

Pain Management Points -- Illustrated

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If you missed the January 15, 1993 issue of Dynamic Chiropractic, I can only assume you were on a cruise ship sailing one of the seven seas which, I might add, may be the only legitimate excuse for not reading my last column, "Meridian Therapy Pain Management." Well, no excuses now, you're back home and time to catch up on your journals.

For the rest of you who read this most important column, I urge you to read it again and spend a few minutes coordinating the illustrated points offered in this issue which relate to the January 15, 1993 issue.

The points offered here may very well change the course of history of hundreds of your current and future patients. They are truly dynamic.

Remember, HT3, P3, and LU5 are the water points of the yin meridians of the upper extremity, which have the powerful effect of dousing the fire of inflammation in the elbow, shoulder, wrist, neck, chest, and fingers.

KI10, LIV8, and SP9 have the same effect on the lower extremity with particular interest in the foot, ankle, knee, thigh, groin, lumbar spine, and abdomen.

L12, TH2, and S12 are the water points of the yang meridians of the upper extremity and have a strong effect on the dorsal aspect of the arm, neck, and head. ST44, GB 43, and BL66 have particular interest in the lower extremity, dorsal and lateral aspect, with particular emphasis on the leg, back, face, and head. These 12 points may very well be some of the most significant anti-inflammatory points in the body.

This column illustrates a few points which were not mentioned in the January 15 issue, but have been featured in earlier articles. The points K127, GV14, GV7, ST12, and ST36 have very strong effects in relieving pain and should be considered in every patient you see with pain.

Any modality, including a ballpoint pen, is acceptable. It is the location of the specific point which is important, not so much how you stimulate it. If you could play the piano with several pencils held between your teeth, striking the proper key with rhythm and accuracy, there would be little difference from the adept pianist. I admit that would be some trick, but you get the drift.

Try these combinations of points and re-read the January 15, 1993 issue of Dynamic Chiropractic; you'll be glad you did.

If, in fact, you were on a secluded beach or cruise ship and you did not see the January 15 issue, send a stamped, self-addressed envelope and I'll see that you receive my article. Those sending a few grains of sand from their shoes will receive priority.

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