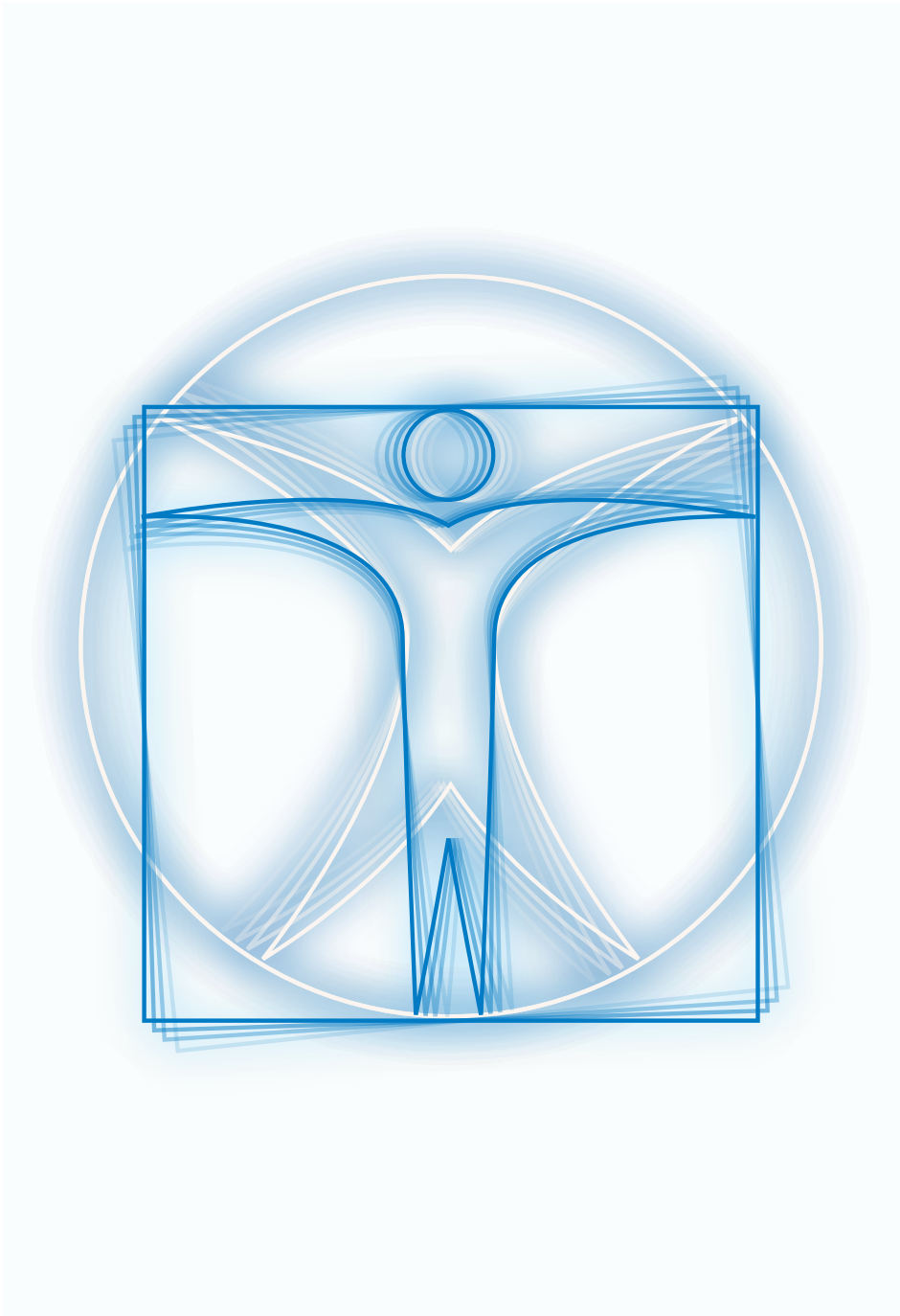


# Treatment Concepts



## Achillodynia

### CHARACTERISTICS

Overexertion, traumas, incorrect positioning of the feet, or shortened calf muscle trigger inflammation of the Achilles tendon and the peritendinous tissue. Typical symptoms are swelling along the tendon, which is painful on pressure and load-dependent pressure. Treatment consists of pain-relieving and anti-inflammatory measures, such as cooling, bandaging, and reducing the strain on the affected leg. Analgesic (NSARs) and possibly also local cortisone injections may be administered as well.

**TCM diagnosis:** Blood and Qi stagnation due to Spleen and Liver weakness, possibly also Kidney Yin and/or kidney Yang deficiency.

### TREATMENT PLAN



#### Laser acupuncture

**Body:** BL 28 (Panguanshu), BL 57 (Chengshan), BL 61 (Pucan), BL 63 (Jinmen), BL 67 (Zhiyin), KI 3 (Taixi), Local points.

**Ear:** Achilles tendon, Heel, Interferon, Prostaglandin E1, Thymus, Thalamus, Shenmen



#### Laser therapy

Area therapy: Treat the painful calf area with the laser shower.



#### Resonance therapy

Nogier B, C / Bahr pain frequencies (963.5 Hz, 1152 Hz) /

Ankle according to Bahr (913 Hz) / organ frequencies (SP, KI, LI)

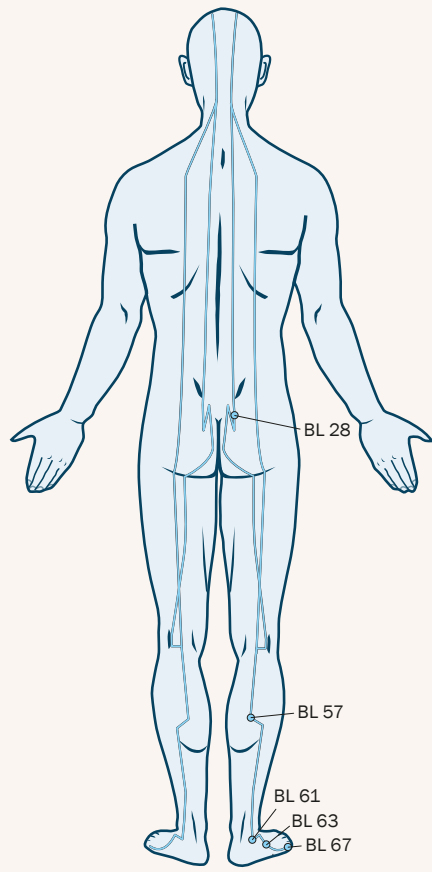
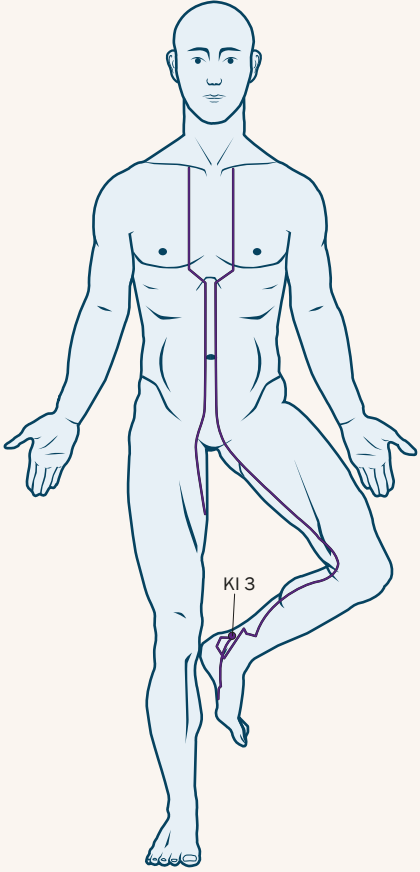
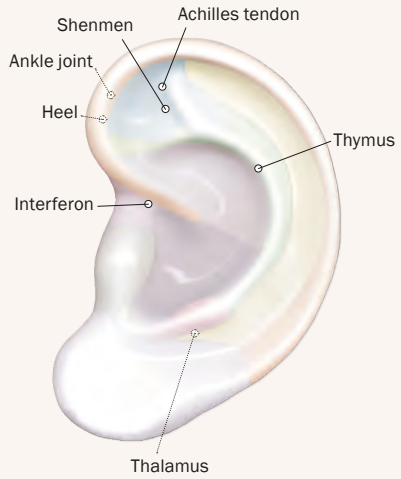
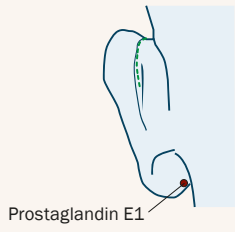
**Treatment interval:** 2–3x weekly until free of pain

**Treatment duration (total):** 10–15 treatment sessions

### DISCUSSION

According to TCM, the spleen, liver, and kidneys should be strengthened. Due to the painfulness of the inflamed tissue, needle acupuncture of the local point is often not possible. Here, painless laser therapy has distinct advantages. Simple area irradiation of the painful calf region reduces the swelling, inhibits inflammation, and relieves the pain. Low-level laser therapy reinforces fibrinolytic and anti-inflammatory processes in the peritendinous tissue and reduces tendon tension. Even more effective is combining area therapy with laser acupuncture (particularly beneficial is the combination of laser needles and “dermaspot”), which usually results in rapid convalescence. Here laser acupuncture relaxes the muscles and thereby promotes treatment success. In chronic cases, area therapy is used regularly for prevention (around once per week or every two weeks).

**Other recommendations:** quark poultice, neural therapy



⊖ = inside, not visible

## Arthritis, idiopathic juvenile (pediatric rheumatism)

### CHARACTERISTICS

A genetic predisposition and infections are discussed as causes of the chronic inflammatory, autoimmune disorder of the joints in children. The children are often tired and weepy, and the inflamed joints hurt, are swollen, and feel too warm. Mobility is limited, especially in the morning. Chronic progression leads to the increasing contraction of muscles, sinews and tendons, and to joint deformations. Treatment includes physiotherapy, ergotherapy, and drug therapy (NSAR, glucocorticoids, immunosuppressants). Operative correction may be indicated.

**TCM diagnosis:** Liver Yin deficiency, Liver Yang fullness (when there are signs of inflammation), later on Liver Yang deficiency, Spleen Qi stagnation, and Mucus buildup.

### TREATMENT PLAN



#### Laser acupuncture

**Body:** LI 4 (Hegu), LI 11 (Quchi), SP 2 (Dadu), SP 4 (Gongsun), BL 11 (Dazhu), BL 23 (Shenshu), BL 27 (Xiaochangshu), TW 5 (Waiguan), GB 34 (Yanglingquan), LIV 3 (Taichong), LIV 8 (Ququan), Ex-UE 9 (Baxie), Ex-LE 10 (Bafeng)

**Ear:** Local points, ACTH, Prostaglandin E1, Cortisone, Interferon, Thymus, Anti-agression, Thalamus, Tragus tip, Formatio reticularis, Shenmen, Polster, Sun/Temporal bone point



#### Laser therapy

Irradiate the affected joints with the laser shower.



#### Resonance therapy

Nogier C, E, F / Bahr 5 / Bahr pain frequencies (963.5 Hz, 1152 Hz) / Bahr frequencies for the locomotor system / Self Heal according to Bahr (4625 Hz) / organ frequencies (SP, LIV)

**Treatment intervals:** 2–3x weekly in acute episode, 1x weekly during the pain-free intervals for prophylaxis.

**Treatment duration (total):** long-term treatment

### DISCUSSION

From the TCM perspective, the Liver and Spleen should be balanced, Mucus loosened, and the Qi flow stimulated. Laser acupuncture is ideal for children as it guarantees pain-free treatment. The laser-induced effects are excellently supplemented with regulation according to the principles of TCM. Laser light stimulates local cellular protection and activates non-humoral inflammatory defense. Degranulation of the mast cells is reduced, fewer inflammatory mediators are released, and edemas decrease in size. By lowering the pain threshold in the pain receptors, laser therapy also has a direct pain-alleviating effect. Acute inflammations can usually be treated well, though chronic inflammations often only respond to treatment after several weeks.

**Other recommendations:** quark wraps, micronutrients: coenzyme Q10, silymarin, vitamin H; herbs: Lui Jun Zi Tang, Bu Zhong Yi Qi Tang

