



UiO • **Institutt for helse og samfunn**
Det medisinske fakultet

*Praktisk demonstrasjon av
akupunkturbehandling av akutte
korsryggsmerter i Acu-Back.*

Trygve og Holgeir



Altså:

- **Acupuncture:**

1- The patient sits in a chair and the doctor stimulates the acupuncture points ‘the Lumbar Pain Points’ (Yaotongxue/Yaotongdian) on the right hand, with acupuncture needles of type Seirin B-8a 0.30 x30 mm. These are two points located between the second and third and the fourth and fifth metacarpal bones, immediately distal to the bases of the metacarpals. Insertion depth is 10 to 15 mm.

2- The doctor stimulates the needles in a rotating up and down movement to impart a powerful needle sensation (called ‘de Qi’), and this is repeated in short sequences to maintain the needle sensation for a total of 1 min. The needles shall stay in the hand during the rest of the treatment.

3- The patient is then asked to rise and to perform slow rotating pelvic movements for 2 min, **4-** before lying down on a bench to be treated in the local points Huatuojiayi (‘Jiaji’) with acupuncture needles of the type SEIRIN J-8 with sleeve 0.30 x 50 mm. These points are located 1.5 cm lateral to the depressions below the spinous processes, and we will acupuncture them bilaterally in the segments of the L2 to L4 (six needles) at a depth of 3 to 4 cm. They are stimulated manually until the patient experiences the needle sensation.

5- Then, the patient lies quietly on the bench for another 5 min before all the needles are removed.

6- The whole acupuncture session lasts for a total of 8 min.

I kort-tekst:

- 1: Lumbago 1 og 3 høy hånd, sittende, kraftig stimulering i ett minutt.
- 2: 2 minutter roterende hoftebevegelser med nålene i hånda.
- 3: Opp på benken med nålene i.
- 4: Sett jiaji bilateralt L2-L4 til de Qi, la så stå.
- 5: Pasienten ligger med alle nålene på benk i 5 minutter.
- 6: Ut med nålene og opp å stå.
Totalt skal du bruke 8 minutter pluss minus.