

Clinical Report 1 (Acupuncture)

*A Case Where Press Tack Needles at Li4 were Markedly
Effective for Shoulder Pain*

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[Patient] Female, 83 years

[Chief complaint] Right shoulder pain

[Past history] Gastric ulcer

[Life history] no smoking, no drinking

[Allergies] none

[Present illness] The pain in the right shoulder started in her sixties. In July 2015 she suffered from herpes zoster on her right flank (T3,T4 area) and was treated for it, but currently still has residual pain and is under ambulant treatment for it. Two days ago her younger brother fell into critical condition and she traveled from Matsuyama to Kyushu to visit him, but experienced severe pain in the right shoulder as if having been struck by lightning. Requesting acupuncture treatment she was referred from her regular physician to our department.

[Oral medication] Neurotrophin (4 units) 4 tab, Pregabalin capsules 75 mg 4 cap.

[Constitution] Tendency towards constipation; no chilling or hot flushes.

[Current condition]

Height: 148 cm; weight: 46 kg

Tongue: slightly dark purple, thin white coat, no varicose veins, choppy pulse

Abdominal wall tone 3/5, palpitation above the umbilicus, appearance of tension in the hypochondrial region, but she herself is not complaining about hypochondrial fullness and tenderness; no lower abdominal cramps; moxa marks on her back; herpes zoster scars medially of the right shoulder blade; no incrustation; pruritus.

[Pattern identification] qi stagnation; stagnation and deficiency of liver blood

[Prescription] Right LI4 press tack needle (Seirin press tack needle, wire diameter \varnothing 0.2 mm, needle length 1.2 mm)

Decoction: Chinese angelica root 3 g, Chinese peony root 3 g, white atractylodes rhizome 3 g, poria 3 g, bupleuri radix 3 g, paeoniae moutan cortex 2 g, gardeniae fructus 2 g, Chinese liquorice root 2 g, fresh ginger root 1 g, mentha arvensis 1 g, cooked rehmanniae radix 4 g, cnidii rhizoma 4 g, coptidis rhizoma 1.5 g, phellodendri cortex 1.5 g, scutellariae radix 3 g

[Course] Following her first treatment session the pain was completely alleviated after one night sleep. She was very grateful that a pain, that almost made her cry, was gone.