

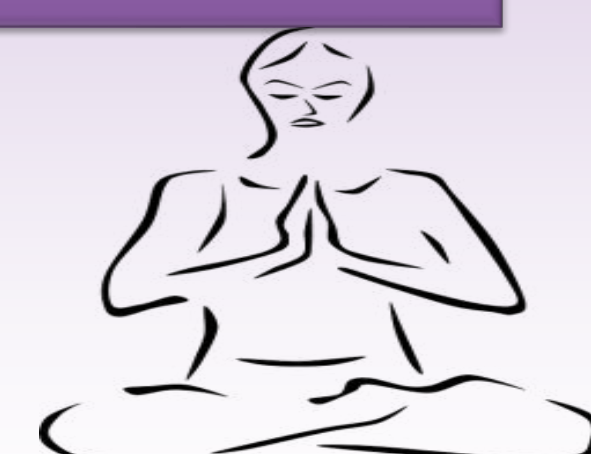
Fire needle and cupping therapy for knee osteoarthritis



Jihe Zhu¹, Blagica Arsovska², Kristina Kozovska¹

¹Faculty of Medical Sciences, University Goce Delcev – Shtip ;

² Institute of Biology, Faculty of Natural Sciences and Mathematics – Skopje;



INTRODUCTION

❑ Osteoarthritis is a degenerative joint disease which usually occurs during the aging process and usually the most painful joint is the knee.

❑ According to Traditional Chinese Medicine, osteoarthritis is classified as a disease resulting from excessive accumulation of the factors Wind, Cold and Dampness.

❑ To remove factors as causes of disease, is used fire needle therapy which is an acupuncture technique with quick needling of heated needle at certain points in the body and cupping therapy.

When Qi and Blood are not circulating well, the channel becomes weak and TCM pathogens such as Wind, Cold and Damp easily invade and cause pain.



MATERIAL AND METHODS

- 25 patients – 10 male, 15 female
- Age – from 33 to 78
- All patients with symptoms of knee osteoarthritis
- In all patients applied acupuncture treatment with fire needles on certain trigger points called Ashi and cupping at the same points.
- One specific point which is located on the inside side of the knee was treated in all patients.
- Five punctures with the needle are made in the acupoints.
- Duration of the treatment - 20-30 minutes
- Indoor on a room temperature

FACTORS

- ✓ Age
- ✓ Previous injuries
- ✓ Hereditary abnormalities
- ✓ Gender
- ✓ Obesity
- ✓ Certain occupations

SYMPTOMS

- ✓ Pain
- ✓ Swelling
- ✓ Stiffness
- ✓ Limited motion
- ✓ Crepitations
- ✓ Loss of flexibility

Age	Number of patients
30-40	4
40-50	1
50-60	6
60-70	5
>70	9

RESULTS

- More female patients than male
- Most common symptom – pain in the knee
- Effect is been achieved in all patients with certain number of treatments and after the treatments all painful symptoms that patients complained before were gone. (pain in the knee, edema, limited motion, numbness, loss of balance, insomnia)

Number of treatments	Number of patients
<5	13
5-10	9
10-15	2
>15	1



Normal knee

Osteoarthritic knee

