

## **Acupuncture in the treatment of disorders of the locomotor system (neck and low back pain, disorders of the shoulder, elbow and knee)**

According to the global burden of disease study disorders of the locomotor system including back pain are the main reasons for disability, loss of quality of life and social deprivation.

Acupuncture offers an evidence based approach in the treatment of these patients. Combining traditional acupuncture knowledge with modern technics like triggerpoint acupuncture and microsystem acupuncture have remarkably improved the outcome. Nowadays we use a simple, pragmatic approach which consists of different steps:

1. Start with distant points on the affected meridians and/or microsystem points
2. Look for tender regional and segmental points
3. Treat myofascial triggerpoints
4. Supplement with local meridian points or ah shi points
5. Treat internal organs in chronic diseases

In addition, in chronic cases it is crucial to consider the impact of psycho-social factors. Based on a psychosomatic understanding it is possible to add value to the treatment by differentiation according to meridians and the five elements.

Topics of the seminar will be

- theoretical and scientific background of concepts
- diagnostic methods (examination, palpation, very-point technique)
- condition of patient interpreted according to meridians and five elements
- psychosomatic facets
- development of therapeutical concepts
- practical application of needle techniques
- demonstration and exercises

In this seminar, basic knowledge in acupuncture is helpful for better understanding and for the implementation into daily practice. Acupuncture specialists will hopefully be stimulated by new insights.

For preparation it can be helpful to study section 3, chapter 27, 28, 29, 32 and 33 in the textbook "Myofascial Trigger Points: Comprehensive Diagnosis and Treatment" by Churchill Livingstone, 2013.

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Dr. Irnich is a renowned expert of acupuncture research and invited lecturer on acupuncture at different universities in Germany, Europe and USA (e.g. Berlin,

Frankfurt, London, Harvard Boston, Melbourne, Tokio). He was responsible conductor of a research grant from the German Ministry of Education and Research on acupuncture. He is laureate of different renowned awards.

Dr Irnich is practising daily acupuncture. He has undergone TCM education in China (Beijing WHO Collaborating Centre of Traditional Chinese Medicine) and Germany (DÄGfA)

He is member of the faculty at different institutions (e.g. Structural Acupuncture Course, Harvard Medical School), (co-)editor of scientific journals and member of national and international research groups (e.g. Acupuncture Trialist Cooperation). His fields of research include basic science research (physiology of peripheral nociception including acupuncture) and clinical research on Acupuncture and Pain (research methodology, clinical effectiveness). Since 1996 he published 75 scientific papers as principal author or co-author. The latest come out is the English version of his successful "Leitfaden Triggerpunkte" by Elsevier. It is a comprehensive manual on trigger point called: "Myofascial Trigger Points: Comprehensive Diagnosis and Treatment" by Churchill Livingstone.