



ACUPUNCTURE TREATMENT IN HAND AND WRIST PAIN

Jihe Zhu¹, Blagica Arsovska^{1,2} and Kristina Kozovska^{1,3}

¹Faculty of Medical Sciences, University Goce Delchev, Shtip, Republic of Macedonia

²Institute of Biology, Faculty of Natural Sciences and Mathematics, Skopje, Republic of Macedonia

³Medicine Faculty, St. Cyril and Methodius University of Skopje, Republic of Macedonia

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ABSTRACT

The pain in the hand and wrist joint is common in people who overuse that part of the body with work. The majority of patients are women. The causes are: physical injury, carpal tunnel syndrome, sports (tennis, table tennis, gymnastics), computer work, etc. The most common symptoms for palm and wrist injuries are: pain, stiffness, paresis, swelling, limited mobility, and so on. Acupuncture as part of Traditional Chinese Medicine (TCM) is an effective way to treat this type of problem in patients and for most of the cases only one treatment is needed to improve the condition. In the study were included 15 patients, 4 men and 11 women, aged from 27 to 67 years. All patients were treated with acupuncture for hand and wrist pain. Effect from the treatments was achieved in all patients with certain number of treatments. According to this study and generally according to patients who seek a physician to treat this problem, it is women who suffer more from wrist disease than men. Acupuncture as part of TCM as a treatment for this problem represents an effective and completely safe treatment. Acupuncture facilitates the blood flow, Qi flow, and restores the lost energy. The treatment itself improves the general condition of the body. Most patients are cured after only one treatment.

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INTRODUCTION

Traditional Chinese Medicine (TCM) uses acupuncture, reflexotherapy, moxibustion, cupping therapy, gua sha, massage and some Chinese herbal remedies in the treatment of musculoskeletal pain. It is a unique, safe and effective way of treatment. It acts to the deepest levels of the body, invisible to humans and restores the disrupted energy to normal. It increases the body's regenerative power, and maintains it in harmony with nature. All types of Chinese medicine treatments are successful, and in addition to treating the main problem, the body's general condition, both physical, mental and emotional are improved too.

Pain in the palm and wrist as part of the musculoskeletal pain group is common in the population. A higher percentage of the patients are women, ie 73% of the patients analyzed. The disease is more professional, with people putting the palm and wrist at work. The causes are: physical injury, carpal tunnel syndrome, sports (tennis, table tennis, gymnastics), computer work, etc. The most common symptoms for palm and wrist injuries are: pain, stiffness, paresis, swelling, limited mobility, and so on. [1]

According to TCM, the etiological factors for muscle pain are: Bi (indicates obstruction of blood and Qi in the collaterals and channels), Blood stasis, Qi and blood vacuity due to spleen Qi vacuity, Qi stagnation, Liver depression, combined factors and other. [2]

MATERIAL AND METHODS

The research was done in a clinic for Traditional Chinese Medicine and acupuncture in Skopje, Republic of North Macedonia, by a doctor specialist in acupuncture. In the study were included 15 patients, 4 men and 11 women, aged from 27 to 67 years. All patients were treated with acupuncture for hand and wrist pain.

A detailed history was obtained of each patient's local and general symptoms, occupation, general condition of the body, presence or absence of hereditary diseases, and physical injury. Acupuncture was performed indoors at room temperature for approximately 30-45 minutes. In the treatment were used fire i.e. hot acupuncture needles which were needled in Ashi or trigger acupuncture points, located at the areas where the pain is the greatest on the palm and wrist.

Effect from the treatments was achieved in all patients with certain number of treatments. The main focus was on the age, sex, occupation of the patients, the symptoms and the number of treatments needed to eliminate the pain and the symptoms.

**Corresponding author: Jihe Zhu*

Faculty of Medical Sciences, University Goce Delchev, Shtip, Republic of Macedonia

RESULTS AND DISCUSSION

According to this study and generally according to patients who seek a physician to treat this problem, it is women who suffer more from wrist disease than men.

Table 1 Gender, age, profession and number of treatments of the analyzed patients

No.	Gender	Age	Profession	Number of treatments
1.	Female	50	Hairdresser	4
2.	Male	50	Programmer	2
3.	Female	50	Administration	2
4.	Female	40	Programmer	3
5.	Female	33	Programmer	2
6.	Female	42	Hairdresser	1
7.	Female	51	Programmer	1
8.	Male	56	Physical trauma	6
9.	Male	57	Physical trauma	1
10.	Female	32	Shoe factory	3
11.	Female	51	Shoe factory	1
12.	Female	67	Administration	3
13.	Male	33	Dentist	2
14.	Female	27	Architect	5
15.	Female	33	Hairdresser	1

In table 1 is presented the data obtained from the patients studied, their sex, age, occupation and the number of treatments needed to treat each patient. Accordingly, hand and wrist pain are a professional deformity / disease in people who use the wrist in the work. Of the patients, 3 are hairdressers, 4 programmers, 2 work in administration, 2 in a shoe factory, 1 dentist and 1 architect, and the remaining 2 were treated for physical injuries.

Of the patients, 11 were women, ie 73% and 4 were men or 27%. The difference is visible and therefore it can be concluded that women are more likely to suffer from wrist and hand pain.

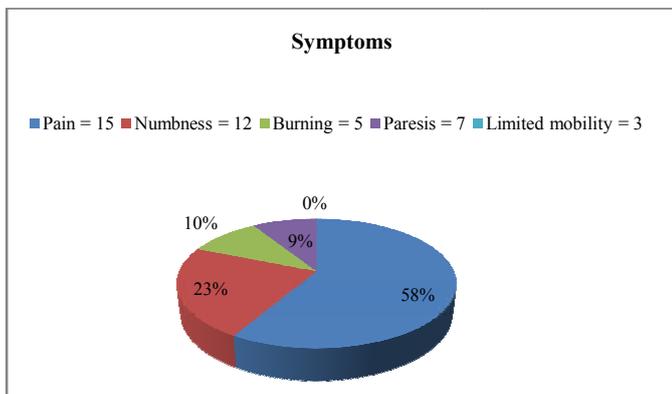


Chart 1 Symptoms presented in the patients

On chart 1 are shown the most common symptoms that occurred in the patients. Pain was present in all 15 patients, wrist numbness was present in 12, burning sensation was present in 5, and paresis in 7 patients. Other symptoms were wrist tiredness, decreased strength and cold-warm feeling.

Pain is the most common symptom, typically occurring during trauma to the body and excessive use of the palm and wrist. It causes stress to the body and a local inflammation. The pain can occur on any part of the wrist and can extend into the palm or arm. Usually it increases with a certain movement.

Table 2 Age groups

Age group	Number of patients
<30	1
30-40	4
40-50	2
50-60	7
>60	1

The treated patients were on age from 27 do 67. Most common age group was from 50 to 60 years of age.

Table 3 Number of treatments

Number of treatments	Number of patients
1	5
2	4
3	3
>3	3

Patients needed a different number of treatments to get positive results. Normally, it depends on the general condition of each patient's body, their age, the type of injury or type of syndrome, the symptoms, their occurrence, strength, duration, etc. Table 3 shows the number of treatments needed to achieve the positive effect in the patients. Most of the patients - five needed one therapy, four patients needed two treatments, three patients needed three treatments and four, five and six treatments were needed for one patient accordingly.

Acupuncture is the perfect and successful way of treating wrist disorders and injuries. Acupuncture reduces inflammation, pain and improves joint movements. According to TCM, if there is a blockage of the Qi flow, acupuncture can improve the Qi flow and blood flow to the body, restoring lost energy.

The doctor determines the cause of the pain with palpation especially at the most painful points, which are then treated with acupuncture. Acupuncture can be performed with normal or heated (fire) needles. Heated needles are usually used and are inserted very quickly to the place where they are needed. Needles work by increasing the blood flow to the painful area, increasing and facilitating the flow of the Qi, improving the function of the Zang Fu organs and other. Pathologically, the needle reduces the accumulated exudate at the site, reduces inflammation, edema and improves joint movements. [2] [3]

CONCLUSION

Acupuncture as part of TCM as a treatment for this problem represents an effective and completely safe treatment. Acupuncture facilitates the blood flow, Qi flow, and restores the lost energy. The treatment itself improves the general condition of the body. Most patients are cured after only one treatment.

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