cup or gua sha children only in the presence of their parent or guardian.