



Acupuncture in Neurology

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Financial disclosures

- No relevant financial disclosures



Acupuncture Precisely Regulates the Nervous System

- Developed in China at least 2300 years ago (written records date to *The Yellow Emperor's Inner Classic* from the third century BCE, but oral tradition could be millennia older)
- Each treatment uses 10 +/- trigger points chosen from 340 specific locations
- Points correspond closely to nerve junctions

Mandal, A., MD. (2023). Acupuncture History; News: Medical History. Available from <https://www.news-medical.net/health/Acupuncture-History.aspx>



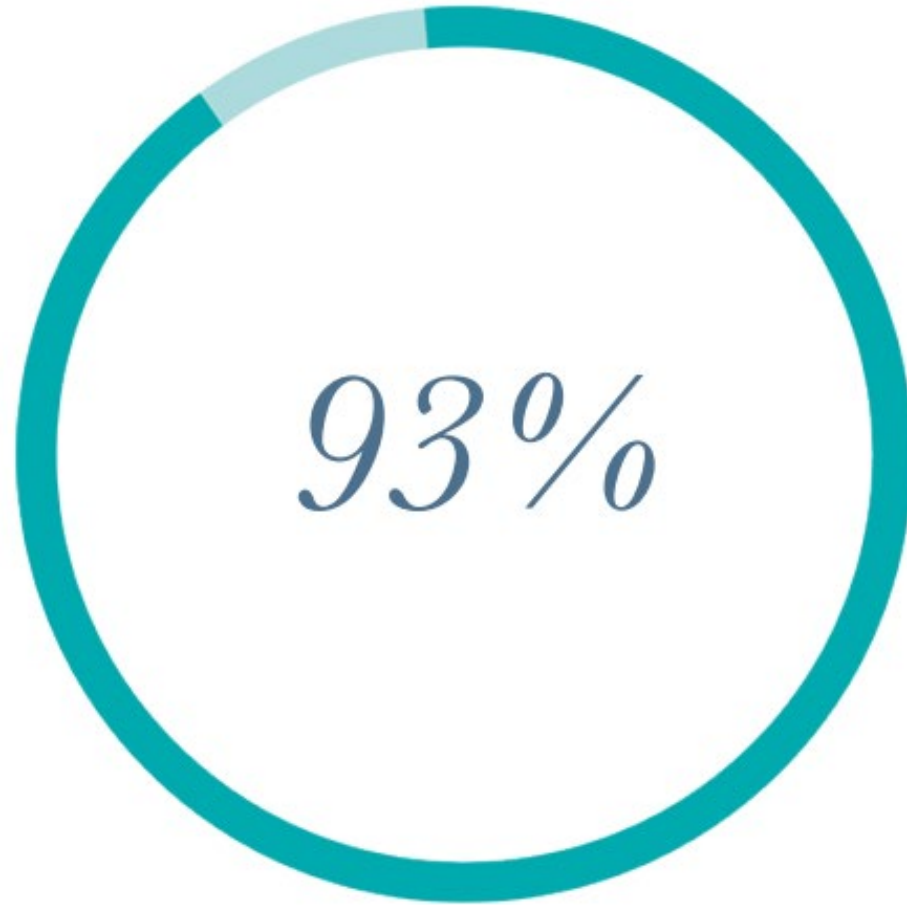
PAIN IS A GLOBAL PROBLEM

Over 1.5 billion people worldwide suffer from chronic pain.¹ Nearly one third of American adults experience chronic pain,² and almost one in five surveyed Europeans indicated they have moderate or severe chronic pain.³ The three most common sources of chronic pain are low back pain (29%), neck pain (16%), and severe headache or migraine pain (15%).⁴



References:

1. National Center for Health Statistics (2006) *Health, United States, 2006* Available from: <https://www.cdc.gov/nchs/data/abus/abus06.pdf>
2. Johannes, C. B., Le, T. K., Zhou, X., Johnston, J. A., & Dworkin, R. H. (2010). The prevalence of chronic pain in United States adults: results of an Internet-based survey. *The Journal of Pain : Official Journal of the American Pain Society*, 11(11), 1230–1239. <https://doi.org/10.1016/j.jpain.2010.07.002>
3. Breivik H, Collett B, Ventafridda V, Cohen R, Gallacher D. Survey of chronic pain in Europe: prevalence, impact on daily life, and treatment. *Eur J Pain*. 2006;13:287–333. doi: 10.1016/j.ejpain.2005.06.009.
4. National Center for Health Statistics (US. "Health, United States, 2016: with chartbook on Long-term trends in health. Hyattsville, MD. 2017."



*Of 89,000 patients reported successful treatment
for musculoskeletal pain with acupuncture
(American Specialty Health 2016)*

Acupuncture Recommended by The World Health Organization For

- Low back pain
- Neck pain
- Tennis elbow
- Knee pain
- Peri-arthritis of the shoulder
- Sprains
- Facial pain
- TMJ
- Headache
- Dental pain
- Rheumatoid arthritis
- Induction of labor
- Breech birth presentation
- Morning sickness
- Postoperative pain
- Stroke
- Essential hypertension
- Primary hypotension
- Renal colic
- Leucopenia
- Radiation/chemo reactions
- Allergic Rhinitis
- Hay fever
- Biliary colic
- Depression



World Health Organization. Acupuncture: Review and Analysis of Reports on Controlled Clinical Trials. Geneva: World Health Organization; 2003.

Neural Stimulation With Acupuncture

Has been studied in the United States for 60+ years

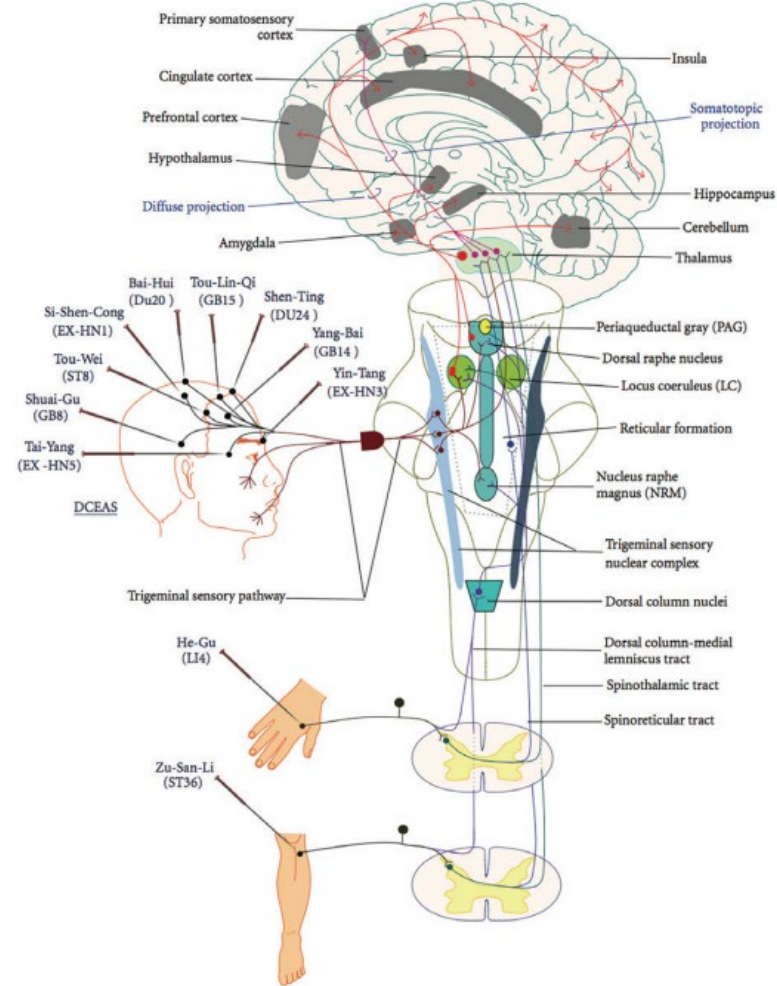
How it works:

Insertion of the points stimulates neural pathways to the spinal cord and deactivates specific pain centers in the brain

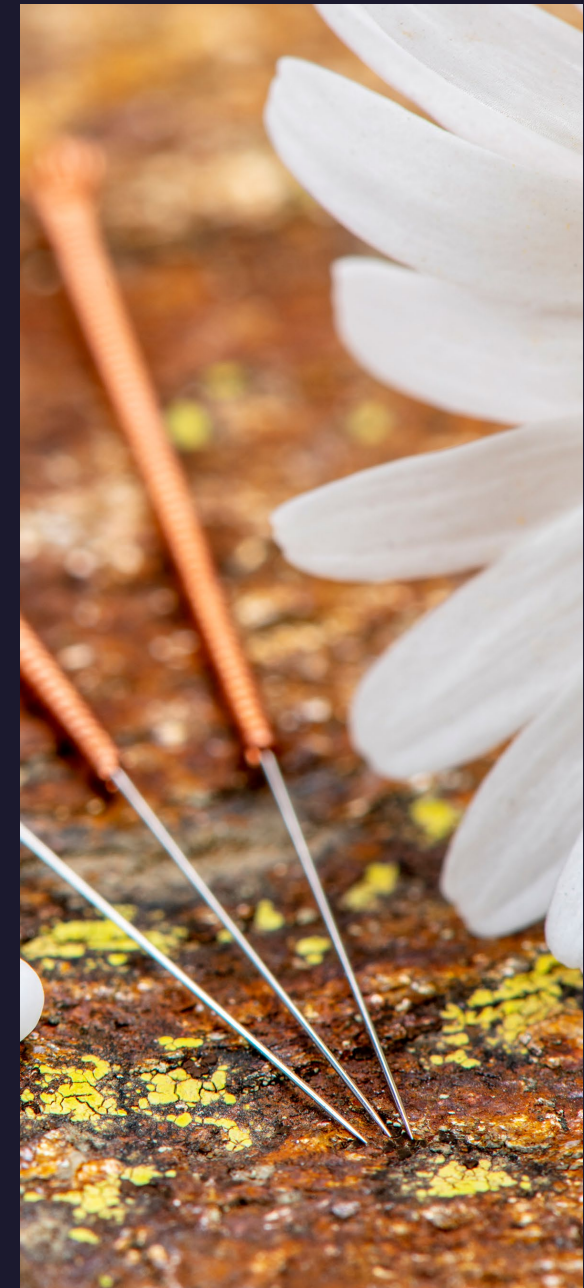
Also demonstrably activates the body's own opioids & improves the brain's sensitivity to opioids

The CHP Group (2014) *The Cost of Chronic Pain:How Complementary and Alternative Medicine Can Provide Relief*. Available from: https://www.chpgroup.com/wp-content/uploads/2014/12/CHP-WP_CAM-Chronic-Pain_Sls_12.12.2014.pdf

Acupuncture For Pain



Zhang, Z.-J. et al. (2012). *Neural Acupuncture Unit: A New Concept for Interpreting Effects and Mechanisms of Acupuncture.*²⁵



**Acupuncture does NOT
need to be
performed on the painful area.**

**Particularly in cases
of nerve pain,
we may prefer to treat non-locally
(for example, with a mirroring technique).**

Why Acupuncturists Use **Mirroring** Techniques

Podiatry patients often describe peripheral neuropathy as

“It feels like I’m walking on broken glass”

“Excruciating burning pain”

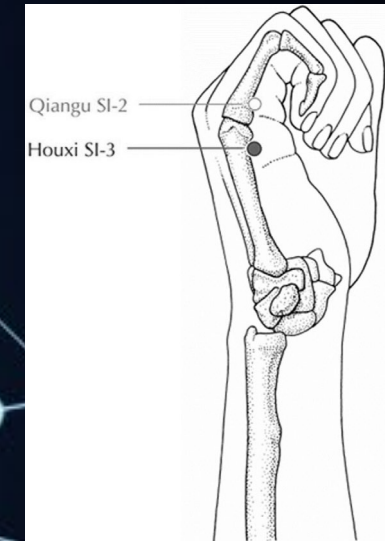
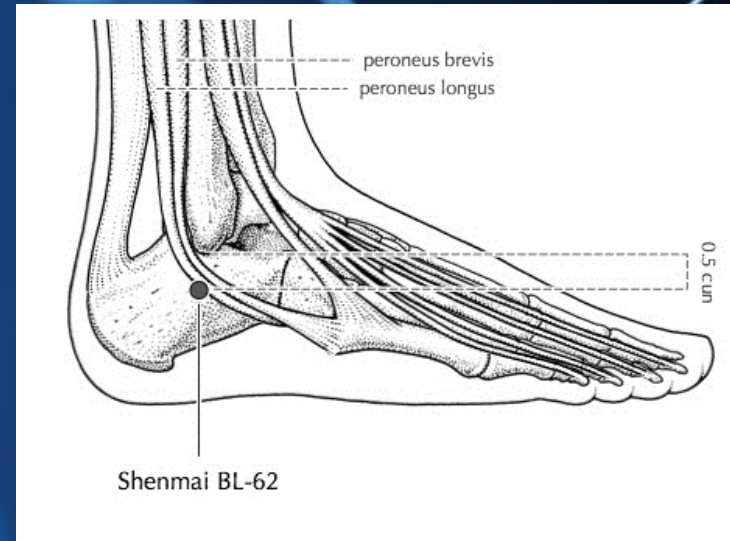
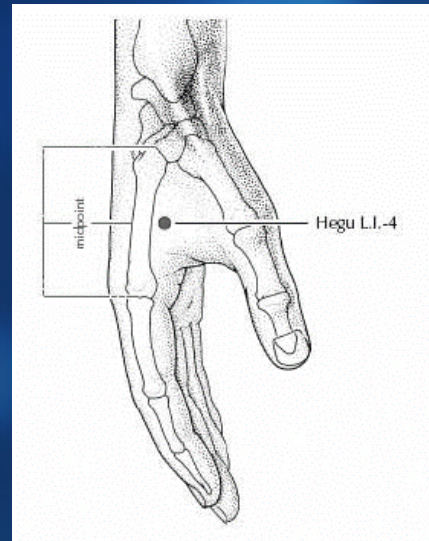
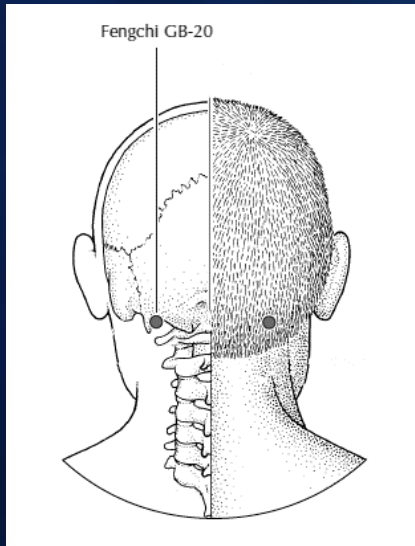
“Like I’m walking barefoot on a metal grate”

Rather than inserting needles into the bottoms of their feet (!)

we can use common points for nerve pain,

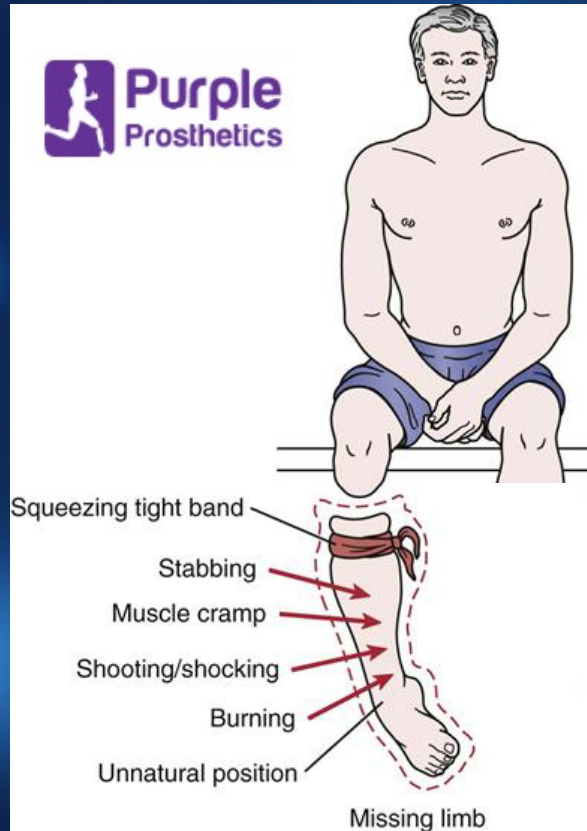
or a mirroring technique

Common Acupuncture Points For General Nerve Pain

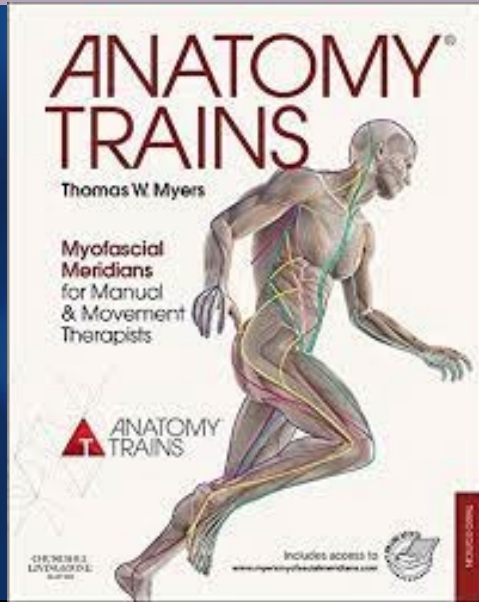


These points can be combined with **Mirroring Technique** for better efficacy

Acupuncture Mirroring Technique For Phantom Limb Pain

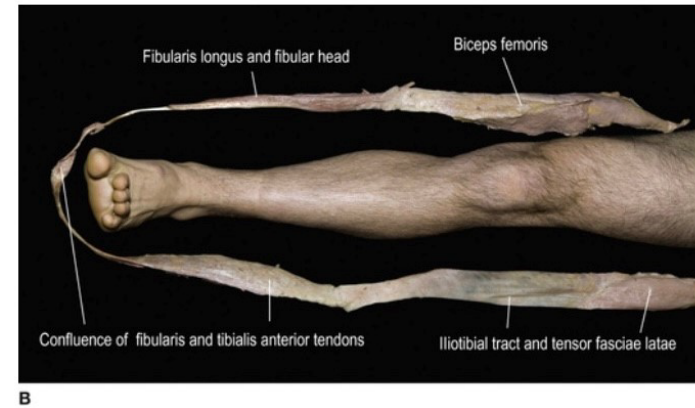


A Western View of Mirroring Techniques

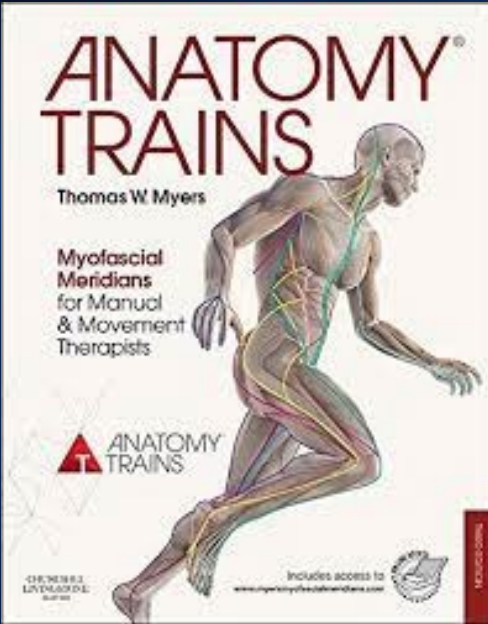


Anatomy Trains is one such lens – a global way of looking at musculoskeletal patterns that lead to body-wide interconnected protocols.

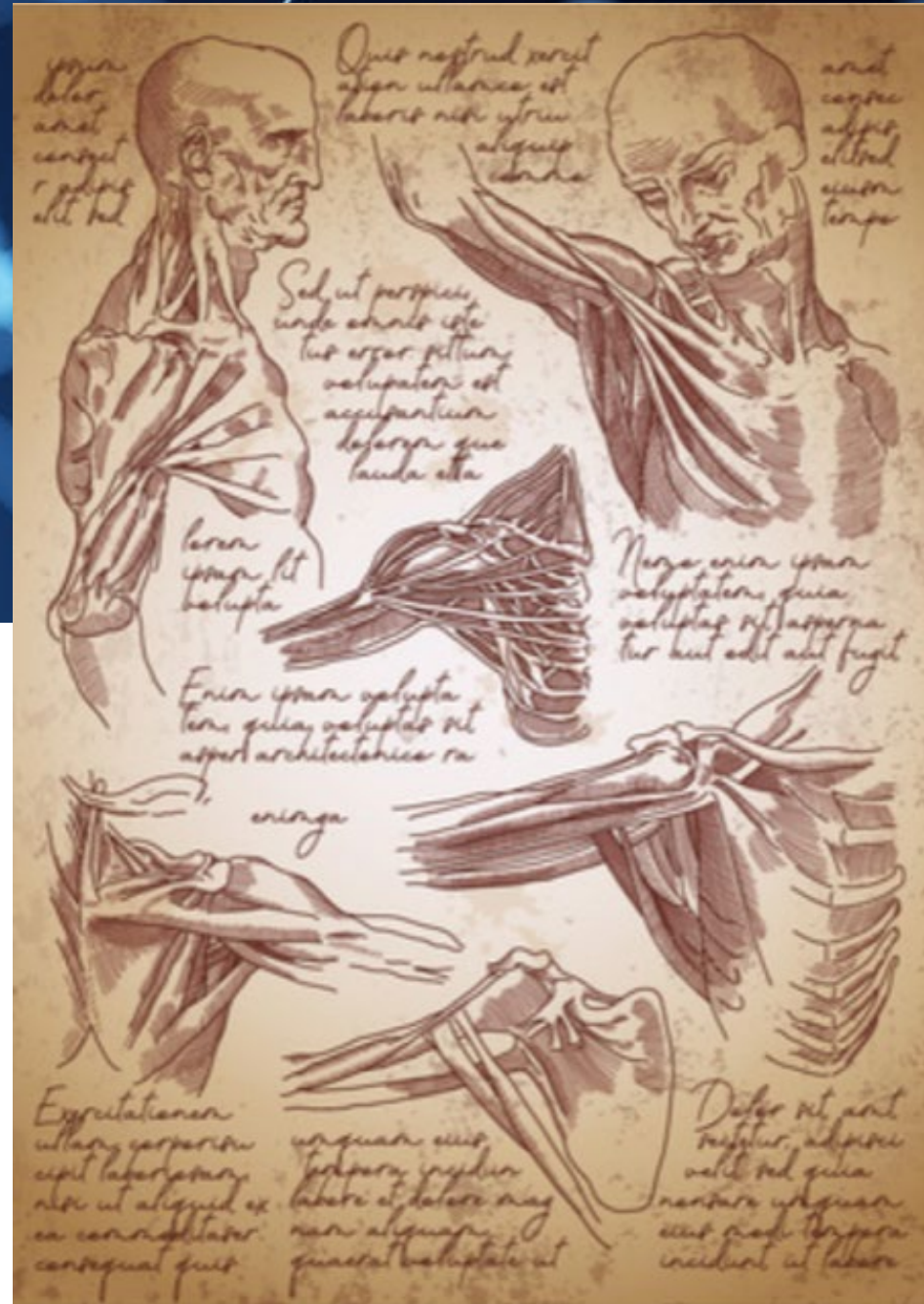
What can we learn from looking at synergetic relationships – stringing our parts together rather than dissecting them further ([Fig. 1.3](#))?●



New strategies occur when fascia-to-fascia linkages are considered. This dissection of the lower Spiral Line (see [Ch. 6](#)) shows how, by changing the angle of the scalpel, we can demonstrate the integrated action not of just one myofascial unit (muscle), but of several running. This specimen starts from the hip on the lower right, loops under the arch at the left, and carries on up to the ischial tuberosity with biceps femoris at the upper right.



Leonardo da Vinci,
drawing without the perva-
sive prejudice of the mech-
anistic muscle-bone viewpoint,
drew some remarkably 'Anatomy
Train'-like figures in his anatom-
ical notebooks.



Non-Local Techniques Unique to Licensed Acupuncturists (Differs from Dry Needling)

& Highly Beneficial For

- Neuropathy
- Migraine
- Stroke
- Amputation
- Post-op/Inflamed area
- Needle-sensitive patients

Case Study:

Treating Neuropathy of Right Hand By Needling Left Hand

Cathy, female, 46 y.o., presented with recent low back pain; also unrelated idiopathic neuropathy of right digitus medius of 10 years' duration.

Neuropathy of right middle finger over the years reached 10/10 numbness, with no sensation in second and third metacarpal, and nightly 7+/10 pain.

Chief Concern: Neuropathy of hands specifically, middle finger of R hand has been numb for a decade (or painful, depending);

Aggravating Factors: lying down **Relieving Factors:** Chiropractic has helped but it was too intense

Pain Description:

Quality: Numbness

Severity: Variable, but worse when sleeping

Frequency: continuously

Has to awaken each night for 30 minutes and stand up and move around the limbs; to alleviate pain and numbness.

First Treatment of **Mirroring** Acupuncture

- **Acupuncture points used:** K3, Lv 5-3, Ashi middle toes, SI4 on L, immediately felt a change in numbness in R middle finger
- **Needles In:** 8
- **Needles Out:** 8
- **Needles W/O STIM placed:** 9:15am
- **Needles W/O STIM removed:** 10am



Second Treatment of **Mirroring** Acupuncture

- **Acupuncture points used:** K3, Lv5-2, TB 5 on L, Middle finger on L hand, GB 20
- **Needles In:** 10
- **Needles Out:** 10
- **Needles W/O STIM placed:** 10:05am
- **Needles W/O STIM removed:** 10:50am

Third Treatment of **Mirroring** Acupuncture

- **Acupuncture points used:** 2 ankles and contralateral finger:
- K3, Lv5-2, UB 62, TB 5 on L, Ashi Middle finger joint on L hand nailed bilaterally with the smaller points
- **Needles In:** 10
- **Needles Out:** 10
- **Needles W/O STIM placed:** 8:05am
- **Needles W/O STIM removed:** 8:50am



After 3 Treatments

Chief Concern: Update: Neuropathy of finger has decreased to the point where now she can feel the majority of the finger - all but the nail and nailbed area on the R middle finger.

Back pain has lessened but still has occasional stiffness and 3/10 pain.



Cathy

Local Guide · 9 reviews · 40 photos

★★★★★ a month ago

Georjana Shames is phenomenal on many levels. I came in with neuropathy pain in my fingers. She took the time to explain what she was doing and why to have the best results with the acupuncture. I saw an improvement while I was still in the office. I would recommend her and am so glad she is at the Slidell location.

Thank You!

To refer patients to acupuncture use code **PRO1**.

Louisiana is a self-refer state; **MD/NP/DO** must sign the order for insurance to pay (usually 12 sessions yearly).

Acupuncture now at Ochsner at multiple locations:

- Slidell Therapy & Wellness
- Mandeville Therapy & Wellness
- Covington Hospital
- Elmwood
- Multiple Cancer Centers

Acupuncture@Ochsner.org

