



# TCM for pain management

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# + Different kinds of pain

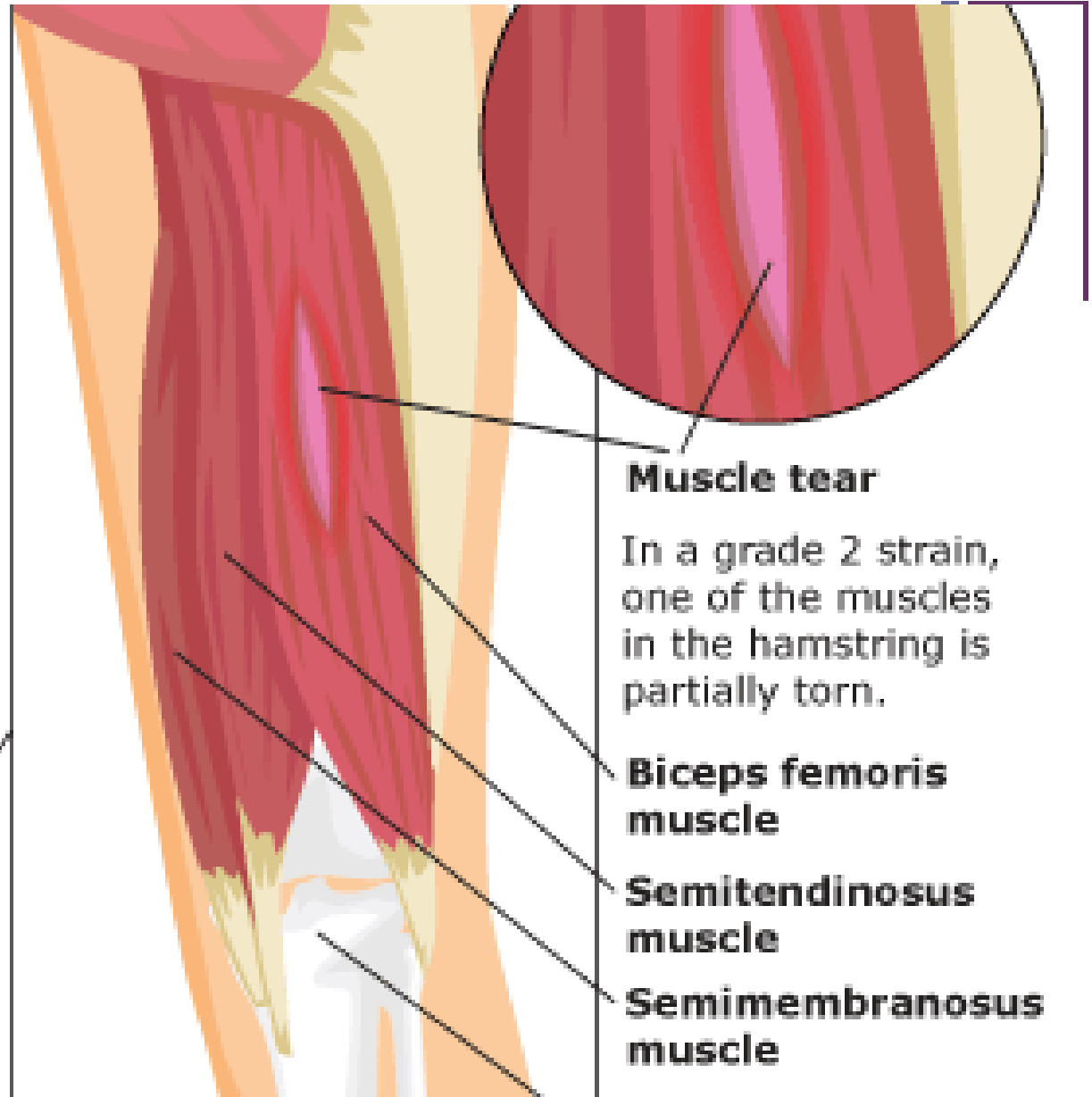
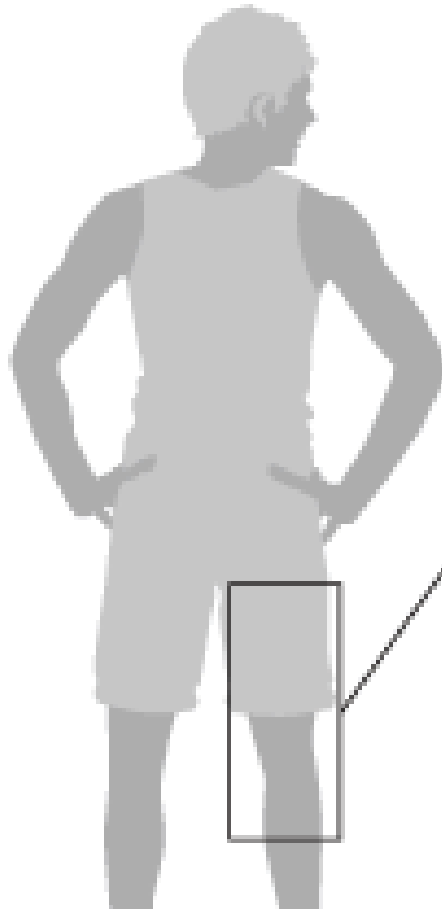
- Muscle
- Bone
- Joint: Tendon, nerve, bursa



# + Muscle pain



- Muscle strain : in TCM, it is Qi & blood Stasis:
- Acupuncture,
- Massage local points or muscle.
- Cupping
- Exercise works!
- Herb or food: San Qi,
- Will be better in 1-2 weeks



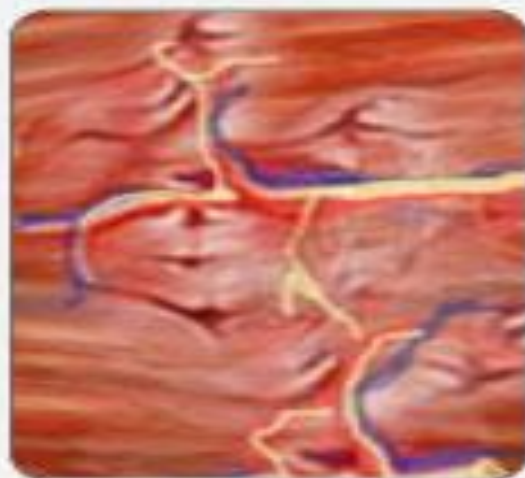
# Muscle Injury Tissue Progression

Pre-Injury



Healthy Tissue

Injured



Strained Tissue

Healed

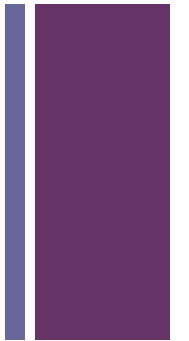


Scar Tissue

**SCAR TISSUE = ↑ RISK OF RE-INJURY + ↓ RANGE OF MOTION**

Scar tissue forms to heal injured tissue leaving the muscle weaker and less flexible.





# Rotator Cuff

Capsular ligament

Supraspinatus

Subscapularis

Humerus

Tendon

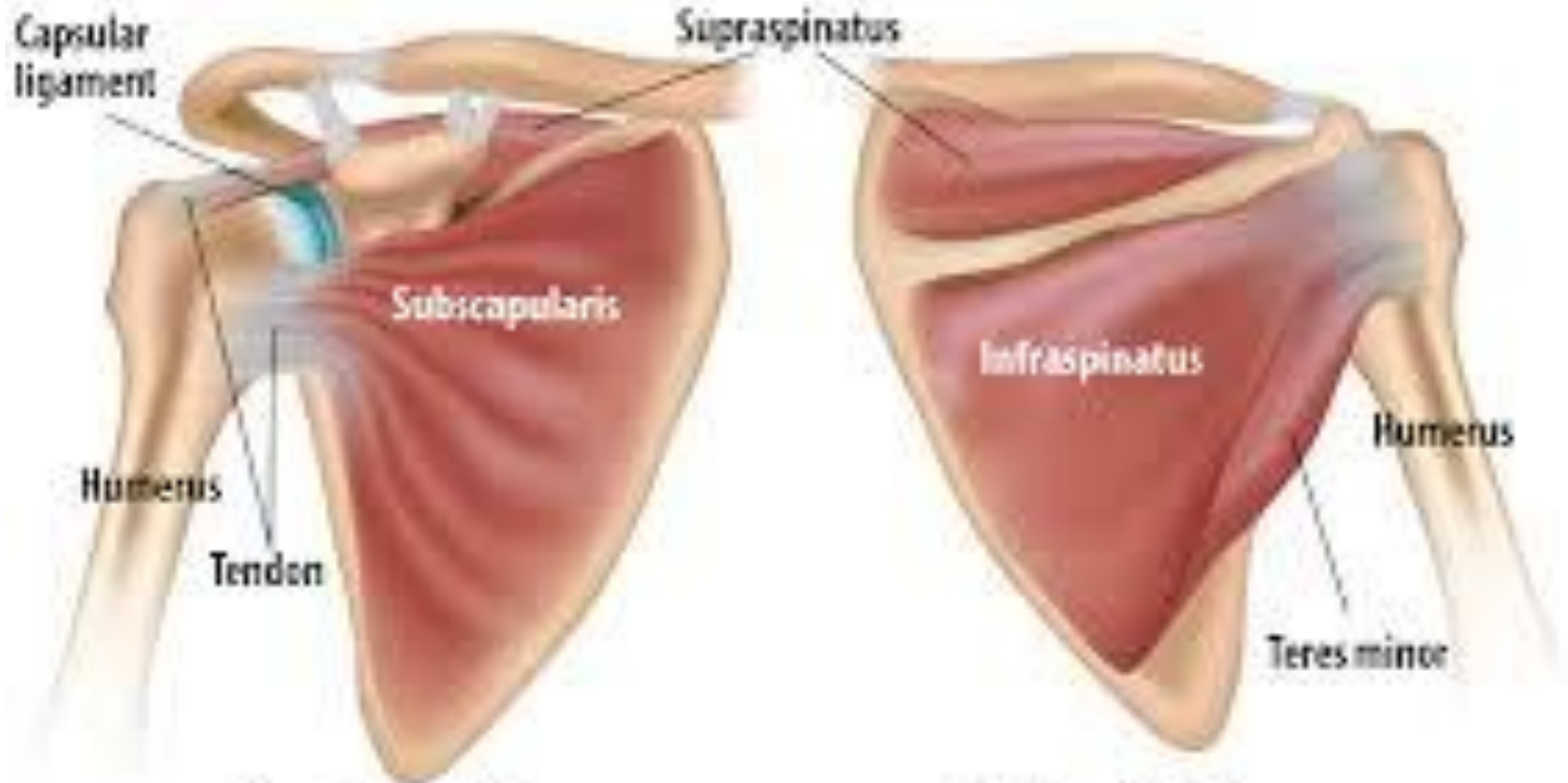
Infraspinatus

Humerus

Teres minor

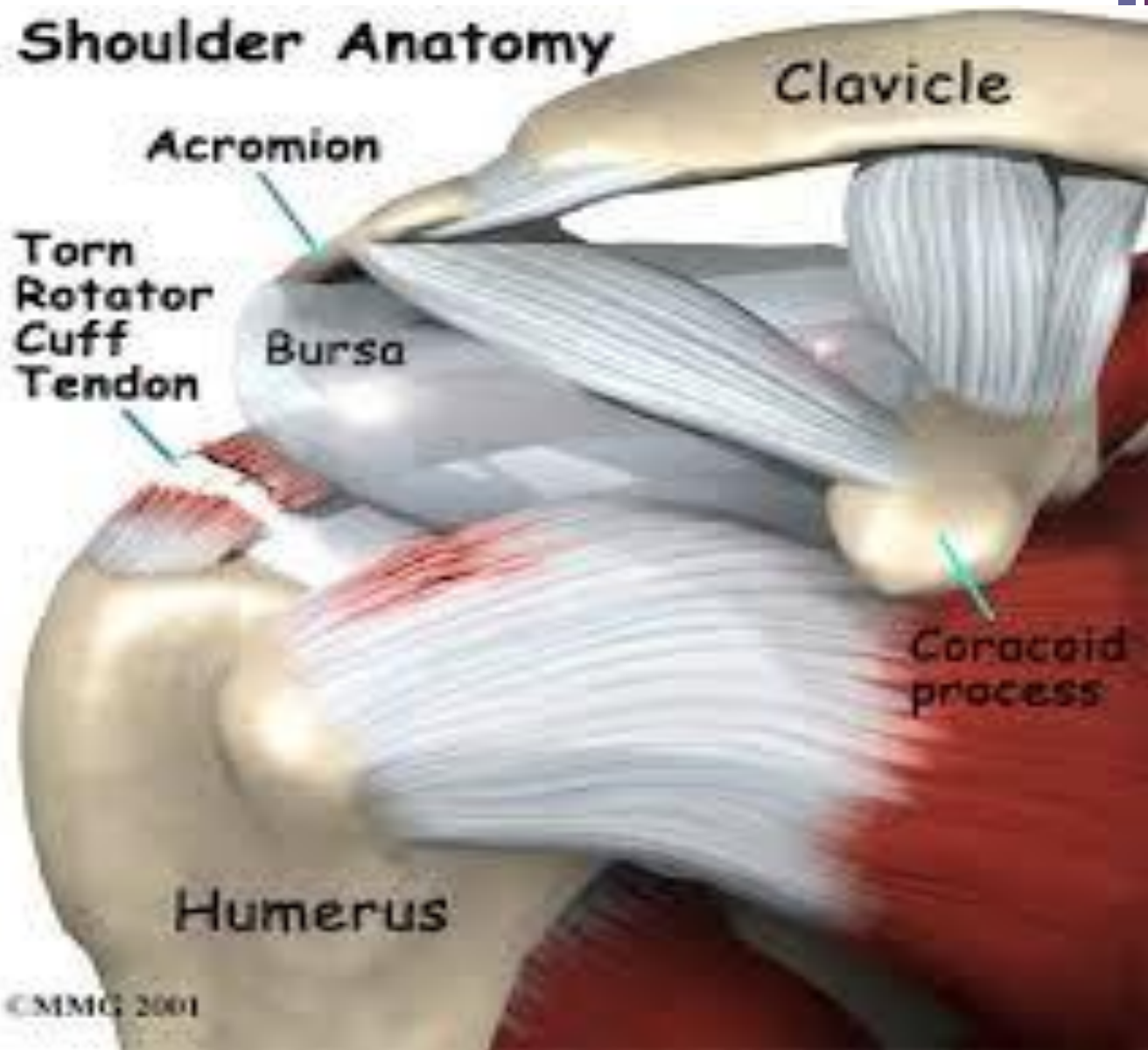
Anterior View

Posterior View





# Shoulder Anatomy





# + Causes of Muscle Strains

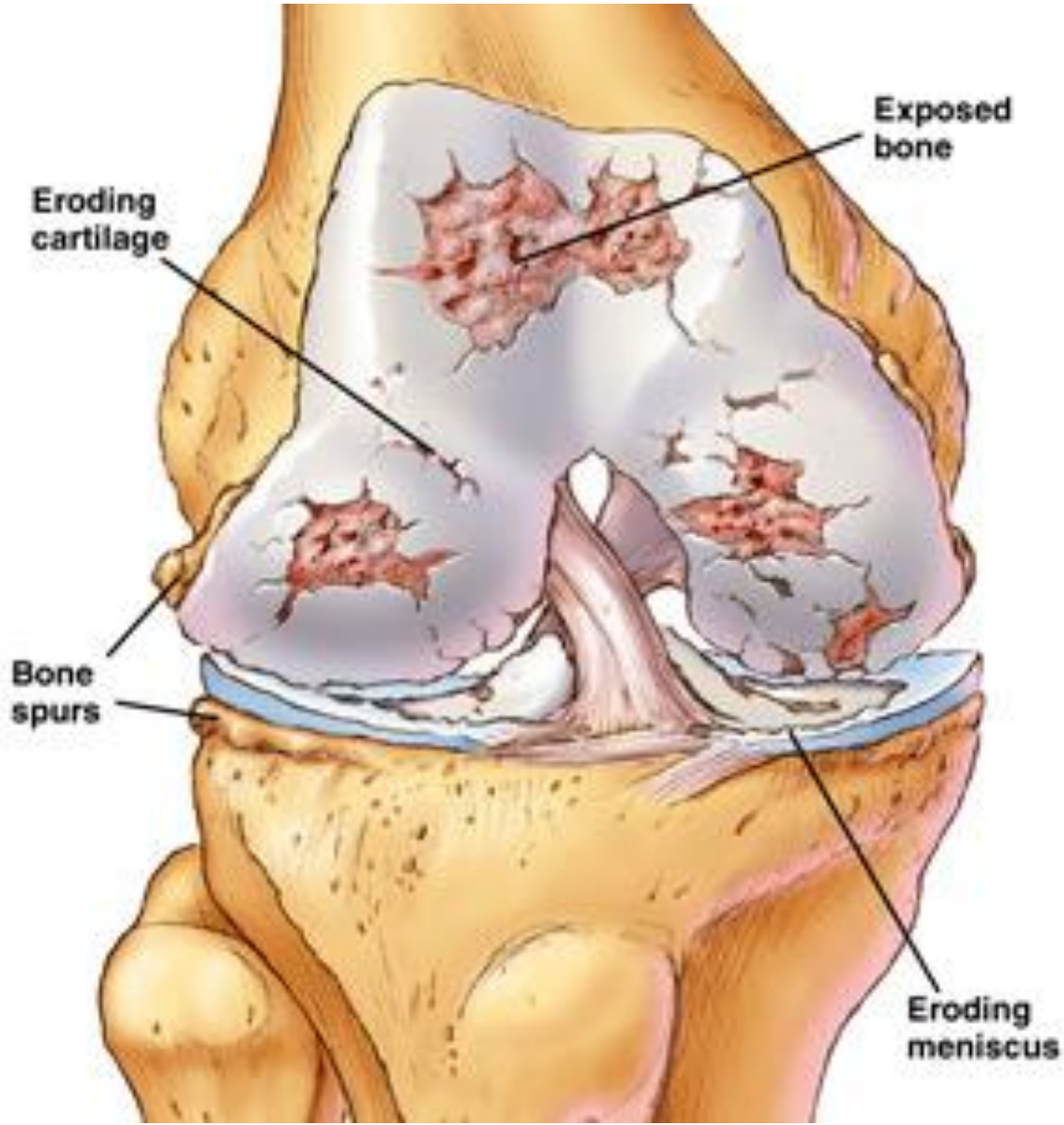
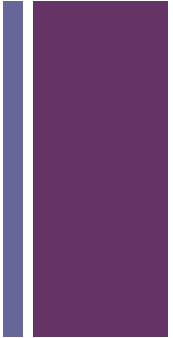


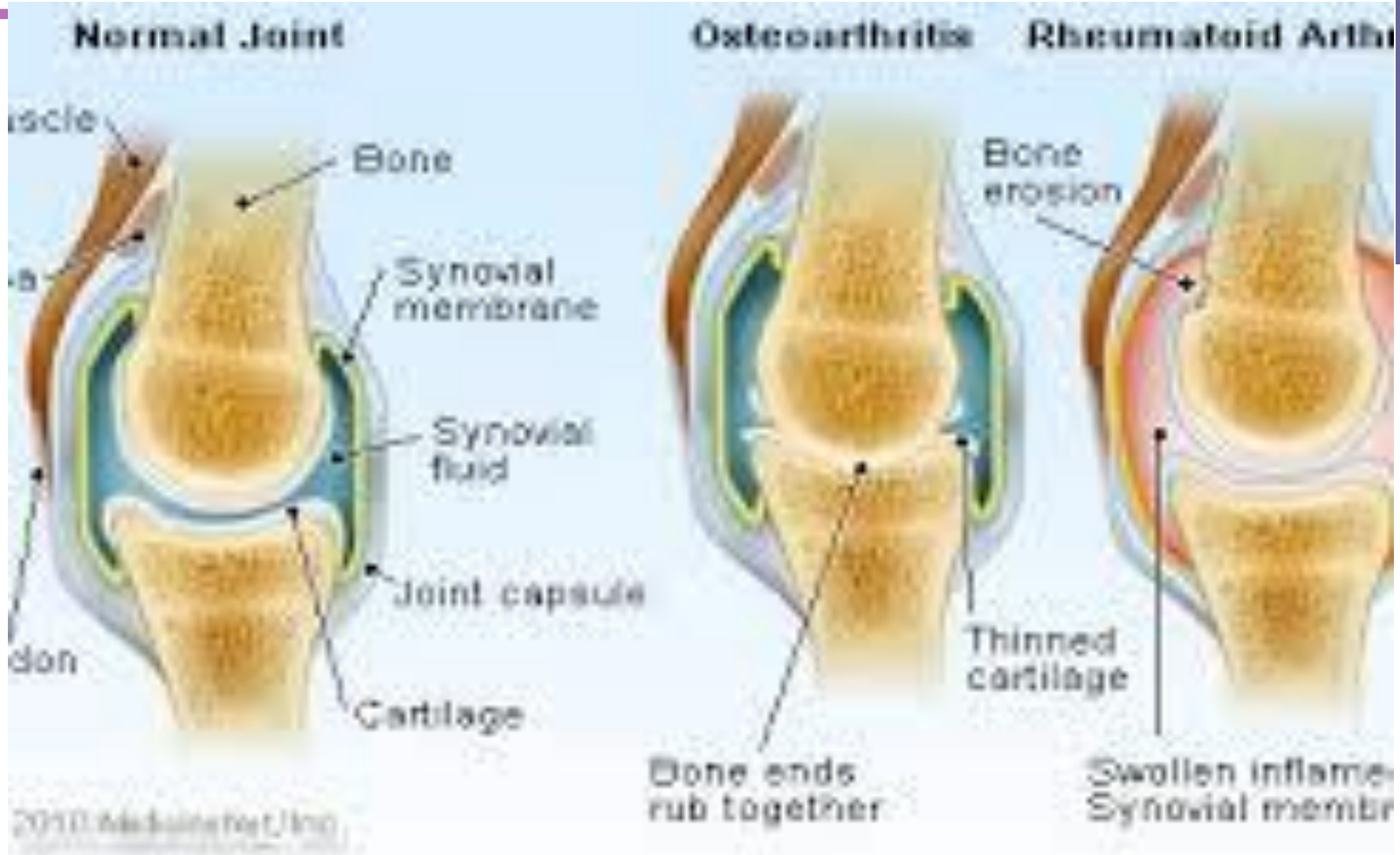
- An acute muscle strain is when your muscle tears suddenly and unexpectedly. This can be due to:
  - not warming up properly before physical activity
  - poor flexibility
  - poor conditioning
  - overexertion and fatigue

# + Bone



- Arthritis – bone degeneration
- Spine:
- Joint bones:
- Acupuncture can temporary relief of pain , treat local or distal.
- Massage : not so effective
- Exercise : not too much
- Herb and food: very useful for long term, eg: glucosamine .  
Bone soup. Fish, Soy, olive oil, cherries, dairy, beans, etc.
- It happens slowly, it will be better slowly.





# Normal and Arthritic Joints



# Spinal Arthritis



Healthy Spine

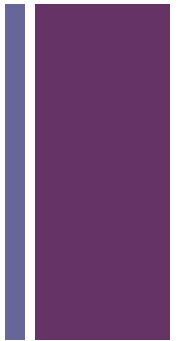
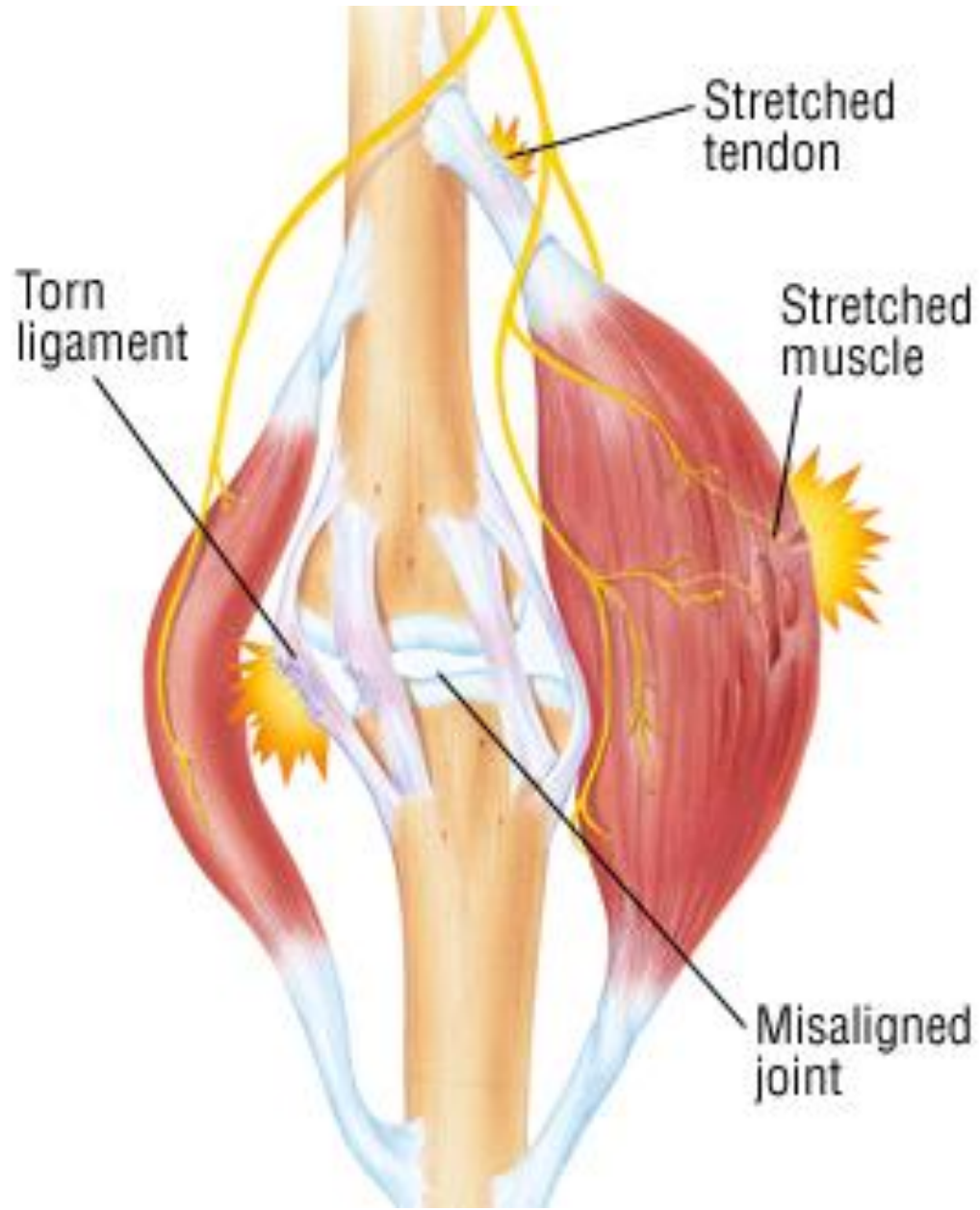


Arthritic Spine

# + Tendon pain



- Tendonitis: inflammation. Less blood circulation.
- Acupuncture local
- Massage works!
- Exercise : No. Less work.
- Herb or food: tendon, glucosamine chondroitin, Turmeric
- 6-12 weeks to heal





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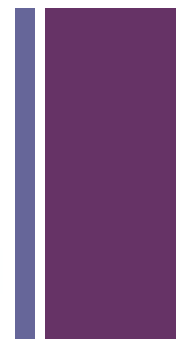


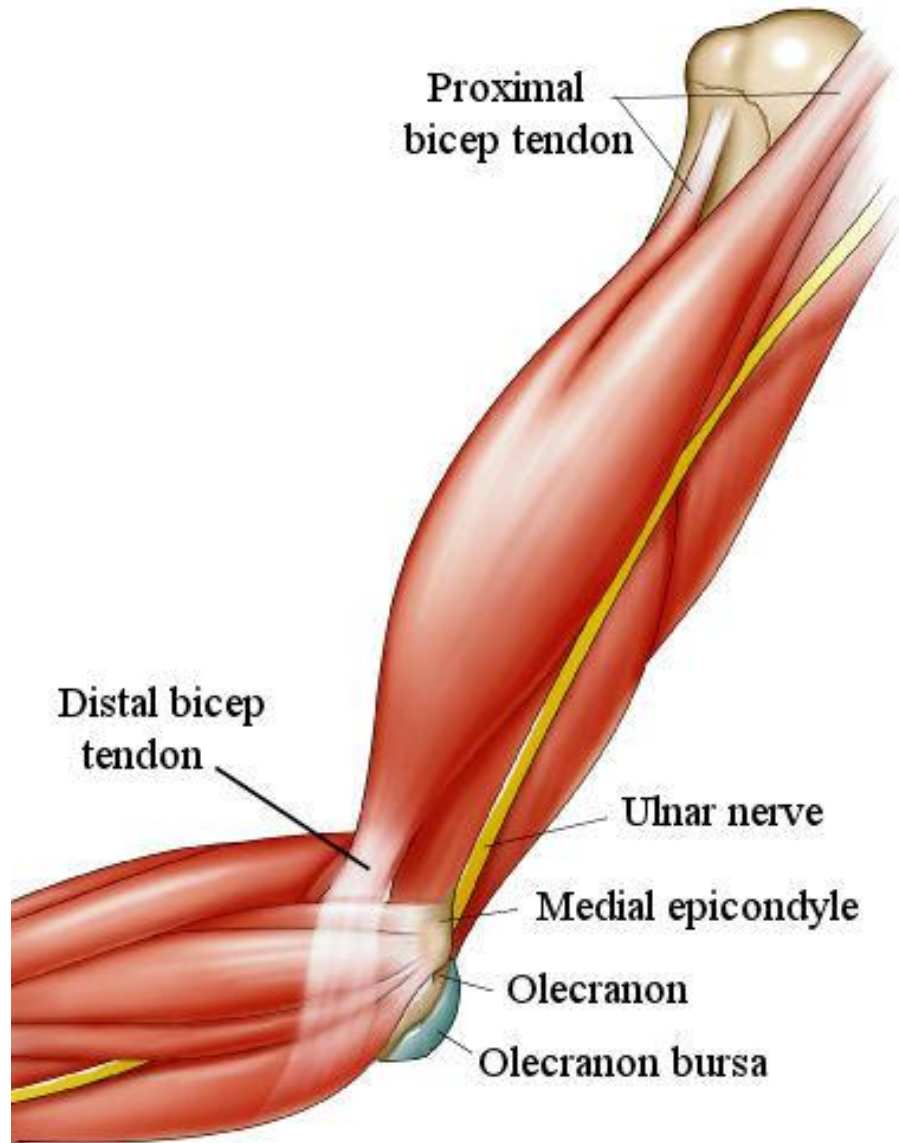


# Biceps Tendinitis



Tendinitis of the Long Head





# + Pinched nerve



- Shooting pain
- Most common place: neck, shoulder , sciatica
- Nerve pain or burning or other abnormal sensations
- Acupuncture works!
- Traction or stretches helps!
- Massage to relax the muscle
- Herb or food: vine
- Weeks to heal



# Causes of Pinched Nerves



- A pinched nerve occurs when there is "compression" (pressure) on a nerve.
- The pressure may be the result of repetitive motions. Or it may happen from holding your body in one position for long periods, such as keeping elbows bent while sleeping.
- Nerve compression often occurs when the nerve is pressed between tissues such as:
  - Ligament , Tendon , Bone

# + Symptoms



- Pain in the area of compression, such as the neck or low back
- Radiating pain, such as sciatica or radicular pain
- Numbness or tingling
- "Pins and needles" or a burning sensation
- Weakness, especially with certain activities



Sciatic nerve  
(damaged)

Knee  
weakened





disc protruding







Herniated disk

Pinched nerve

Sciatic nerve

# + Bursitis

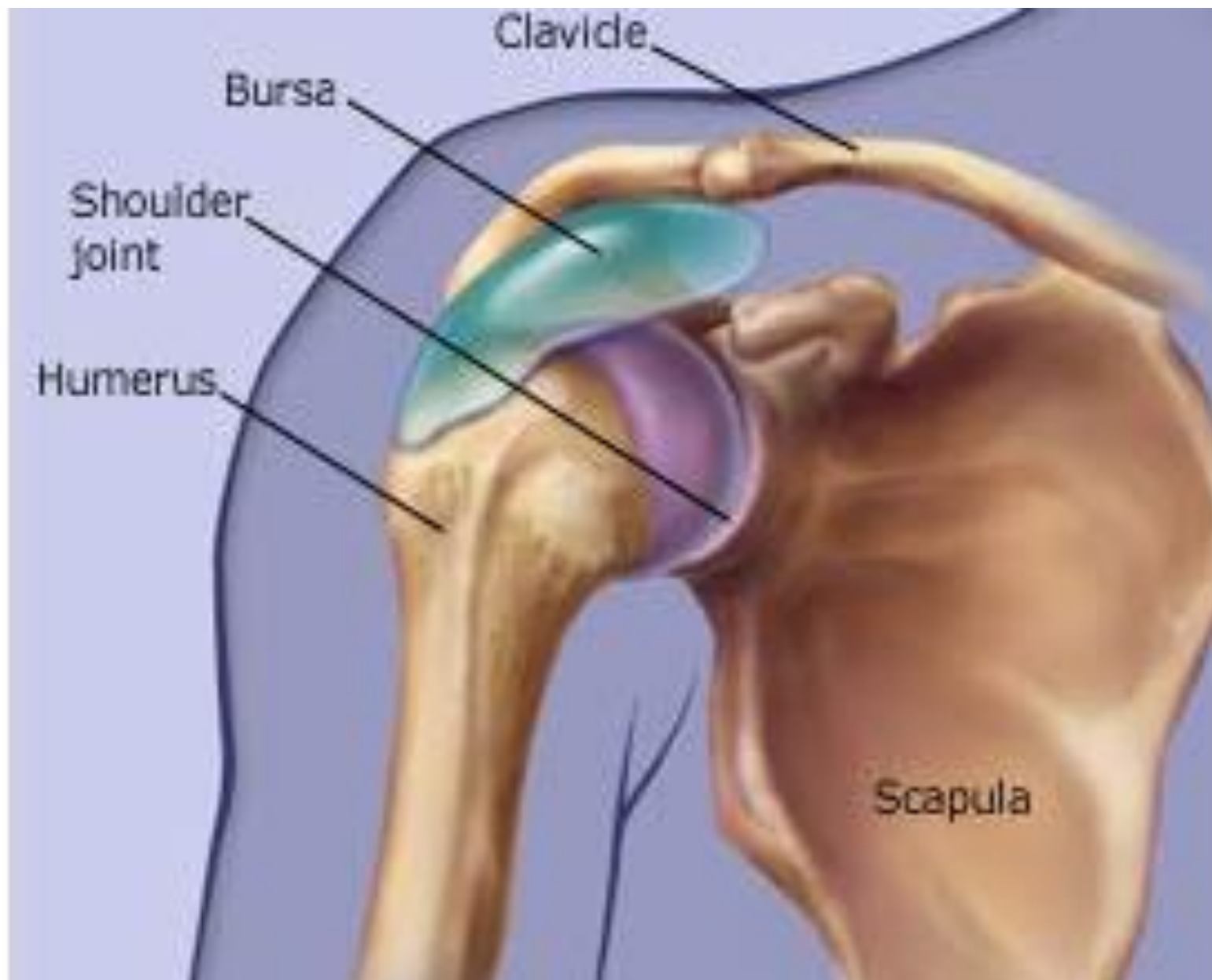


- Bursa inflammation
- Mostly on hip , shoulder, knee or ankle
- Acupuncture
- Massage?
- Exercise?
- Herb and food: anti-inflammation :turmeric,

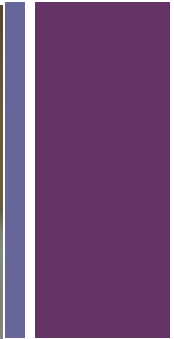
# + Causes

Bursitis is most often caused by repetitive, minor impact on the area, or from a sudden, more serious injury. Age also plays a role. As tendons age they are able to tolerate stress less, are less elastic, and are easier to tear.









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# Knee Bursitis



# + Others

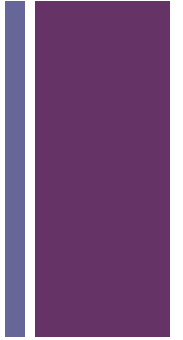


- Blood Vessels – Varicose Vein, etc.
- Other problems caused pain: need to treat the primary problems.





# General treatment with TCM



- Minor invigoration : Move the Qi and Blood: filiform needle for inflammation, degenerations.
- Medium invigoration: Cupping, Electric stimulation, scraping, massage to get rid of the stagnation locally.
- Big invigoration: Heat, prick to stimulate the local circulation .
- Plus distal points.
- Exercise can help, not too much.