

Patient female age 42 Date: 3/21/06

Chief Complaint: right knee pain for 2 years, worse for 2 days. Hemorrhoid for more than 15 years, worse for 2 months.

Patient had right knee medial ligament tear in 2004 and was better after acupuncture treatment, but now right knee pain came back on 3/19/06 due to traveling a lot. Right knee pain is dull, soreness, worse with going downstairs and raising the leg. Right knee pain level is 4-5/10 when pressed on medial side of the leg on LV channel. Weather is not related to the right knee pain.

10 questions are mostly normal except patient tends to feel hot, like cold drink more than hot drink. Patient has right KI tumor (2cm), frequent urination (1x/2 hours) and nocturia (1-2x/night) every night. Patient has family history of frequent urination.

Patient had coccyx injury history from yoga practice. Patient had direct impact of the coccyx causing throbbing pain, comes on and off, worse when sitting for a long time.

Tongue: red tongue, thick dry yellow coating

Pulse: BPM: 60 right-- weak

Left-- thready

Diagnosis: right knee pain due to Qi and Blood stasis

Treatment principle: invigorate Qi and Blood

Acupuncture Points: left (LV8 tonify, KI10 tonify, LI 1 tonify, BL67 tonify, KI7 tonify, PC3, LI11, 1 A Shi on elbow PC channel)

Treatment time: 30 minutes

2nd treatment 3/23/06

Patient feels right knee pain is less and less frequent after last treatment. Patient can walk better. Frequent urination is the same (patient drinks 4-5 cups to coffee/day and feels thirsty). Patient feels coccyx painful today so I palpated the sacrum, coccyx area, and found that it's not coccyx pain but right sacrum pain on bladder channel.

Acupuncture points: left (LV8 tonify, KI10 tonify, LI1 tonify, BL67 tonify, KI7 tonify, PC3, LI11, LU5, 1 A Shi on elbow PC channel) treatment time: 40 minutes

3rd treatment 3/28/06

Patient feels right knee pain is less painful and less frequent after last treatment. Patient is able to walk for a long time without feeling the pain. Right sacrum pain is the same. Frequent urination is better, and nocturia is better also 1x/night every night. Patient still feels thirsty.

Acupuncture points: left (LV8 tonify, KI10 tonify, LI1 tonify, BL67 tonify, KI7 tonify, PC3, LI11, LU5) treatment time: 30 minutes

4th treatment 4/4/06

Patient feels right knee pain is gone, only slight unstable, weak feeling after walking for 20 minutes. Frequent urination was better but after 2-3 days after last treatment, urination became the same as before. Patient is on less carbohydrate diet now because patient wants to loose weight. Patient feels the right sacrum pain (maybe the coccyx pain, but not sure) is still there. Patient has sore throat since 4/1/06, worse on left, congested nose with yellow mucus, coughing with very little phlegm, no fever, no chills. Patient took Tylenol few days ago for the common cold.

Acupuncture points: left (LV8 tonify, KI10 tonify, KI7 tonify, LU8 tonify, PC3)

Bilateral (KI3 tonify) 6 Ashi on Du20 area

Treatment time: 30 minutes

5th treatment 4/6/06

Patient feels right knee is maintained. Patient only feels slight right knee pain if patient puts right knee on top of the left knee for a long time. Frequent urination and nocturia is the same. Common cold is better, still has nasal congestion. Sacrum pain is the same.

Acupuncture points: left (KI10 tonify, LI11 tonify, LI5 sedate, SI5 sedate, PC3, BL65 sedate, GB41 sedate) bilateral (KI3 tonify) treatment time:30 minutes

6th treatment 4/13/06

Patient feels right knee is stable now. Walking is fine, but Patient still feels right knee pain when right knee is on top of the left knee for a long time. Today, Patient feels right knee LV channel pain and clicking sound when doing extension of the right knee. Patient is over the cold.

Acupuncture points: left (LV8 tonify, KI10 tonify, KI7 tonify, LU8 tonify, SP3 sedate, KI3 sedate, PC3, LU5, LI11) treatment time:30 minutes

7th treatment 4/25/06

Patient feels right knee is much better. Patient only feels right knee slight pain when right knee is on top of the left knee for a long time. Extension of the right knee is fine now. Patient sometimes has right knee pain on LV channel when doing lateral extension of the right knee. Patient has hemorrhoid on and off since Feb, 2006 (Patient has history of hemorrhoid). Stool is normal but patient has pain when doing bowel movement. Stress caused the hemorrhoid. Coccyx pain only

when sitting down on a particular chair.

Acupuncture points: left(LI5 sedate, SI5 sedate, LI11 tonify, LU5, PC3, LingGu, DaBai, GB34, GB36, GB43)

Right (LV2 sedate, LV3 sedate) treatment time:45 minutes

8th treatment 5/2/06

Patient doesn't feel right knee pain when doing extension of the right knee anymore. Patient only feels right knee slight pain sometimes when right knee is on top of the left knee for a long time. Hemorrhoid disappeared, but patient still feels slight discomfort.

Acupuncture points: left (LI5 sedate, SI5 sedate, LI11 tonify, LU5, PC3, LingGu, DaBai, GB34, GB36, GB43)

Right (LV2 sedate, LV3 sedate) treatment time:45 minutes

9th treatment 5/9/06

Patient feels right knee is good, able to walk for 4 hours without a problem, but patient still feels slight pain sometimes when right knee is on top of the left knee for a long time. Hemorrhoid is gone. Patient had sharp frontal headache last night.

Acupuncture points: left (LI5 sedate, SI5 sedate, LI11 tonify, LU5, PC3, GB34, GB36, GB43)

Right (LV2 sedate, LV3 sedate) treatment time:35 minutes

10th treatment 5/16/06

Patient feels right knee is maintained. I examined the right knee again, and found the pain is between LV and SP channel when right knee is on top of the left knee for a long time. Sacrum pain is less.

Acupuncture points: left (LI5 sedate, SI5 sedate, LI11 tonify, ST36 tonify, LU5, PC3, one A Shi on elbow between LU5 and PC3) treatment time:30 minutes

11th treatment 5/23/06

Patient feels right knee is maintained. Patient feels right knee soreness and pain (medial border of patella) when right knee is on top of the left knee. Sacrum pain is maintained. Patient had a cold since Friday, coughing a little.

Acupuncture points: left (LI5 sedate, SI5 sedate, ST36 tonify, LU5, PC3 LI11, 1 Ashi on elbow on PC channel) bilateral (KI3 tonify) treatment time: 30 minutes