

Clinical Report 1 (Acupuncture)

A Case of Acute Low Back Pain that Developed in a Severely Stressed 58-year-old Woman

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[Purpose]

Reporting the good outcome we obtained by treating GV11 in a patient in whom acute low back pain developed under stress.

[Patient] 58-year old female

○ Chief complaint: ① low back pain (sort of pulling pain, heaviness); ② heaviness from the neck down to the hand

○ Present illness:

In August X-4 ① low back pain (centrally) of unknown origin developed. In a local orthopedic clinic a "lumbar spondylolisthesis" was diagnosed and healed in 2-3 days. Later, the condition ② developed also of unknown cause. The patient was diagnosed with "(mild) cervical herniated disk" and treated with hot packs and traction, which remained ineffective. On November 7th the symptom ①, left developed, when the patient tried to carry some baggage. On November 8th she received massage treatment decreasing the pain scale score 10→7 and later on November 11 she visited our clinic in that condition.

○ Chronological analysis

Since childhood she suffered from repeated tonsillitis and was very short-tempered. Since her menarche she experienced menstrual pain (low back pain) and approximately from the age of 20 symptoms like shoulder stiffness and constipation also appeared. At the age of 28 she had a traffic accident causing hip joint and pubic bone fractures and later led to occasional low back pain attacks. By the age of 45 menopause was artificially induced through a surgery for a myoma of the uterus.

In X-4 the stress with her superiors at work increased before the background of her chief complaint and on October 31 she quit her job. Overall blood stagnation developed superimposed on the original detoxication constitution, under stressful working conditions at the workplace became a burden and conceivably led to the onset of her condition.

○ Analysis of the point locations

Congestions: neck,

Fine floating vessels, GV14, GV4, GV3

Pressure hypersensitive depressions: GV12 – GV10 (GV11 maximum), BL52, BL57, CV9, SP6, KI3

Pressure hypersensitive indurations: BL10, GB21, BL43, BL14, right BL18, BL27, BL58, LI11, ST36, GB34, stuffiness and rigidity below the heart

○ Treatment

Moxibustion points: GV11, LI11, ST36, SP6

Micropuncturing: GV12, GV4, GV3, BL43, BL18

Kampo medicine: Keikyososooshinbuto 桂姜草棗
黄辛附湯 (decoction)

○ Course

① improved day by day and regarding ② a favorable course was observed too, so that by the fourth treatment session the Kampo medicine was discontinued. From the sixth treatment session the intervals were changed from 4 to 6 weeks.

[Discussion, conclusions]

In our clinic we use GV11 based on a restored copy of the "Hall of Brilliance Canon (Ming Tang Jiu Jing)" as our main therapy to treat health problems of the shoulders, abdomen and back originating from mental or emotional disorders. On this occasion we added treatment of GV11 to the local treatment for the low back pain that developed before a background of mental burden and think, it probably led to an interruption of a vicious circle.