

Using Yanglingquan

to improve musculoskeletal results

By Du Xiao-Jian

This short article was first published in the *Zhongyi Zazhi*, 1989, 30:3, but is often referenced in the acupuncture literature.

OVER THE PAST five years, when treating conditions such as inflamed shoulder, acute lumbar pain, or sprains of the tendons and ligaments, I have been adding the needling of *Yanglingquan* (GB-34) when the usual points are not achieving results. In almost all cases this seems to be very efficacious. Here are two cases that illustrate my procedure.

Case 1: Ms Jiang, 50 years of age, factory worker in Shanghai. Two weeks previously she had been shifting heavy equipment carelessly and injured her lower back. This caused stiffening throughout her whole body to the extent that she could not touch her head, bend her waist or turn side to side. Everyday activities required two people to look after her, as she could not stand up, sit down or lie on the bed without help. The hospital diagnosed acute lumbar sprain.

Examination: she was in great pain and her range of movement was greatly restricted. There was tenderness lateral to the 4th and 5th lumbar vertebrae but with no visible reddening of the skin. My own diagnosis confirmed that of the hospital.

Point selection: *Renzhong* (DU-26), *Weizhong* (UB-40), *Kunlun* (UB-60) and *Taichong* (LIV-3). After needling these points the patient felt that the spasm of the muscles and tendons in the lumbar area seemed to have relaxed slightly. But once I removed the needles the spasm returned

immediately and she was unable to bend her waist forward or back.

At this stage I needled *Yanglingquan* (GB-34) bilaterally and left the needles for 20 minutes. When I removed them, the patient found that the spasms had disappeared and the pain had ceased; she could walk, run or even jump.

We repeated this treatment twice more and she was cured. Follow-up after six months found no recurrence.

Case 2: Mr Yang, 53 years of age, a performer in a local troupe. He had lifted something heavy and hurt his right shoulder two months previously, and it hurt so much he was unable to take off his clothes. The shoulder felt heavy and he was unable to lift it. Of course this affected his ability to work and caused great difficulty.

Examination: he could lift the upper right arm to an angle of 65 degrees, but there was a pulling sensation in the ligaments and muscles. There was moderate restriction of movement forward and back. There was no local reddening of the skin.

Point selection: *Jianyu* (L.I.-15), *Binao* (L.I.-14), *Quchi* (L.I.-11). After these points the patient felt some mild improvement in the sensation of pulling in the ligaments and muscles, but the movement of the shoulder remained restricted.

As in the previous case I needled *Yanglingquan* (GB-34) bilaterally and left the needles for 20 minutes. When the needles were removed the patient reported that the sensation of pulling had disappeared, he could lift his arm easily and there was no restriction of movement in his shoulder.

We repeated this treatment three times and he was cured.