

NYCTCM Alumni Association --Grand Round

Yi-Fang Chien

June 5<sup>th</sup>, 2006

Patient female age 47 weight 171 pounds height 5'8" Date:4/13/06

Chief Complaint: bilateral neck and shoulder tightness for 26 years with bilateral knee pain for 15 years.

Patient doesn't know the cause of both neck and shoulder tightness and knee pain.

Bilateral neck and shoulder are always tight (worse with stress, worse with painting and worse after usage); (better with stretching, better with rest, better after neck exercise). Patient has bilateral neck sharp pain sometimes (1-2 x/month) when turning neck right and left, on and off. Weather isn't related to the neck and shoulder tightness.

Bilateral knee pain below patella when doing flexion and extension of the knee, worse on right side. Patient has trouble going up and downstairs. Weather isn't related to the knee pain. Knee pain is worse with standing, walking. Knee pain is worse before menstruation. Last episode of swollen knee after walking too much was on the right knee 1 month ago.

10 questions are all normal except patient gets frontal headache (from Taiyang to Taiyang) after menstruation.

LMP was 4/13/06. cycle was 24-25 days. Duration was 2-3 days. Flow and color are normal. There are little blood clots sometimes. Menarche was 12 years old.

Patient has history of chest shooting pain to the back after greasy food.

Tongue—slight red tongue, thin white coating, tooth mark, swollen

Pulse----- BPM: 68 left: deep thready weak chi-weak

Right: deep soft

Diagnosis: Bilateral neck and shoulder tightness with bilateral knee pain due to Qi and Blood stasis.

Treatment Principle: invigorate Qi and Blood

Acupuncture points: left (GB43 tonify, BL66 tonify, LV8 tonify, KI10 tonify, KI7 tonify) left (LI 11, PC 3) treatment time: 30 minutes

2<sup>nd</sup> treatment 4/17/06

Patient feels bilateral shoulder and neck tightness is looser. Bilateral knee pain is the same.

Today, right knee is bothering her a lot when doing flexion and extension of right knee. Patient feels pain behind patella. Patient has the usual headache because menstruation is finishing. I examined bilateral knees and found patella tendons are weak and soft, especially on the right side.

Points: left (GB43 tonify, BL66 tonify, LV8 tonify, KI10 tonify, KI7 tonify)  
Bilateral XiXia (with 3 needles) treatment time:40 minutes

3<sup>rd</sup> treatment 4/25/06

Patient feels neck and shoulder tightness is good except today. Left shoulder is slight tight. Bilateral knees are 40% better, worse on right knee.

Points: left (LingGu, DaBai, ShangBai, ShenGuan, LU5, LI11, PC3, GB34, GB36, GB39)  
treatment time: 30 minutes

4<sup>th</sup> treatment 5/4/06

Patient feels shoulder and neck tightness is good. Bilateral knees are maintained, worse on the right knee. Patient had temporal headache pressure feeling when woke up in the morning at 6:30am last week.

Points: left (LingGu, DaBai, ShangBai, GB34, GB36, GB39)  
Bilateral XiXia (with 3 needles) treatment time: 30 minutes

5<sup>th</sup> treatment 5/11/06

Patient feels shoulder and neck tightness is good except there is slight tightness on right neck on GB channel. Bilateral knees are good. Patient had right ankle sprain pain on GB40 few weeks ago but ankle is still painful worse when doing inversion. LMP was 5/9/06, cycle is 27 days (was 24-25 days) but had sever cramp at the beginning of the menstruation and had diarrhea, vomiting and headache. Patient had similar situation in 20s.

Points: left (LingGu, DaBai, ShangBai, GB34, GB36, GB39, ShaoJie)  
Bilateral Xixia (with 3 needles) treatment time: 30 minutes

6<sup>th</sup> treatment 5/25/06

Patient feels shoulder is good. Neck tightness is better after last treatment except slight tightness on right neck on BL channel. Bilateral knees are good except this morning, patient had slight sharp pain on right knee when landed on the right knee too hard. Right ankle is much better, patient doesn't feel much pain. On Tuesday patient had lower back sharp pain after 4 hours of driving, now patient has dull pain in the middle of the lower back. (patient has history of lower back pain).

Points: left (LingGu, DaBai, ShangBai, ShaoJie, SI5, 1 Ashi on SI channel, KI3, LU9)  
Bilateral Xixia (with 3 needles) treatment time:30 minutes