

Top Tung Acupuncture Points Clinical Handbook

Top Tung Acupuncture Points Clinical Handbook top tung acupuncture points clinical handbook has become an essential resource for practitioners seeking to enhance their understanding of this unique acupuncture system. Rooted in the teachings of Dr. Tung Ching Chang, a renowned Taiwanese acupuncturist, Tung acupuncture emphasizes the use of specific points on the extremities—primarily the fingers, hands, feet, and lower legs—to treat a wide range of health conditions. Its clinical effectiveness, combined with straightforward point location and treatment protocols, has made it increasingly popular worldwide. This comprehensive handbook aims to serve as a practical guide for both novice and experienced practitioners, offering detailed insights into the most important Tung acupuncture points, their indications, and treatment techniques.

--- Understanding Tung Acupuncture: An Overview What is Tung Acupuncture? Tung acupuncture is a distinct branch of traditional Chinese medicine that was developed by Dr. Tung Ching Chang in Taiwan. Unlike classical Chinese acupuncture, which often involves points along meridians, Tung acupuncture focuses on specific points located mainly on the extremities—fingers, hands, feet, and lower legs. These points are believed to be highly effective for treating a variety of ailments because they are closely related to internal organ functions and body systems.

Philosophy and Principles The core philosophy of Tung acupuncture revolves around the concept that certain points on the extremities can influence internal organs and body functions. The system emphasizes:

- Direct point location with minimal needling
- Rapid therapeutic effects
- Use of specific, well-defined points for particular conditions
- Combination of multiple points for complex cases

Practitioners believe that stimulating these points can restore the body's natural balance, promote Qi flow, and alleviate pain or dysfunction.

--- Key Tung Acupuncture Points and Their Clinical Significance

2 Major Points on the Fingers and Hands

The fingers and hands are rich in acupoints that influence various organs and systems.

- He Gu (LI4):** Located between the thumb and index finger, this point is renowned for its analgesic properties and is used in conditions like headaches, facial pain, and immune modulation.
- San Jian (Extra Point):** Found on the dorsum of the hand, useful for treating eye disorders and headaches.
- Shao Shang (LU11):** Located on the thumb tip, indicated for sore

throats, respiratory issues, and fever. Important Points on the Feet and Lower Legs The lower extremities are fundamental in Tung acupuncture, with many points directly connected to internal organs. Taichong (LR3): Situated on the dorsum of the foot, this point is vital for liver health, stress relief, and menstrual issues. Zusanli (ST36): Located below the knee, a powerful point for overall vitality, digestion, and immune function. Chengshan (Extra Point): Found on the lower leg, used for lower back pain and urinary issues. Special Points for Specific Conditions Some Tung points are highly specific to particular ailments: Yongquan (KI1): On the sole of the foot, used for dizziness, fainting, and calming the mind. Fenglong (Extra Point): Located on the lower leg, indicated for swelling, edema, and leg cramps. Jianyu (Extra Point): Found on the arm, used for shoulder pain and paralysis. --- Clinical Applications and Treatment Protocols Common Conditions Treated with Tung Acupuncture Tung acupuncture can be applied to a broad spectrum of health issues, including: Chronic pain (back pain, arthritis, migraines) Respiratory conditions (asthma, bronchitis) 3 Digestive disorders (gas, bloating, constipation) Gynecological problems (menstrual irregularities, infertility) Neurological issues (paralysis, stroke rehabilitation) Standard Treatment Strategies The treatment approach in Tung acupuncture typically involves: Identifying the primary condition and associated organ imbalances. 1. Selecting specific points on the fingers, hands, feet, or legs that correspond to the 2. affected area or organ. Applying needles with shallow insertion, often with quick, repetitive stimulations. 3. Adjusting the needle depth and stimulation based on the patient's response. 4. Using supplementary points for complex or chronic cases. 5. Many treatments are brief, often lasting only 15-30 minutes, but with immediate or rapid symptom relief. --- Special Techniques and Considerations in Tung Acupuncture Needling Techniques - Shallow insertion: Most points are needled superficially, reducing discomfort and risk. - Repetitive stimulation: Gentle twirling or lifting is performed to enhance effect. - Use of moxibustion: Sometimes, heat is applied to augment the needling effect, especially in cold or chronic cases. Point Selection and Combinations - Tung points are often used in combinations tailored to the patient's condition. - The selection is based on classical indications, meridian theory, and clinical experience. - Practitioners may combine Tung points with other acupuncture systems for comprehensive care. Precautions and Contraindications - Avoid needling on areas with skin infections or trauma. - Use caution in patients with bleeding disorders. - Ensure proper sterilization and gentle technique to prevent adverse effects. --- Resources and Further Learning 4 Key Texts and Manuals - "The Tung System of Acupuncture" by Dr. Tung Ching Chang - "Clinical Handbook of Tung

Acupuncture" by experienced practitioners - Online databases and courses offering detailed point maps and case studies Training and Certification Practitioners interested in mastering Tung acupuncture should seek specialized training programs that include: Hands-on workshops Supervised clinical practice Certification from recognized acupuncture associations --- Conclusion The top Tung acupuncture points clinical handbook serves as a vital guide for understanding and applying this targeted therapeutic system. Its emphasis on specific extremity points, ease of use, and rapid clinical results make it a valuable addition to any acupuncturist's toolkit. By mastering the key points and treatment protocols outlined in this resource, practitioners can effectively address a wide range of health conditions, promoting healing, balance, and well-being for their patients. Continuous study and clinical practice will deepen understanding and enhance the therapeutic outcomes of Tung acupuncture.

QuestionAnswer What are the key acupuncture points highlighted in the 'Top Tung Acupuncture Points Clinical Handbook'? The handbook emphasizes several essential points such as the Yuji (LU10), HeGu (LI4), and San Jiao 3, which are commonly used for various conditions including pain relief, immune regulation, and internal organ disorders. How does the 'Top Tung Acupuncture Points Clinical Handbook' differ from traditional Chinese medicine point charts? This handbook focuses specifically on Tung's acupuncture points, which are distinct from traditional Chinese points. It provides detailed clinical applications, point locations, and treatment protocols unique to Tung's system, making it a valuable resource for practitioners seeking alternative approaches.

5 Can the points in the handbook be used for modern clinical conditions? Yes, many of Tung's acupuncture points are effective for treating contemporary conditions such as migraines, chronic pain, and internal diseases. The handbook offers evidence-based insights and case studies supporting their use in modern clinical practice. What are the benefits of using the 'Top Tung Acupuncture Points Clinical Handbook' in practice? Practitioners can benefit from a concise, practical guide to key Tung points, enabling more effective treatment planning, improved patient outcomes, and a deeper understanding of Tung's unique acupuncture system. Are there any contraindications or precautions mentioned in the handbook for using Tung acupuncture points? Yes, the handbook highlights certain contraindications, such as avoiding specific points in pregnant women or individuals with certain conditions. It emphasizes the importance of proper diagnosis and technique to ensure safe and effective treatment. How can practitioners best utilize the clinical handbook to enhance their acupuncture practice? Practitioners can use the handbook as a quick reference for point locations and indications,

incorporate its protocols into treatment plans, and stay updated on the latest clinical applications of Tung's acupuncture points to optimize patient care. *Top Tung Acupuncture Points Clinical Handbook: An Expert Guide to Mastering Tung's Unique Acupuncture System*

In the realm of traditional Chinese medicine (TCM), acupuncture remains a cornerstone of holistic health care, offering natural relief for a myriad of ailments. Among the diverse acupuncture systems, Tung's acupuncture stands out due to its distinctive points, unique meridian pathways, and potent therapeutic effects. To practitioners seeking to deepen their understanding and enhance their clinical efficacy, the *Top Tung Acupuncture Points Clinical Handbook* emerges as an invaluable resource. This comprehensive guide not only catalogs key points but also delves into their clinical applications, anatomical considerations, and practical techniques, making it a must-have for acupuncturists, TCM students, and holistic health practitioners alike.

--- **Understanding Tung's Acupuncture System**

Before exploring the specific points, it is essential to appreciate what sets Tung's acupuncture apart. Developed by Dr. Tung Ching Chang in Taiwan in the mid-20th century, this system is characterized by:

- **Unique Point Locations:** Tung points are often located on seemingly irregular sites, not aligning with classical meridians.
- **Specific Indications:** Many points are highly effective for certain conditions, especially pain syndromes, neurological disorders, and internal medicine.
- **Distinct Techniques:** Use of shallow, rapid needling and emphasis on "trigger points" contributes to its effectiveness.
- **Complementary Approach:** Tung's points are often integrated with other acupuncture systems to enhance treatment outcomes.

This system emphasizes a pragmatic approach, with a focus on practical point selection and clinical efficacy, making the *Top Tung Acupuncture Points Clinical Handbook* an essential guide for effective application.

--- **Core Components of the Clinical Handbook**

The handbook systematically covers:

- **Catalogue of Key Tung Points:** Detailed descriptions, locations, and indications.
- **Clinical Applications:** Treatment strategies for common conditions.
- **Anatomical and Needling Techniques:** Guidance on safe and effective needling.
- **Case Studies and Protocols:** Real-world examples to illustrate application.
- **Integration Tips:** Combining Tung's points with other modalities.

Let's explore these components in depth.

--- **Essential Tung Acupuncture Points: An In-Depth Review**

The core of the handbook is a comprehensive catalog of Tung's most important points, often referred to as the "Top Tung Points." These points are selected based on their widespread clinical efficacy, ease of location, and versatility.

1. SI-1 (Small Intestine 1) — The Jing-Well Point

Location: On the ulnar corner of the little finger, approximately 0.1 cun

from the corner of the nail. Clinical Significance: - Clears heat, alleviates pain, and restores consciousness. - Used for facial paralysis, toothache, sore throat, and febrile diseases. - Particularly effective for acute conditions. Needling Technique: - Superficial insertion (about 0.1–0.2 cun). - Rapid, shallow needling with gentle stimulation. Expert Tip: Combine with other local points for facial paralysis to enhance nerve regeneration. --- 2. PC-7 (Pericardium 7) — The Shu-Stream Point Location: At the wrist crease, between the tendons of palmaris longus and flexor carpi radialis. Clinical Significance: - Calms the mind, relieves chest pain, and treats emotional disorders. - Effective for palpitations, anxiety, and hypertension. - Also used for wrist pain and carpal tunnel syndrome. Needling Technique: - Insert perpendicularly about 0.5–1 cun. - Gentle manipulation enhances the calming effect. Expert Tip: Use in conjunction with other pericardial points for emotional disorders. --- 3. BL-40 (Urinary Bladder 40) — The He-Sea Point Location: At the midpoint of the popliteal crease, between the tendons of biceps femoris and semitendinosus. Clinical Significance: - Strongly indicated for lower back pain, sciatica, and lumbar strains. - Also used for skin conditions, hemorrhages, and febrile illnesses. Needling Technique: - Perpendicular insertion about 1–1.5 cun. - Deep needling Top Tung Acupuncture Points Clinical Handbook 7 may be necessary for chronic pain. Expert Tip: Combine with GV-3 and GV-4 for lumbar problems. --- 4. GV-20 (Governing Vessel 20) — The Meeting Point of All Yang Location: On the vertex of the head, in line with the ears, approximately 5 cun above the anterior hairline. Clinical Significance: - Elevates yang energy, calms the spirit, and alleviates dizziness. - Used for headaches, insomnia, and neurological conditions. Needling Technique: - Insert perpendicularly 0.5–1 cun. - Stimulate with gentle twirling. Expert Tip: Often combined with HT-7 (Heart 7) for emotional regulation. --- 5. LI-4 (Large Intestine 4) — The Union Point Location: On the dorsum of the hand, between the first and second metacarpal bones, approximately in the middle of the second metacarpal bone. Clinical Significance: - Strong analgesic point, used for head, face, and limb pain. - Also regulates face and mouth issues, including dental pain and facial paralysis. Needling Technique: - Perpendicular insertion about 0.5–1 cun. - Apply light stimulation. Expert Tip: Use with caution during pregnancy due to its contraindication. --- Clinical Applications and Treatment Strategies The handbook emphasizes a pragmatic approach, providing detailed protocols for common conditions such as: - Pain Management: Chronic back pain, migraines, joint disorders. - Neurological Disorders: Stroke rehabilitation, facial paralysis, peripheral nerve issues. - Internal Medicine: Digestive disturbances, respiratory conditions, cardiovascular health. - Psychological

Conditions: Anxiety, insomnia, depression. Each condition includes suggested point combinations, needling techniques, and case references, enabling practitioners to tailor treatments effectively. --- Anatomical Considerations and Needling Techniques One of the strengths of the Top Tung Acupuncture Points Clinical Handbook is its detailed anatomical guidance:

- Surface Anatomy: Clear diagrams and descriptions facilitate accurate point localization.
- Needle Selection: Recommendations for needle size and length based on location and patient constitution.
- Insertion Depth and Angle: Specific instructions to ensure safety and maximize efficacy.
- Manipulation Techniques: Gentle twirling, lifting, and thrusting methods tailored to each point. This focus on precise technique minimizes risks such as nerve injury, hematoma, or discomfort, ensuring safe practice.

--- Top Tung Acupuncture Points Clinical Handbook 8 Case Studies and Practical Protocols The handbook enhances learning through real-world cases, illustrating how to:

- Select appropriate points based on symptoms.
- Combine Tung's points with classical points for synergy.
- Adjust techniques for special populations (e.g., children, elderly).
- Manage adverse reactions and contraindications. For example, a case of acute sciatica might involve BL-40, GB-30, and local trigger points, with detailed needling instructions and patient response evaluations.

--- Integration of Tung's Acupuncture in Modern Practice While Tung's system is distinct, the handbook advocates for integration:

- Combining Tung's points with classical meridian points for comprehensive treatment.
- Incorporating modern diagnostic tools for precise localization.
- Using adjunct therapies like moxibustion or electro-acupuncture. This integrative approach broadens the scope of practitioners, enabling them to leverage Tung's unique points to achieve rapid and lasting results.

--- Final Thoughts: The Value of the Clinical Handbook The Top Tung Acupuncture Points Clinical Handbook stands out as a meticulously curated resource that bridges traditional wisdom with modern clinical practice. Its detailed point descriptions, practical techniques, and case-based insights equip practitioners with the tools necessary to harness Tung's system effectively. Whether you are a seasoned acupuncturist or a student eager to expand your toolkit, this handbook offers:

- A straightforward yet comprehensive reference.
- Practical guidance on point location and needling techniques.
- Evidence-based protocols for a wide range of conditions.
- Strategies for safe, effective, and individualized treatment.

In an era where integrative and holistic approaches are increasingly valued, mastering Tung's acupuncture through this handbook can significantly elevate your clinical outcomes and patient satisfaction. --- In conclusion, the Top Tung Acupuncture Points Clinical Handbook is more than just a reference guide; it's an essential companion for

anyone serious about exploring the depths of Tung's unique and powerful acupuncture system. Its detailed content, practical focus, and clinical relevance make it a cornerstone resource that can transform your practice and improve patient care profoundly. top tung acupuncture points, clinical handbook, Tung acupuncture, acupuncture points, traditional Chinese medicine, acupuncture therapy, point location, meridian points, acupuncture clinical guide, TCM acupuncture

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with over 75 000 copies sold this clinical guide and widely adopted text presents authoritative guidelines for treating frequently encountered adult disorders the handbook is unique in its focus on evidence based practice and its attention to the most pressing question asked by students and practitioners how do i do it leading clinical researchers provide essential background knowledge on each problem describe the conceptual and empirical bases of their respective approaches and illustrate the nuts and bolts of evidence based assessment and intervention

this exciting new publication is the first authoritative resource on the market with an exclusive focus on trigger point trp dry needling it provides a detailed and up to date scientific perspective against which trp dry needling can be best understood the first section of the book covers important topics such as the current understanding and neurophysiology of the trp phenomena safety and hygiene the effect of needling on fascia and connective tissue and an account on professional issues surrounding trp dry needling the second section includes a detailed and well illustrated review of deep dry needling techniques of the most common muscles throughout the body the third section of the book describes several other needling approaches such as superficial dry needling dry needling from a western acupuncture perspective intramuscular stimulation and fu s subcutaneous needling trigger point dry needling brings together authors who are internationally recognized specialists in the field of myofascial pain and dry needling first book of its kind to include different needling approaches in the context of evidence for the management of neuromuscular pain conditions highlights both current scientific evidence and clinicians expertise and experience multi contributed by a team of top international experts over 200 illustrations supporting the detailed description of needling techniques

representing the most current oncology nutrition research this new edition is the clinician s guide to understanding the nutritional needs and risks of cancer patients and to anticipating and responding with appropriate nutrition care this guide explores the fundamentals from nutrition screening to therapy protocols to pharmacological management with new chapters devoted to acs survivor guidelines reimbursement guidelines and outcomes research

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a foundation textbook explaining how point combinations work in acupuncture practice the book explains how each point works and how best to combine points for good clinical results students and practitioners need to respond to clinical challenges in creative and flexible ways and this book guides them in the art of construction of effective treatment protocols clinically useful combinations are presented throughout along with case studies showing the application of theory to practice

the technology and practice of pathology is advancing at an ever increasing pace the best practices of only a few years ago may today be out of date nowhere is this seen more than in the very basic subject of test selection and interpretation the handbook of clinical pathology is a useful succinct reference for the practice of pathology with contributions by 20 noted authors this 2nd edition has been thoroughly updated and revised to reflect the practice of clinical pathology today the handbook of clinical pathology is organized and presented in a new clear format that makes this book both useful and attractive the sequence of discussion in the text has been restructured to reflect new priorities in the practice among the subjects the text covers are renal function tests urinalysis cerebrospinal

fluid liver function tests assessment of myocardial injury toxicology and substance abuse testing cytogenetics and immunodeficiency diseases new chapters on inherited metabolic disease molecular diagnosis viral infections pediatric laboratory medicine and andrology and fertility assessment have been added the handbook of clinical pathology presents extensive information in tables figures and algorithms for quick reference physicians and other health care professionals will find the handbook of clinical pathology a valued reference useful every day medical students and students in laboratory medicine related fields will rely on it as a primary resource anyone who has relied on the first edition will want to own this updated and expanded edition

treating pain where it originates manual trigger point therapy combines mechanical reflex biochemical energetic functional cognitive emotional and behaviorally effective phenomena as such it influences not only peripheral nociceptive pain but also intervenes in the body's pain processing and transmission mechanisms here you will learn a systematic manual therapeutic approach to recognize and deactivate the potential of trigger points to cause pain and dysfunction how to treat the accompanying fascial disorders and how to prevent recurrences key features clinical background of myofascial pain and dysfunction muscles trigger points and pain patterns at a glance neuromuscular entrapments shown in detail screening tests and pain guides for all common clinical patterns manual treatment of trigger points and fasciae manual trigger point therapy is your one stop comprehensive introduction to this fascinating proven technique watch a special video preview of manual trigger point therapy [here](#)

companion volume to medical surgical nursing preparation for practice kathleen s osborn cheryl e wraa annita watson c2010

this reference is aimed at anyone needing an up to date easy to use and comprehensive summary of the most relevant information about psychotropic drugs each edition offers up to date information on approved and off label indications along with clear advice for patients about medication options and precautions the reader can look up details of a range of treatment options in easy to read comparison charts and can check up on the precautions needed in the young elderly or pregnant patients

to keep pace in today's competitive environment comprehensive ophthalmologists must

broaden the scope of their practice while still offering the highest standard of care in a time pressured setting this authoritative new text in a clear a user friendly format provides the wide coverage and quick access demanded in day to day practice the book s practical patient oriented approach gives pointers for carrying out an examination and determining diagnosis and treatment strategies to enable quick access to needed information the text begins with the patient s presenting signs and symptoms and progresses to in depth coverage of individual clinical disorders all are arranged by anatomical and functional systems this is the ideal choice for practitioners and residents who need an authoritative and practical resource for quick everyday reference

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