

# Common Acupuncture Points for Specific Pain Treatment Session 4

**COURSE 3: Prevention Medicine, Self Treatment & Early Intervention  
with Chinese Medicine**

# LEARNING OUTCOMES

- By the end of this 3-hour lesson, students will be able to:
- Explain the TCM philosophy of pain treatment in acupuncture and tui-na, drawing on channel theory and core TCM principles.
- Identify and locate 20 key acupuncture points used for various pain types, including their TCM functions and clinical applications.

**"Bu tong ze tong, tong ze bu tong"**

**(不通則痛, 通則不痛), :**

**"If there is no free flow, there is pain; if there is free flow, there is no pain".**

Huang Di Nei Jing Suwen (Plain Questions), chapter 39

# 3 ways (not all the 'ways') to treat pain from a Chinese medicine perspective :

- Move Qi (and Blood) by stimulating local points – local means at the same place as the illness/pain.
- Move Qi (and Blood) by stimulating the channel through the balance method (using only distal points on other channels). This also has a neurological mechanism of action that can explain the CM system through a western biomedical framework.
- Move Qi (and Blood) to stop pain by stimulating the channel via a distal mechanism

# COMMON ACUPUNCTURE POINTS

- For each point we will overview their Location and Function as it pertains to PAIN
  - Some of these points may appear again in the course for other functions
  - Points can be used with Acupressure techniques (pressing as the most common) , acupressure devices, and some with moxibustion
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- Refer to Interactive Booklet