

Acupuncture and Dry needling points for the relief of myofascial pain related to Temporomandibular Disorders

Based on the recent published article: Acupuncture in Temporomandibular Disorder Myofascial Pain Treatment: A Systematic Review. J Oral Facial Pain Headache. 2017 Summer;31(3):225-232. Fernandes AC, Duarte Moura DM, Da Silva LGD, De Almeida EO, Barbosa GAS.

I, Mike Karegeannes, do not profess to be an acupuncturist, I am certified in Dry Needling through Myopain Seminars, and to the best of my ability, I am providing a brief visual overviewing of acupuncture points and dry needling points to assist with myofascial pain of TMD origin. It is important to understand what a "CUN" is to find the various acupuncture points shown below.

As everyone's body has different dimensions, it is defined according to the person whose body is to be treated.

1 cun = width of the thumb, in the middle (inter-phalangeal joint), at the crease. One cun is also equal to the space between the distal interphalangeal joint and the proximal interphalangeal joint on the middle finger. It is preferable that for women you use right, but for men left hand fingers. However, these "cuns" can only be used on certain parts of the body when finding acupuncture points - on other points you use other relative landmarks and proportions that is beyond the scope of this blog, simply google "cun" to learn more! I would recommend using a caliper to measure the width of the middle crease of the thumb, and then possibly using a tongue depressor, or your therabite TMJ measurement device, you can make up a measurement ruler of 1 Cun, 2 Cun, 3 Cun, etc and keep individual measurements in your patient's chart for future reference.



ST-6 Jiache

Categories: Ghost Point of Sun Si Miao.

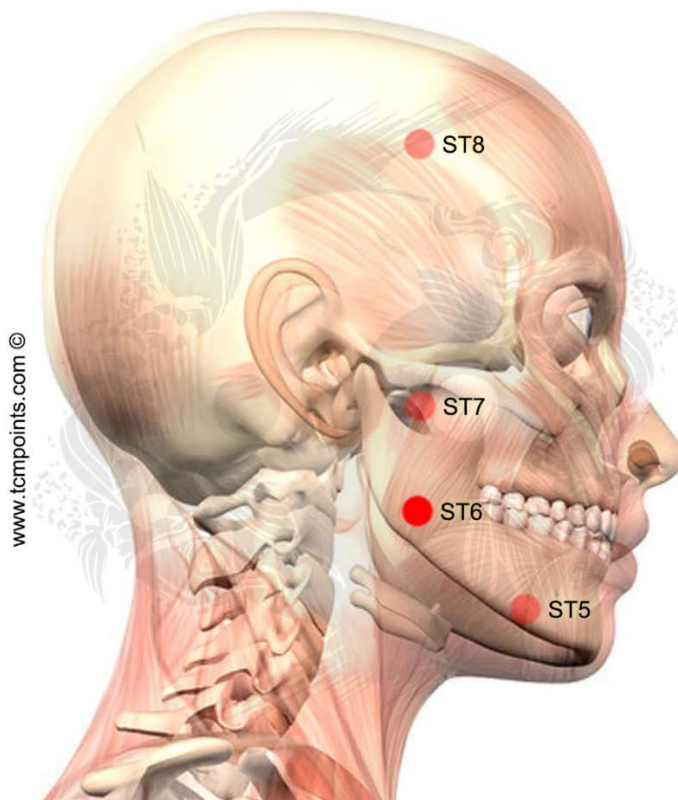
Energetic Level: Yang Ming (Bright Yang) [LI + ST]

Localization: 0.5 prior to the angle of the jaw on the ledge of the masseter muscle.

Actions: Expels Wind from the face. Remove channel obstruction.

Indications: Trigeminal neuralgia. Facial paralysis. Deviation of eyes and mouth. Difficulty opening the mouth. Trismus. Pain and tension in the jaw. Toothache. Bruxism. Mumps.

Target Area: Jaw. Face.



ST-7 Xiaguan

Categories: None.

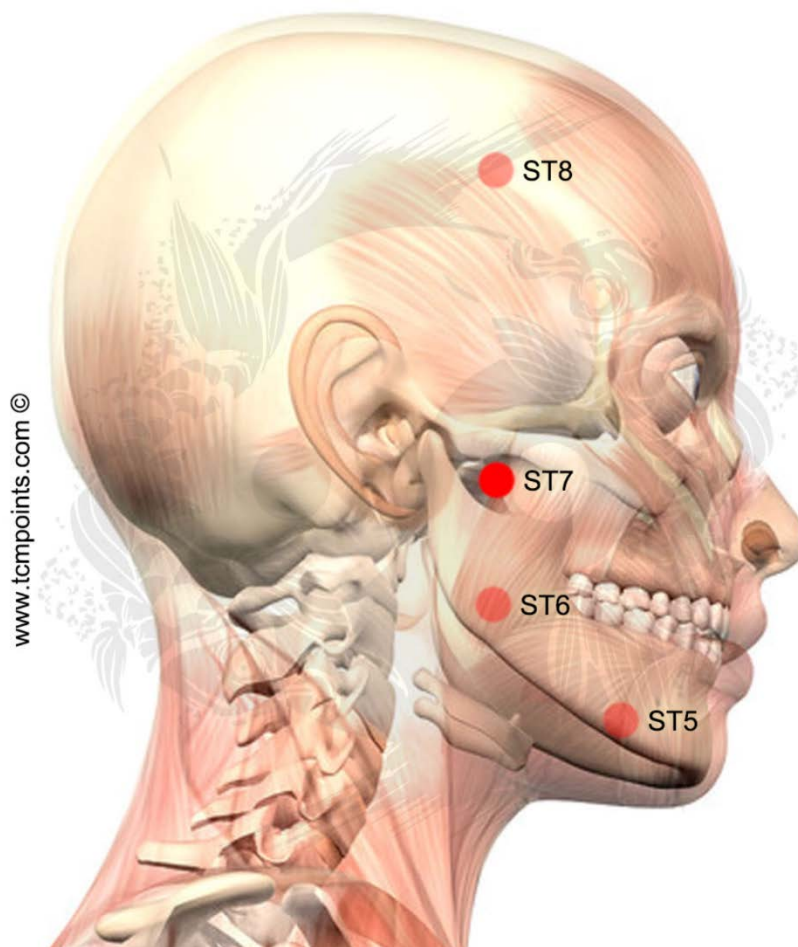
Energetic Level: Yang Ming (Bright Yang) [LI + ST]

Localization: Below the zygomatic arch between the condylar and coronoid process.

Actions: Expels Wind from the face. Remove channel obstruction. Benefits the ear.

Indications: Trigeminal neuralgia. Facial paralysis. Deviation of eyes and mouth. Pain in the jaw and tooth. Trismus. Swelling and pain in the lower gums and cheek. Tinnitus. Deafness. Pruritus in the ear.

Target Area: Jaw. Face. Ears.



SI-8 Xiaohai

Categories: He (sea). Earth. Sedation.

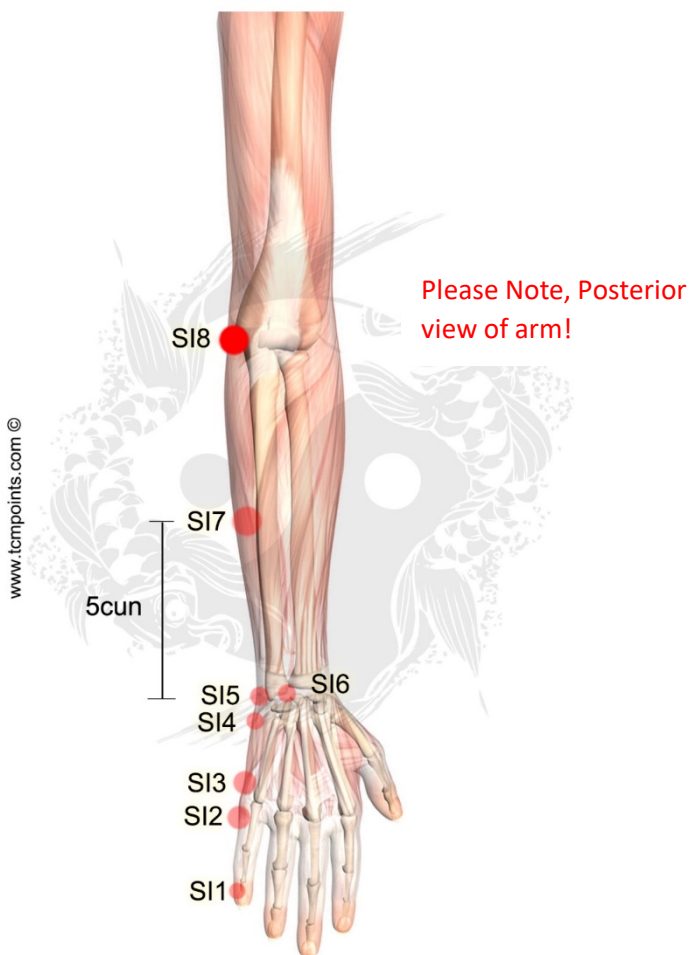
Energetic Level: Tai Yang (Greater Yang) [SI + BL]

Localization: Between the olecranon process of the ulna and the medial epicondyle of the humerus, found with the elbow flexed.

Actions: Resolves Damp Heat. Remove obstruction from the channel.

Indications: Swelling of the neck, cheeks and gums. Yellow eyes. Pain in the neck, scapular region, shoulder, forearm and elbow. Swollen lymph glands, thyroid. Mumps.

Target Area: Neck. Elbow. Shoulder.



LI-4 Hegu

Hegu - Joining Valley

Categories: Yuan (source).

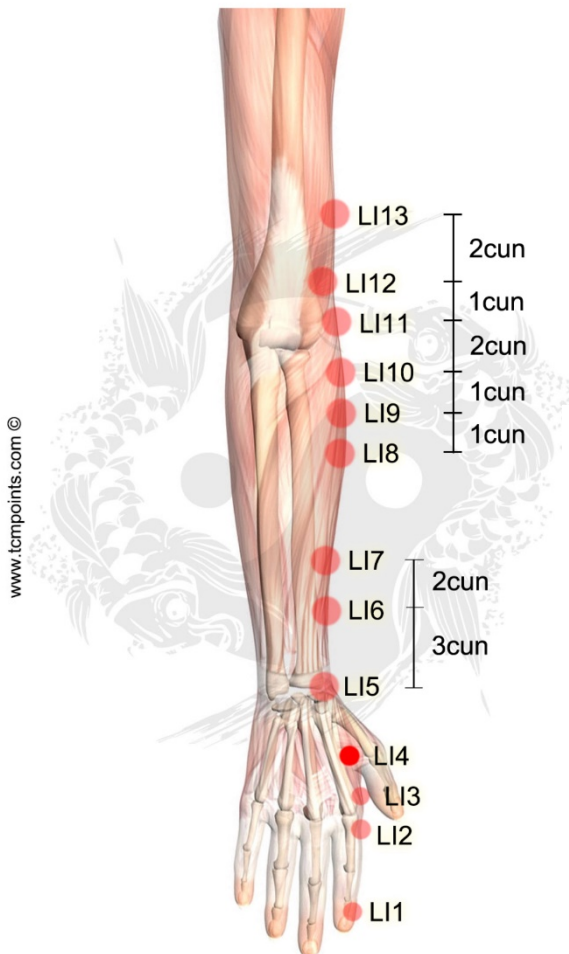
Energetic Level: Yang Ming (Bright Yang) [LI + ST]

Localization: In the middle of the 2nd metacarpal bone on the radial side.

Actions: Expels exterior wind. Releases the exterior. Disperses Lung Qi. Regulates the Defensive Qi (Wei Qi). Regulates transpiration. Analgesia. Stops pain. Remove obstruction in the channel. Tonify Qi. Harmonizes the ascending and descending of Qi. Benefits eyes, nose, ears and mouth. Promotes labor. Calms the Mind (Shen).

Indications: Aversion to Cold. Fever. Sneeze. Regulates transpiration. Analgesia. Spasms in the channel, stomach, intestines and uterus. Toothache, head, eyes, arm and ear. Trismus. Bi syndrome. Hemiplegia. Contraction of the fingers. Tinnitus. Deafness. Redness and swelling of the eyes. Blurred vision. Nosebleed. Congestion and runny nose. Aphtha. Tension on the lips. Amenorrhea. Promotes labour. Retention of dead fetus. Stiff neck. Cold. Flu. Rhinitis. Conjunctivitis. Sty. Sinusitis. Epistaxis. Trigeminal neuralgia. Facial paralysis. Anxiety.

Target Area: Head. Face. Mouth. Teeth. Ear. Arm. Nose. Throat.



Please Note, Posterior view of arm!

BL-10 Tianzhu

Categories: Window of the Sky.

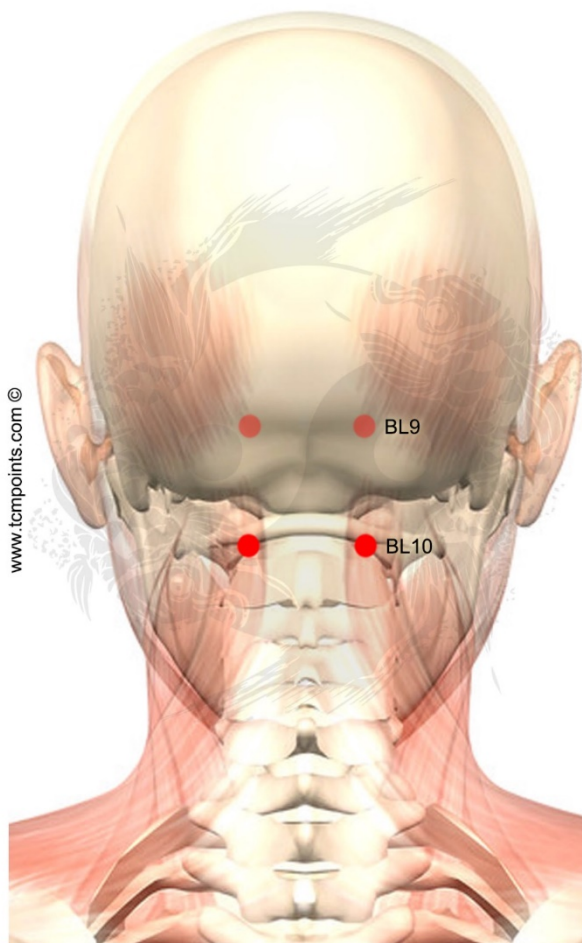
Energetic Level: Tai Yang (Greater Yang) [SI + BL]

Localization: 1.3 cun lateral to the midline, at the height of the spinous process of C1. Close to the insertion of the trapezius.

Actions: Extinguishes Wind. Subdues Liver Yang. Opens the orifices of the Mind (Shen). Remove obstructions from the channel. Clears the brain.

Indications: Headache, especially occipital. Cervical rigidity. Torticollis. Heaviness in the head. Aversion to Cold. Fever. Body aches. Weakness in the legs. Mental confusion. Lack of concentration and memory. Pain and redness of the eyes. Blurred or dim vision. Lacrimation. Loss of olfaction. Manic behavior. Incessant talking.

Target Area: Head. Lumbar.



GB-20 Fengchi

Categories: None.

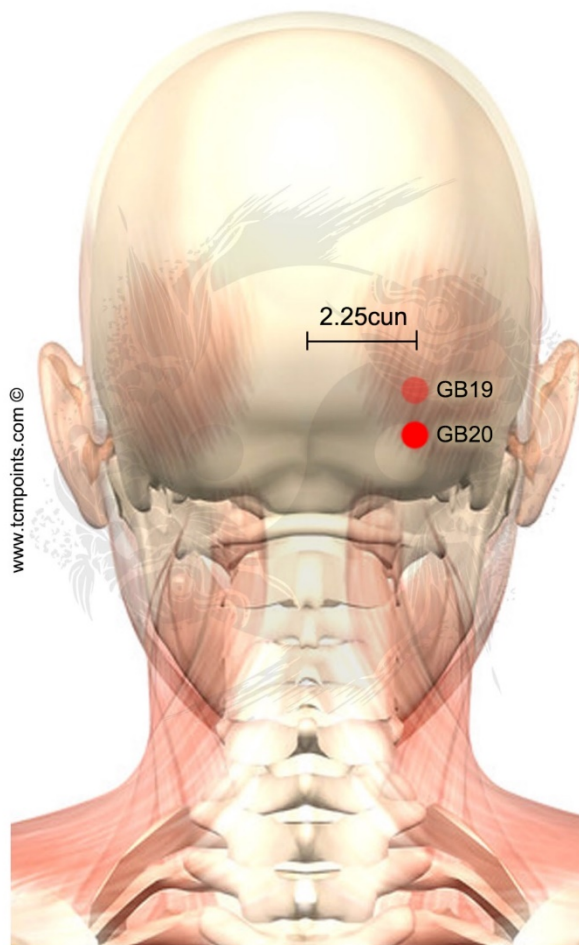
Energetic Level: Shao Yang (Lesser Yang) [TB + GB]

Localization: At the height of the bottom line of the occipital protuberance (at the height of GV16), to 2.25 cun lateral to the midline (line of the pupil). In the depression between the sternocleidomastoid and trapezius muscles.

Actions: Subdues Liver Yang. Eliminates External and Internal Wind. Clears Heat. Benefit eyes and ears. Nourishes marrow and brain.

Indications: Aversion to cold. Fever. Body aches. Occipital pain and stiffness. Headache. Cerebral Vascular Accident (CVA). Poor memory. Hemiplegia. Lockjaw. Facial paralysis. Epilepsy. Dizziness. Tinnitus. Vertigo. Deafness. Obstructed ears. Blurred vision. Decreased night vision. Redness and pain in the eye. Excessive lacrimation. Iritis. Cataracts. Atrophy of the optic nerve.

Target Area: Eyes. Ears.



GV-20 Baihui

Categories: Point of the Sea of Marrow.

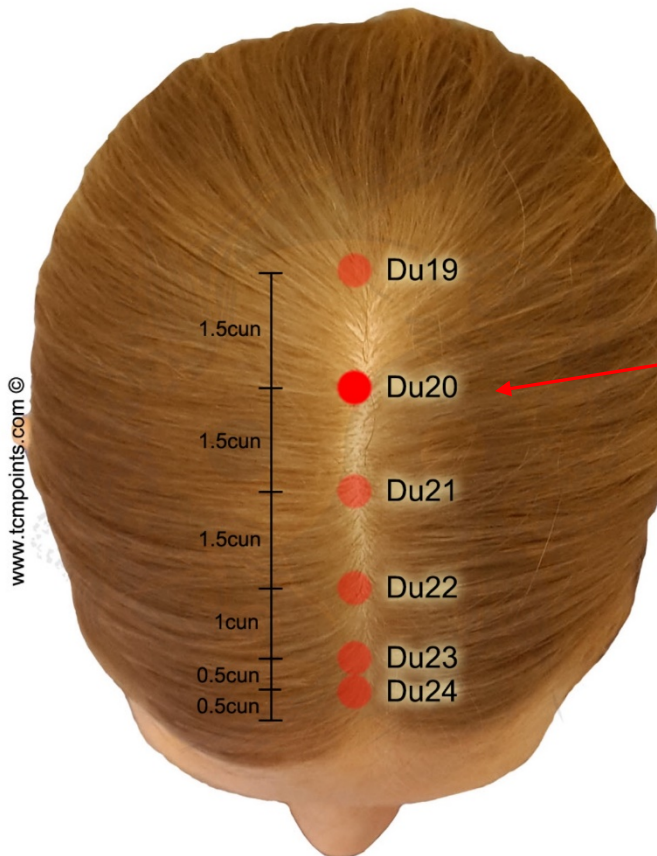
Energetic Level:

Localization: Meeting point of the midline with the top of the ears.

Actions: Extinguish Internal Wind. Controls Liver Yang. Raises the Yang. Benefits the brain and the senses. Elevates the Mind (Shen). Regains consciousness.

Indications: Stroke. Hemiplegia. Opisthotonos. Loss of consciousness. Epilepsy. Poor memory. Depression. Headache. Dizziness. Tinnitus. Blurred vision. Prolapse of internal organs. Hemorrhoids.

Target Area: Brain.



INTERESTING!

Neuroanatomy:

Superficial Innervation: Greater occipital nerve from C2 and ophthalmic branch of trigeminal nerve (CN V1)

GV-20 and Du-20 same

SI-18 Quanliao

Quanliao - Cheek Bone Hole

Categories: None.

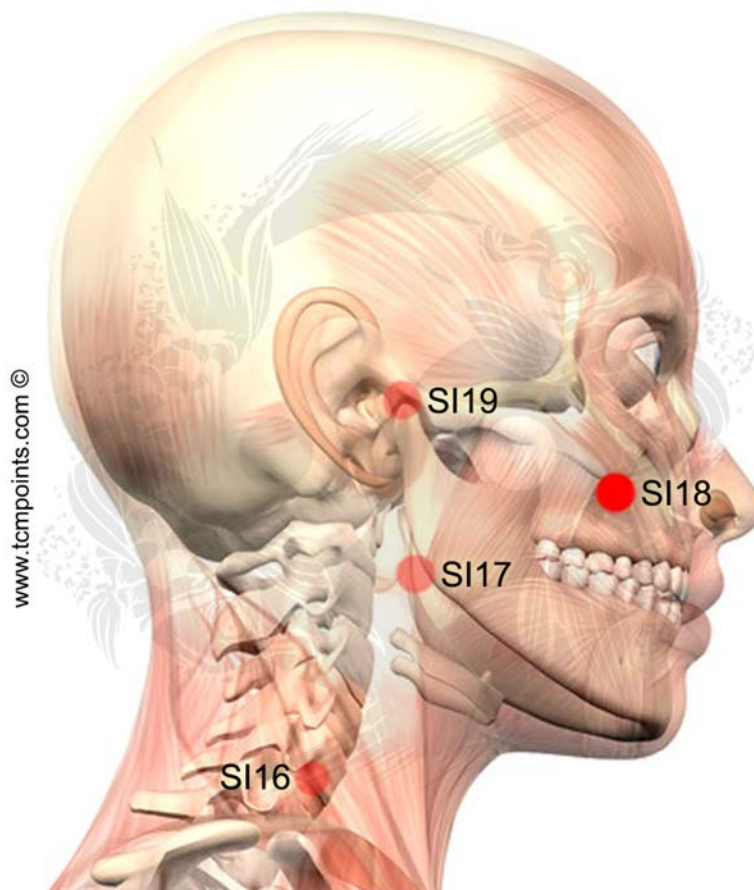
Energetic Level: Tai Yang (Greater Yang) [SI + BL]

Localization: At the bottom edge of the zygomatic bone.

Actions: Expels Wind. Clears Heat.

Indications: Deviation of eye and mouth. Facial paralysis. Sinusitis. Toothache. Trigeminal neuralgia. Lip abscess. Red face. Nervous tic.

Target Area: Face. Teeth.



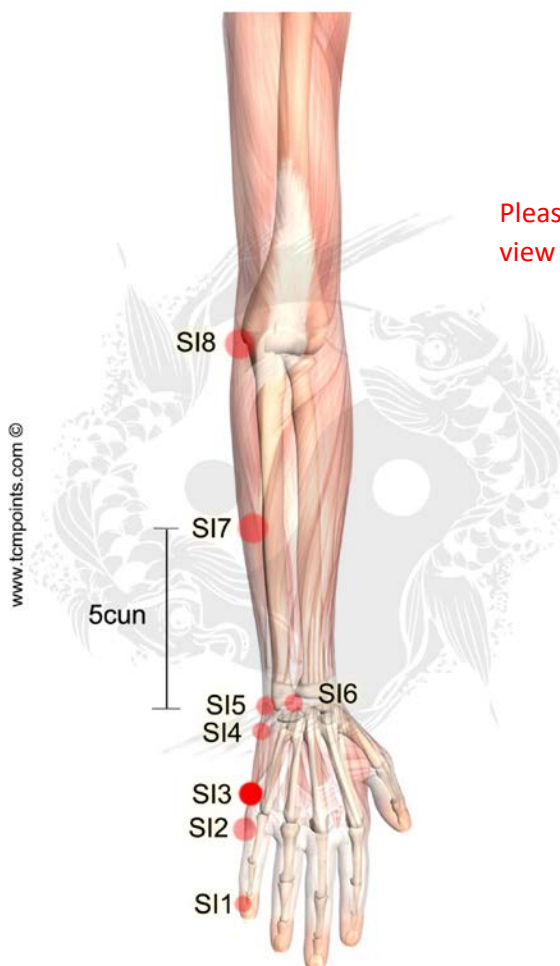
SI-3 Houxi

Localization: When a loose fist is made, at the ulnar end of the distal palmar crease proximal to the 5th metacarpal phalangeal joint where the skin changes color.

Actions: Regulates the Du Mai (Governing Vessel). Extinguishes Inner Wind. Expels exterior wind. Benefits tendons. Benefits eyes, nose and ear. Clears the mind. Resolves jaundice. Resolves dampness.

Indications: Epilepsy. Tremors. Headache. Dizziness. Vertigo. Stiff neck. Occipital headache. Torticollis. Difficulty turning the neck. Pain in the upper back, shoulder, scapula and lumbar region. Malaria. Aversion to cold. Fever. Deafness. Tinnitus. Blurred vision. Redness, pain and swelling of the eyes. Nosebleed. Low back pain. Back pain. Depression. Lack of clarity. Jaundice.

Target Area: Spine. Occiput.



Please Note, Posterior view of arm!



Trigger points in these muscles treated per Itoh (2012) Temporalis, Masseter, Lateral Pterygoid, Digastrics, Stenocleidomastoids, Trapezius, and Splenius Capitis. I have not provided pictures for these muscles as my assumption is we are all familiar with these!

All credit for acupuncture points description and pictures goes to TCM Points http://tcmpoints.com/template/?noredirect=en_US highly recommend this app for iPhone or PC! I receive no monetary reimbursement for providing this comment, just my opinion.

Here is to providing the best possible care for our patients suffering with TMD, orofacial pain, headaches, cervical pain and trigeminal neuralgia!

Respectfully,

Mike Karegeannes PT, MHSc, LAT, MTC, CFC, CCTT, CMTPT

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