

# ACUPUNCTURE

## Intervention for the Shoulder



**LAURIE MITCHELL**

Licensed Acupuncturist, NCCAOM Diplomate Oriental Medicine

BodyMind Center at Thompson Hospital

# Qualifications

- NYS Licensed Acupuncturist
- NCCAOM Diplomate Oriental Medicine
- Masters Science of Acupuncture (honors)
  - 118.5 credits, 2,235 contact hours
- Masters Science of Oriental Medicine (honors)
  - 160.5 credits, 3,000 contact hours
- Shen Nong Award, Outstanding Achievement in Oriental Medicine
- Phi Chi Omega Honor Society

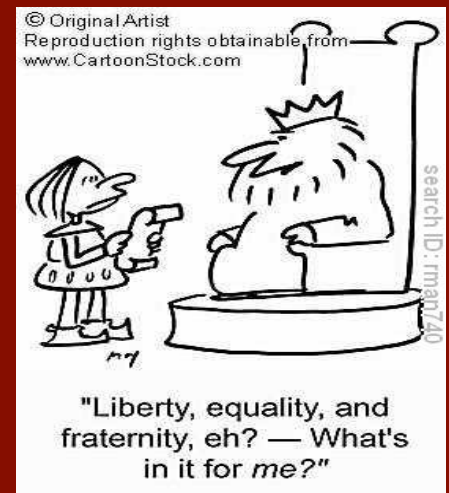


Laurie Mitchell

# NOT All Acupuncturists Are Created Equal!

According to NYSED.gov Office of the Professions/Acupuncture Certification Requirements

	<b>LICENSED Acupuncturist</b>	<b>MEDICAL Acupuncturist</b>
Acupuncture Training (hands-on hours)	3000 hours	300 hours
Credentials	Masters in Acupuncture	Dentist or Physician
Education	<ul style="list-style-type: none"><li>• TCM &amp; Microsystems</li><li>• Ability to customize treatment for patient's max benefit</li></ul>	Learn "cookie cutter" treatment protocols (one size fits all???)



# What is Acupuncture?

- Drug-free, complementary medicine, healing modality
- Inserting & manipulating needles into points to activate the body's healing potential
  - Treat pain & disease
- History
  - 2000 – 5000 years old, from China and surrounding Asian countries
  - US & Europe since 1970s



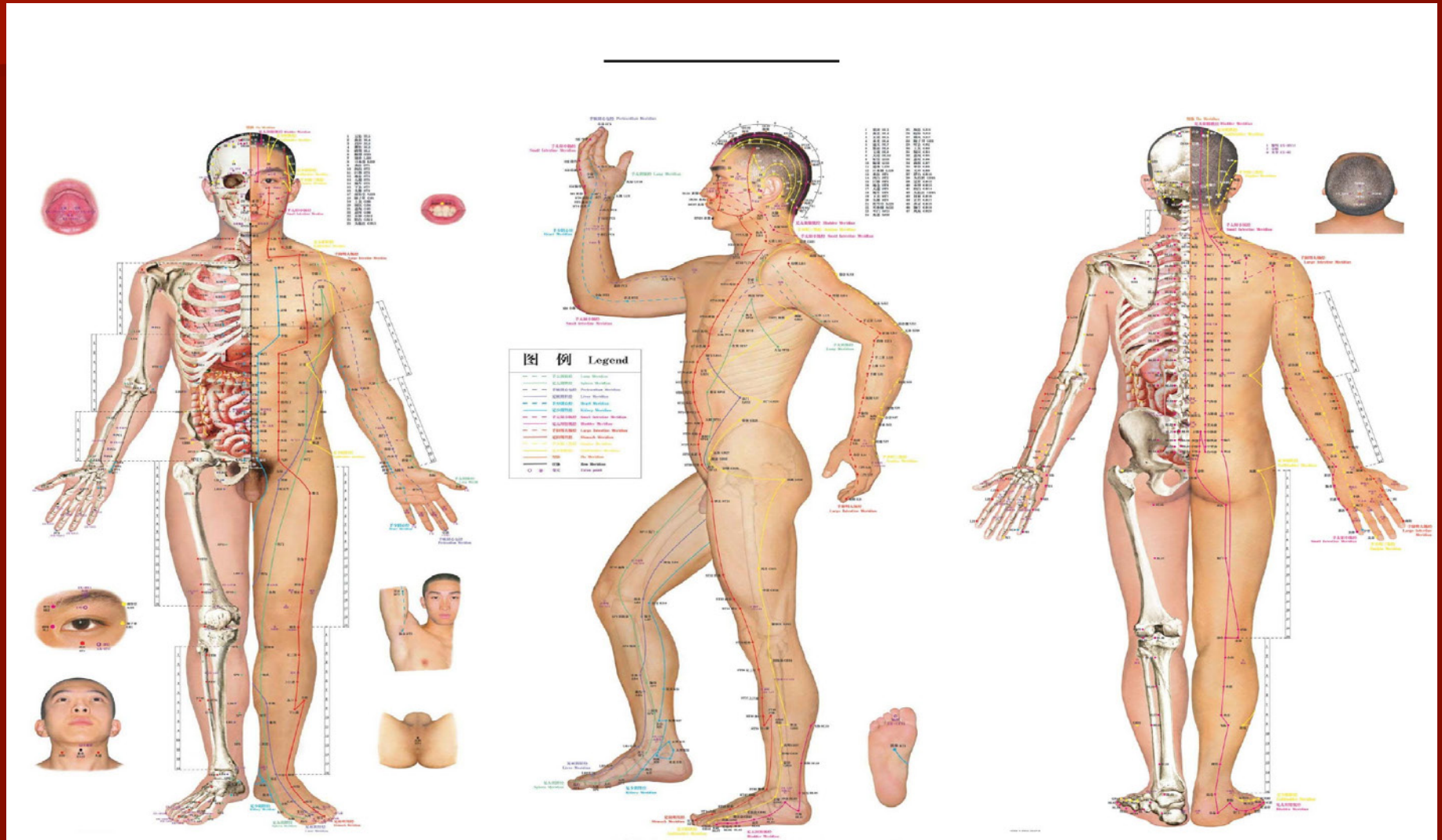
# How Does Acupuncture Work?

- Holistic
  - “The part can never be well unless the whole is well.”  
Plato
- Energy called, “Qi” (blood/ neurochemical flow)
- Flowing in pathways or meridians called, “Jing Luo”
- Needles inserted into specific points along the meridians activate the body’s healing potential





# Acupuncture Meridians & Points



# The Balancing Act



Balances the **WHOLE** body

- Alleviate Symptoms
- Strengthen the body to allow it to eradicate disease
- Prevent disease

# Different Terms, Same Meaning

“Where there is pain, There is no free flow,  
Where there is free flow, There is no pain”



Eastern Medicine:

Qi & Blood Stagnation = Pain (and disease)

Western Medicine:

Impeded Neurotransmitter & Blood Flow



# What Does Acupuncture Treat?

The World Health Organization deemed (through scientific research) that Acupuncture is effective for the treatment of (but NOT LIMITED to)

## Pain Conditions

- Chronic, surgical, traumatic
- Sciatica, low back pain
- Heel, ankle, shoulder, knee, neck
- Fibromyalgia
- Arthritis
- TMJ
- Tennis Elbow
- Headaches/Migraines
- Trigeminal neuralgia
- Carpal Tunnel
- Intercostal Neuralgia



# What Else Does Acupuncture Treat?

- Type II Diabetes
- Anxiety, Depression, Grief
- Stress
- Insomnia
- Restless Leg Syndrome
- Colds & Flu
- Asthma, Bronchitis
- Sinusitis, Allergies
- Indigestion, Stomach Ache, Bloating
- Diarrhea, Constipation, IBS



# But Wait! There's More!

- Prostatitis, Benign Prostatic Hypertrophy
- Infertility
- Menstrual Irregularities, PMS, Endometriosis, Fibroids, Menopausal Symptoms
- Post-stroke Paralysis
- Dizziness, Tinnitus
- ADHD, PTSD



# Acupuncture Is Helpful for Conditions Such As



- Overcoming Addictions
  - Smoking
  - Over Eating
  - Illegal Drugs & Alcohol
- Maintaining Healthy Body Weight
- Multiple Sclerosis
- Face Lift, Wrinkle Reduction

# Acupuncture Research

Acupuncture poses difficulty to RCT research due to:

## Lack of a true placebo!

- Patients know!
- "Sham" acu is effective
  - Acupressure
  - Toothpicks on points
  - Points that do not treat specified area

Therefore,

Treatment group results similar to "sham"  
Case Study type research is better than RCT



World Health Organization RCT studies for Periarthritis of the Shoulder

- Kinosita, 1973
- Shao, 1994



# Does Acupuncture Hurt?

- Most find it relaxing & pain-free
- Sensation of achiness or warmth at site
  - Indicates that your body is responding to the treatment
  - Sometimes moving or shooting sensation
- Thickness of a few hairs
- Acupuncture needle tip is shaped like a pine tree needle
  - No cutting edge, smoothly glide thru skin
  - Sterile, disposable, single-use



# What Patients Should Expect for 1<sup>st</sup> Visit



- Patient lays on heated table with heat lamp
- Needles inserted
- Patient usually sleeps
- Needles retained for 30 to 45 min

# Acupuncture Treats Pain due to:

- Bursitis
- Tendonitis
- Arthritis
- Nerve Pain (any etiology)
- \*Frozen Shoulder
- Post-Operatively
- Acute Injury
  - Trauma
  - Sports, etc.



\*Optimal results achieved when combined with PT & Massage Therapy

# Location, Location, Location

Diagnosis & treatment plan  
based on LOCATION of pain

Find the blockage  
& remove the blockage!

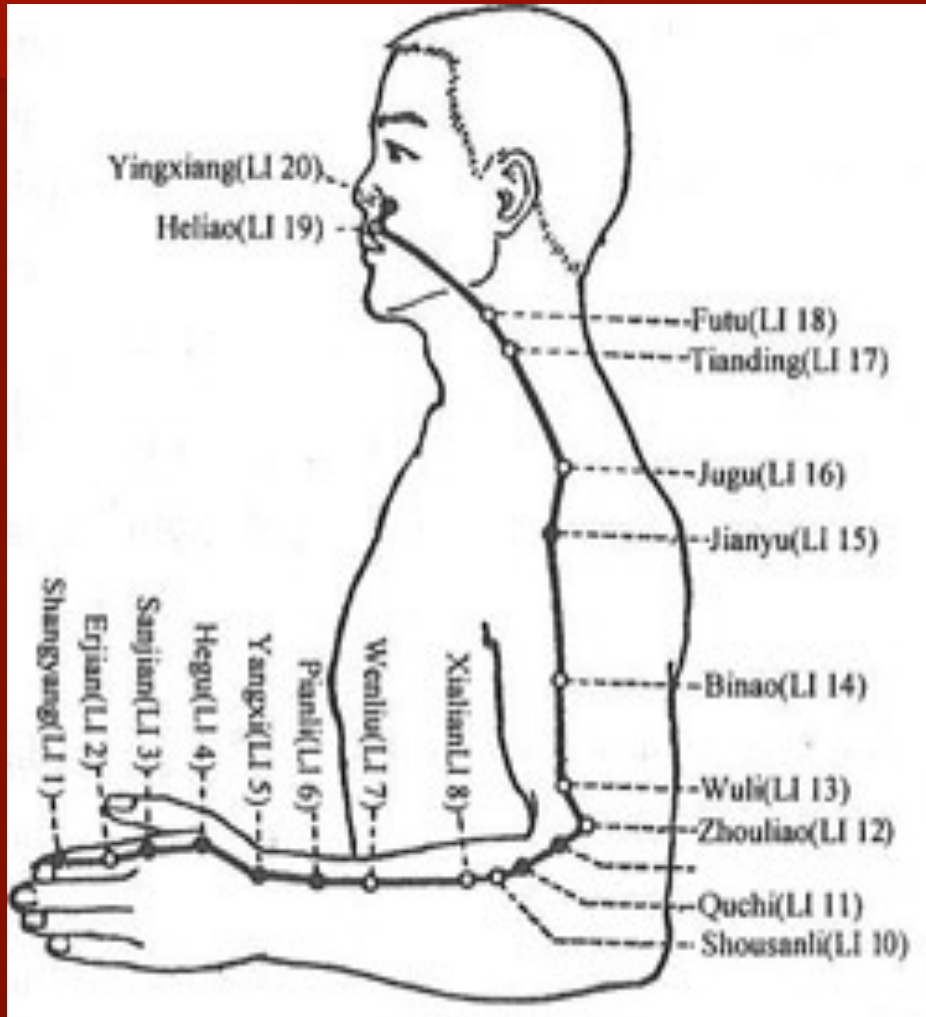


Multiple meridians run thru shoulder including:

- Large Intestine
- San Jiao (Triple Warmer)
- Gallbladder
- Small Intestine
- Lung
- Heart

# Lateral Shoulder Acu Points

## Large Intestine meridian



**LI-16** In the depression, between the clavicle lateral end and the scapular spine

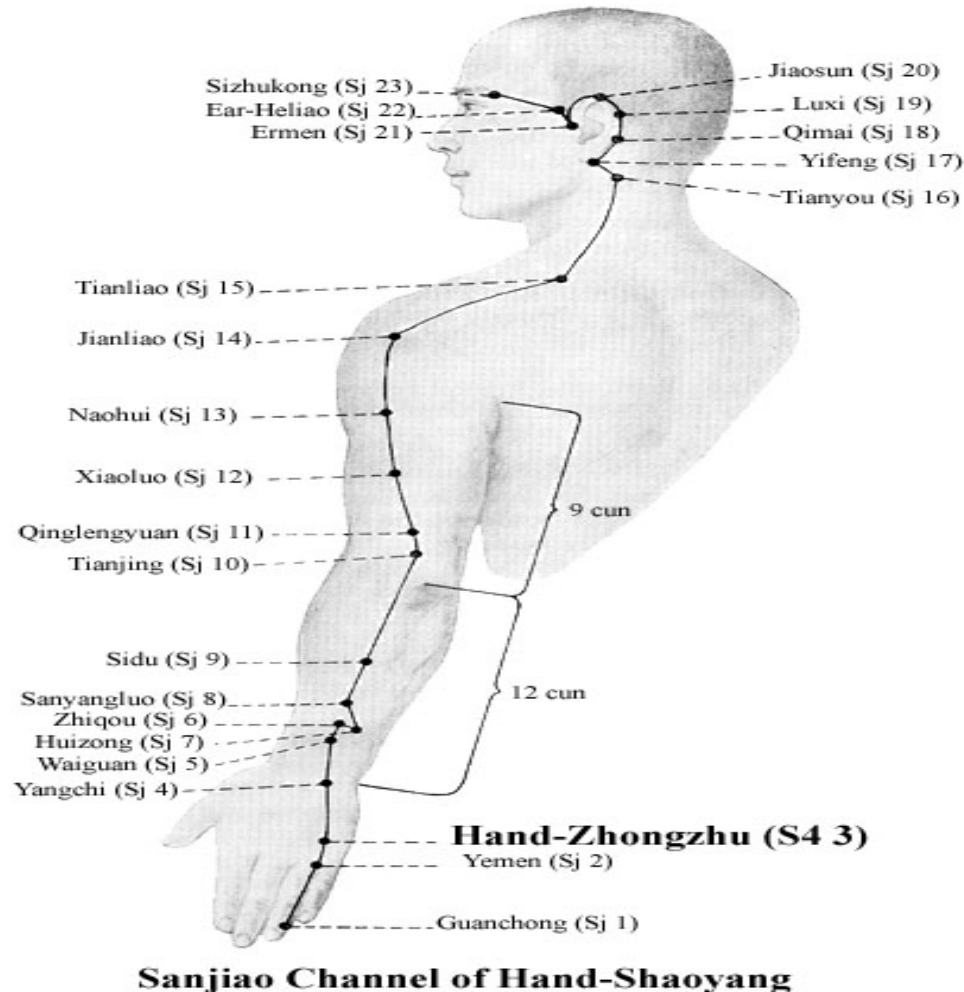
**LI 15** In the depression, about 0.3 cun inferior to the acromion anterior corner

**LI14** In the depression, anterior to the deltoid



# Lateral Shoulder Acu Points

## Sanjiao Meridian



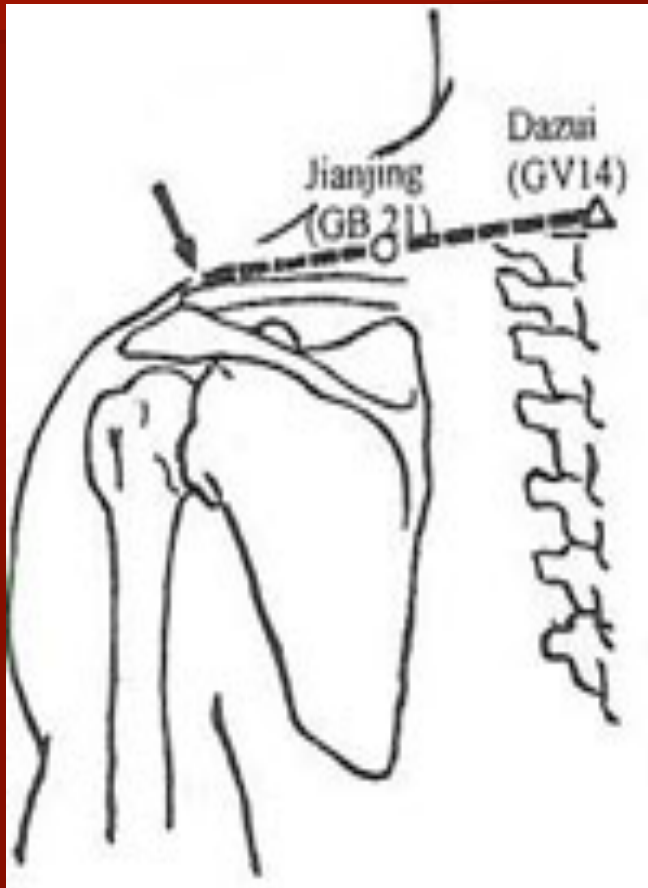
**SJ-15** in the depression midway between GB-21 (in the trapezius split, midway between C7 spinous process and acromion peak) & SI-13 (in the depression, in the supraspinous fossa medial side)

**SJ-14** In the depression 0.3 cun inferior (& distal) to the acromion posterior-lateral corner

**SJ-13** On the line connecting the olecranon with SJ-14 posterior & inferior to the deltoid

# Lateral Shoulder Acu Points

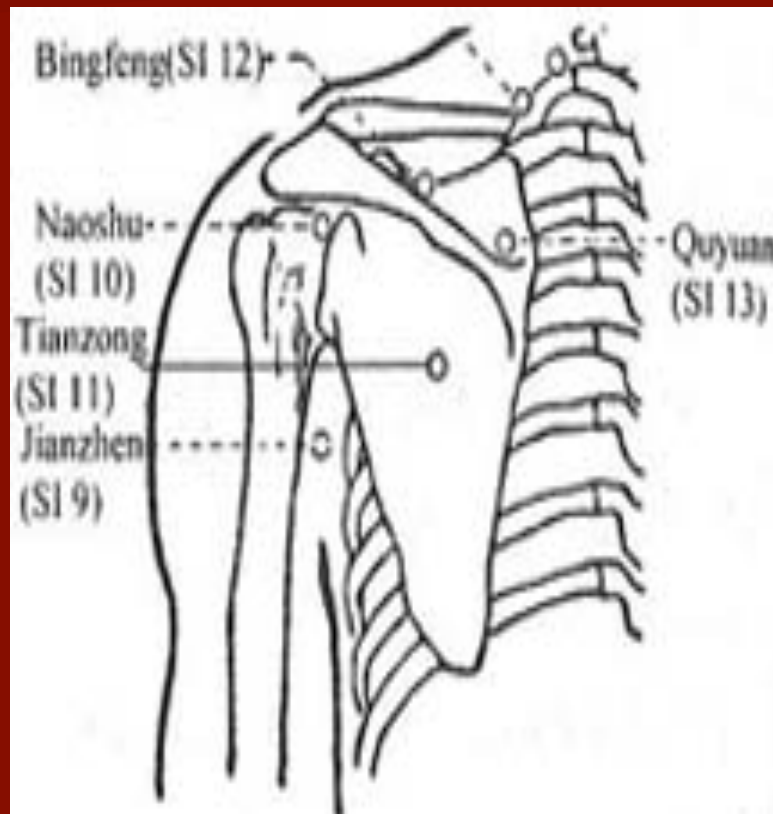
## Gallbladder meridian



**GB-21** In the trapezius split  
midway between C7 spinous  
process and the acromion peak

# Posterior Shoulder Acu Points

## Small Intestine meridian



**SI-12** On the scapular spine superior border

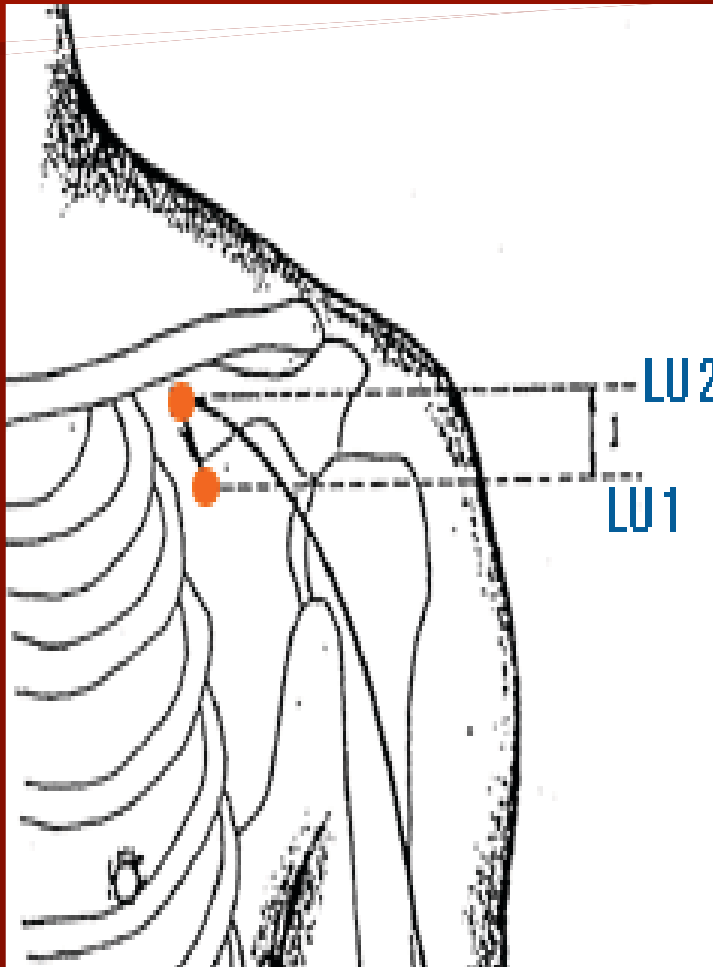
**SI-11** Level with 1/3 distance between the scapular spine inferior border and the scapular edge, midway between the lateral & medial scapular edges

**SI-10** Vertically superior to posterior end of axillary fold, inferior to scapular spine

**SI-9** In the depression 1 cun superior to the posterior end of the axillary fold

# Anterior Shoulder Acu Points

## Lung meridian

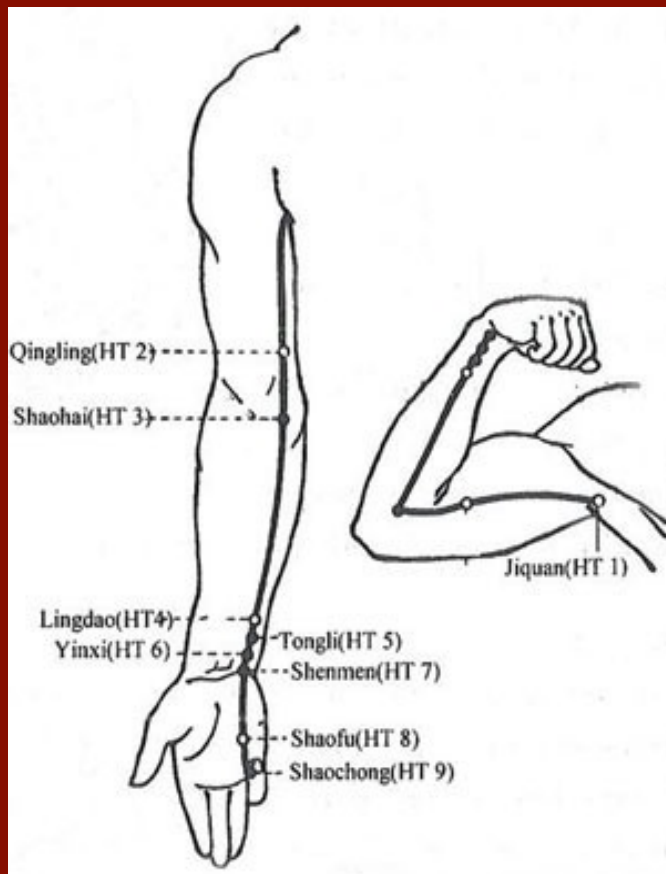


**Lu-2** Inferior to the clavicle, 6 cun lateral to the front midline intercostal 1<sup>st</sup>

**Lu-1** 6 cun lateral to the front midline, on the line connecting laterally (and superior) from the 1<sup>st</sup> intercostal

# Inferior Shoulder Acu Points

## Heart meridian

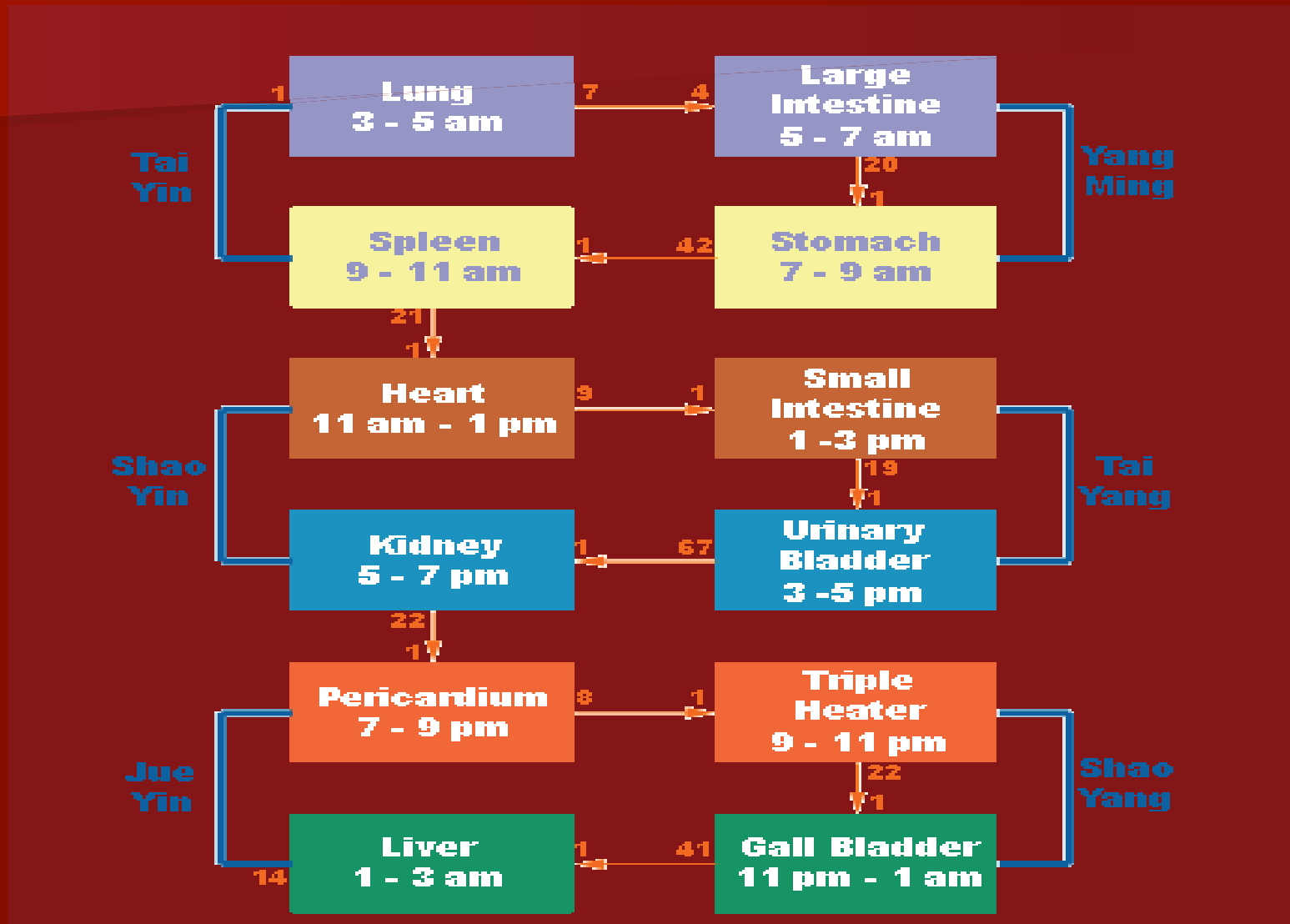


**Ht-1** With arm raised, in the center of the axilla, medial to the axillary artery

**Ht-2** With elbow flexed at a right angle, between the medial epicondyle and the cubital crease medial end



# Its All Related!



# Where Do The Needles Go?

- Traditional Chinese Medicine Acupuncture
  - Needle into painful area & distal to pain
  - Also for E-Stim Acupuncture
- Microsystems
  - Distal only
  - Example: Dr. Tan's Balance Method
    - Balance one meridian on another
    - Needle ankle joint to treat shoulder

# Prognosis

- Pain relief grows over time & number of treatments

1<sup>st</sup> Intensity decreases

2<sup>nd</sup> Longevity of relief increases

- If cervical nerve damage is present, pain often leaves shoulder and returns to cervical area

- Increased strength & ROM when pain subsides

# Treatment Frequency

2 treatments per week recommended for max success

Decrease to weekly, then bi-monthly, etc.

Benchmark:

- able to perform ADLS
- limited pain 1-1/10 w/o pain medication

Establish a customized "maintenance" regime

Goal: Return only if need a "tune up"

Chronic & severe cases require more treatments (per week and for overall course of treatment) vs. acute & mild cases

# Acupuncture's Limitations when treating Shoulder Pain

Limited relief of:

- Grinding, popping, clicking, etc.
- Congenital deformity
- "Bone on bone"



# Synergistic Drug-Free, Non-Surgical Treatment Modalities

Acupuncture patients see maximum benefit when combining with:

- Physical Therapy & OT
- Chiropractic\*
- Osteopathic Treatment
- Massage Therapy\*
- Cranio-Sacral Therapy
- Chinese Herbal Medicine\*
  - Topical (liniments)
  - Customized formulas for pain
    - Teas
    - Pills
- Heat application to local area



\*offered at BodyMind Center



# Payment Information for Patients



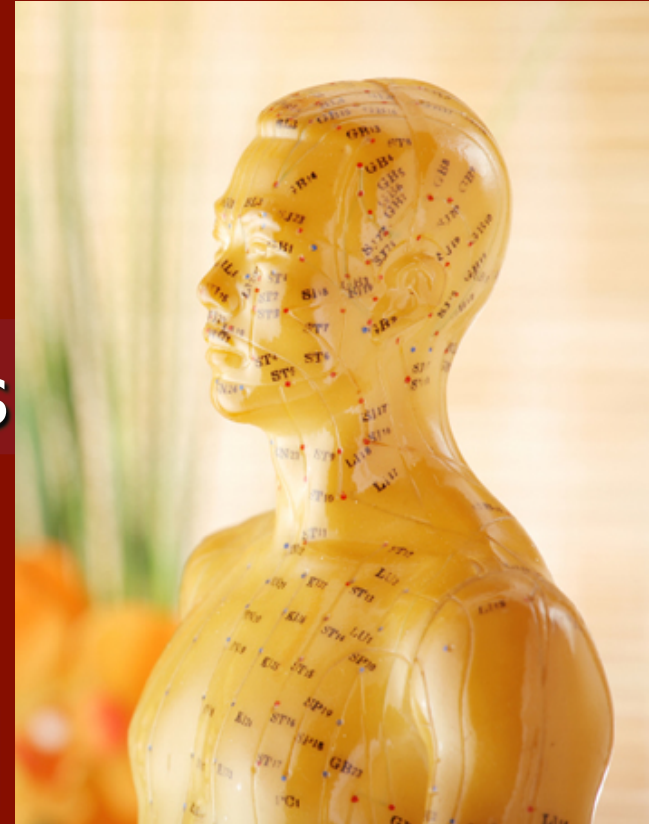
## Insurance Providers

- Excellus
- MVP
- Aetna
- United Health Care
- Magna Care
- No Fault (need open case)
- Some Workers Comp (special circumstances)

Most Do NOT Require a Referral

# Acupuncture Treatment Schedule

- Course of Treatment is Typically 10 Visits via Insurance
- Exact Number of Treatments Vary
  - How your body responds to treatment
  - Length of time condition is present
  - Severity of condition



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By Appointment

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