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Clinic report on syndrome of prolapsed lumbar intervertebral disc by acupuncture treatment --Case studies and personal experiences

Prolapsed lumbar intervertebral disc is a very common disease in our clinic; it is most common in 20 to 50 year olds. Most of them do not need an operation, there are many different conservative treatments for this problem, and acupuncture is one of the best treatments. In our clinic there have been hundreds of this type of patient who find acupuncture outstandingly effective.

Two cases will be reviewed

Personal Experience and Clinical Analysis

The combination of points according to channels and differentiation can offer a better curative effect. Prolapsed lumbar intervertebral disc often affects the Gallbladder and Bladder channels (i.e. the lateral and posterior sides of the leg). Appropriate interventions will be discussed according to channel differentiation and also for the following circumstances:

- Aggravation by Cold-Damp
- Presence of Blood Stasis
- Chronic pain
- Severe lumbar pain
- Severe leg pain
- Residual pain after surgery
- Accompanying stomach ache, constipation, incontinence or sexual dysfunction

As well as acupuncture point selection the importance of other TCM interventions, especially Tuina manipulation, will also be discussed.

Physical examination is essential for correct diagnosis and treatment. Even where scan data indicate a prolapsed disc the physical examination may show that the patient's pain is primarily due to other causes (e.g. ligament damage, semi-dislocation of the sacro-iliac joint)

Summary

Acupuncture is useful for the syndrome of prolapsed disc of lumbar intervertebral disc. Correct identification of affected channels and choice of acupuncture points can obtain outstanding results. Physical examination is the most important part of diagnosis and is necessary for every case, even with a CT scan or MRI.