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


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.


**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.


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.

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Please Note, Posterior view of arm!
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.


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.


**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.


**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.


Target Area: Brain.

INTERESTING!

Neuroanatomy:

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


Target Area: Face. Teeth.
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.


Target Area: Spine. Occiput.

Please Note, Posterior view of arm!
Trigger points in these muscles treated per Itoh (2012) Temporalis, Masseter, Lateral Pterygoid, Digastrics, Stenocleiodomastoids, 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,

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