

# Becoming an Instant Acupuncturist: Basic Level Korean Hand Therapy (non-needle acupuncture) for Managing Musculoskeletal Pain

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Objectives: Following this presentation, the participant will be able to:

1. Describe the Traditional Chinese Medicine theory for how acupuncture works and list conditions for which acupuncture is useful based on evidence.
2. Describe the Korean Hand Therapy (KHT) Reflexology map of the body on the hand.
3. Learn to use the Korean Hand Therapy Correspondence system to treat neck pain, headache, low back pain, and arm/leg pain.
  - a. Successfully treat at least one of your workshop colleagues.
  - b. Successfully be treated by at least one of your colleagues.
4. Answer common patient questions about KHT Correspondence treatments.
5. Use a comprehensive Integrative medical approach to evaluate and manage musculoskeletal pain.

## **Traditional Chinese Medicine (TCM)**

- The patient is a microcosm of the universe, subject to the influences of the environment and internal harmony, as well as the interplay between the yin and yang.  
*External factors:* wind, heat, dryness, dampness, cold  
*Internal factors:* anxiety, sadness, anger, introspection, elation.
- Treatment includes acupuncture, massage, herbal medicine, movement arts, and breathing exercises. Acupuncture may only represent only 10% of a treatment plan.
- TCM has a different anatomical and physiological construct which is internally logical and consistent but irreconcilably different from the Western model. To explain TCM in Western terms is difficult, but to explain TCM from an Eastern philosophical standpoint is easy. Ultimately, a Western practitioner must accept acupuncture as a scientifically validated treatment without fully understanding its mechanism of action. Our own understanding of Western medicine has shifted radically every decade with scientific research and paradigm shifts, e.g., coronary artery disease

## **Acupuncture** *Zhen Jiu* = “needle moxibustion”

Over 30 styles of acupuncture, including Microsystems and Reflexology systems (Dale 1999)

More than one-third of the world’s population receives acupuncture as part of their medical care.

*Classical Chinese Acupuncture:*

- 670 standard acupuncture points: 309 on 12 principal meridians. Extra points, tender points by palpation. Insertion of fine needles into points on the body to reduce pain, engender healing.
- Contemporary stimulation via pressure (shiatsu massage), lasers, magnets, heat, herbs, metals.

*Korean Hand Therapy (KHT).* System developed in 1975 by Dr. Tae Woo Yoo.

- Relatively painless, produces fast results. Maps classical body meridians —> hand.
- Multiple treatment approaches: small needles, 1 mm depth; hand pellets (needle-less acupuncture), electromagnetic stimulation, mental (distance healing)

*Ear Acupuncture/Acupressure.* Another very useful microsystem.

## **Scientific Basis of Acupuncture**

Acupuncture can cause multiple local and distant biological responses, including

- Increased blood flow, strengthening of the host immune response.
- Activation of the body's opioid neurohumeral system; changes the processing and perception of painful stimuli carried to and from the central nervous system.
- Stimulation of the sympathetic nervous system via the hypothalamus and brain stem; SPECT scan: acupuncture increases blood flow to the lateral thalamus nuclei, which controls the transmission of pain and sensory neural signaling. Using local anesthetics at the acupuncture site can block this effect. Opioid antagonists (such as naloxone) or benzodiazepines (e.g., Valium) have been demonstrated to reverse the analgesic effects of acupuncture (Eriksson, Lundeborg et al. 1991).

Studies reveal that patient attitudes about acupuncture do *not* affect the effectiveness of treatment.

## **Acupuncture and The Evidence**

1997 National Institutes of Health Consensus Conference on Acupuncture: reviewed scientific evidence supporting the use of acupuncture as a therapeutic modality.

Table 2: NIH Consensus Conference on Acupuncture Evidence Basis for Acupuncture Therapy

Strong	Good	Useful Adjunct
<input type="checkbox"/> post-operative and chemotherapy induced nausea <input type="checkbox"/> back pain <input type="checkbox"/> adjuvant treatment of post-operative pain	<input type="checkbox"/> Dysmenorrhea <input type="checkbox"/> Epicondylitis <input type="checkbox"/> fibromyalgia	<input type="checkbox"/> Headache <input type="checkbox"/> myofascial pain <input type="checkbox"/> osteoarthritis <input type="checkbox"/> carpal tunnel syndrome

Korean Hand Therapy can be used for a variety of conditions\*, including:

- Any musculoskeletal pain (sprains, tendonitis, contusions, arthritis)
- Headache, back and neck pain
- Upper respiratory symptoms (nasal congestion, sore throat, ear pain), including allergies
- Digestive problems, including preventing postoperative vomiting
- Women's health problems
- Anxiety and insomnia

*\*Please note this workshop will address ONLY musculoskeletal conditions.*

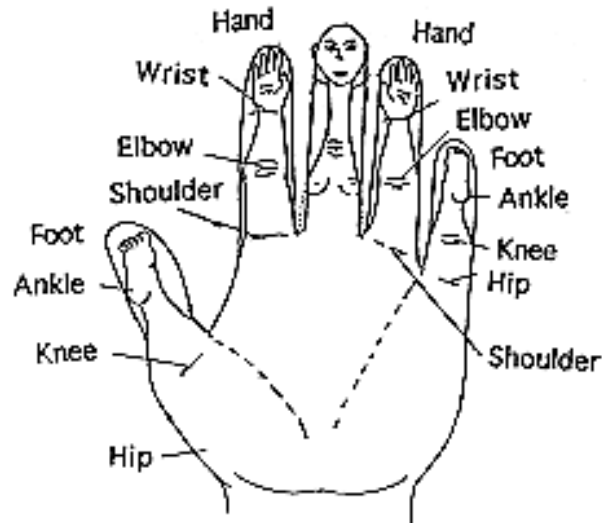
**KHT Correspondence Therapy** is based on a Reflexology map. Every part of the body has a correspondence, or "reflex" point on the hands. For example, the left little finger joint by the fingernail corresponds to the left ankle (See hand diagrams). Disease, pain and tension are "reflected" in the hands as tender points. Locating and treating these hand points will frequently resolve pain and dysfunction in other parts of the body. KHT Correspondence Therapy allows *precise* targeting of specific areas of the body.



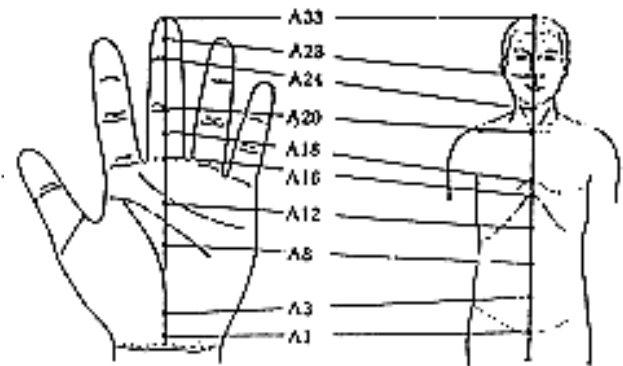
KHT Press Pellets  
Aluminum = Negative charge  
Brass = Positive charge

# Korean Hand Body Homunculus

Palm of Hand

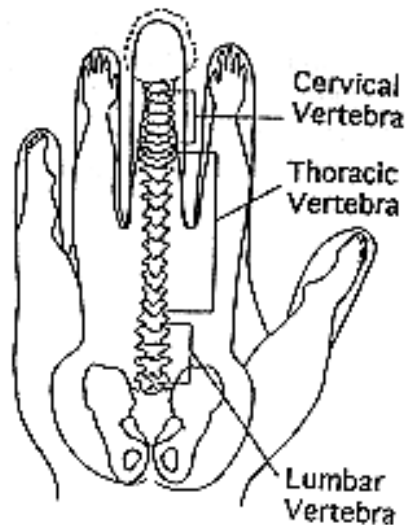


Front of Body

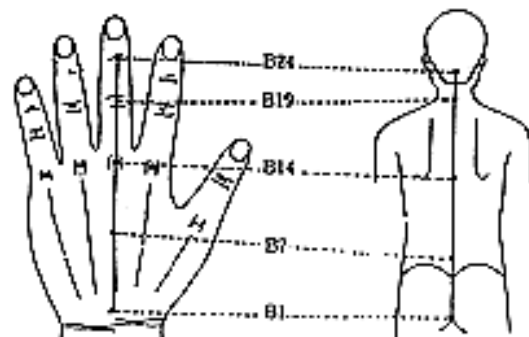


Correspondences of the midline of the palm and middle finger (A-Ki Mek)

Back of Hand

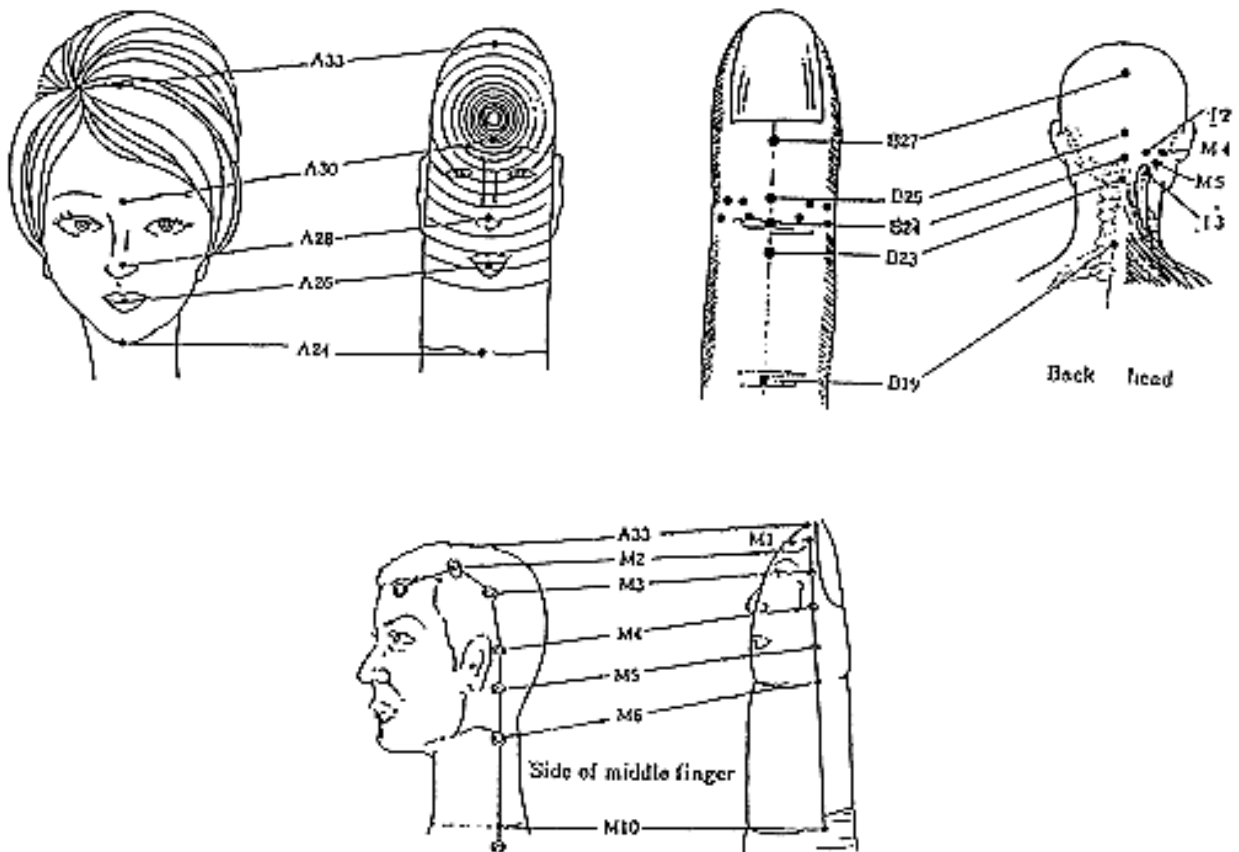


Back of Body



Corresponding points of body back and hand(B-Ki Mek)

Pain patterns: Headache & Neck pain — on middle finger

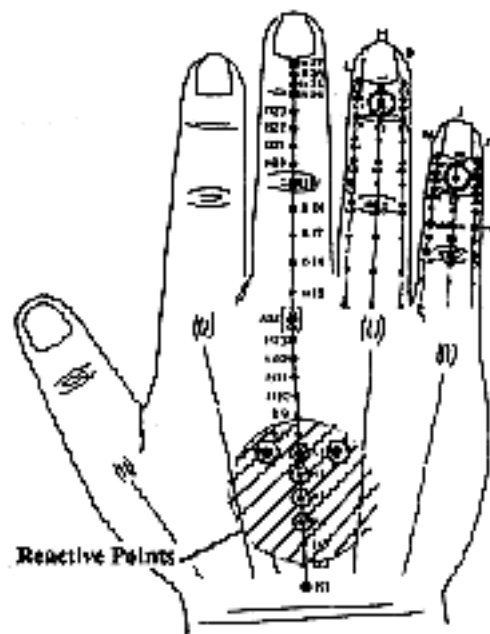


Headache pain is typically referred from the occiput, jaw, and trapezius areas.

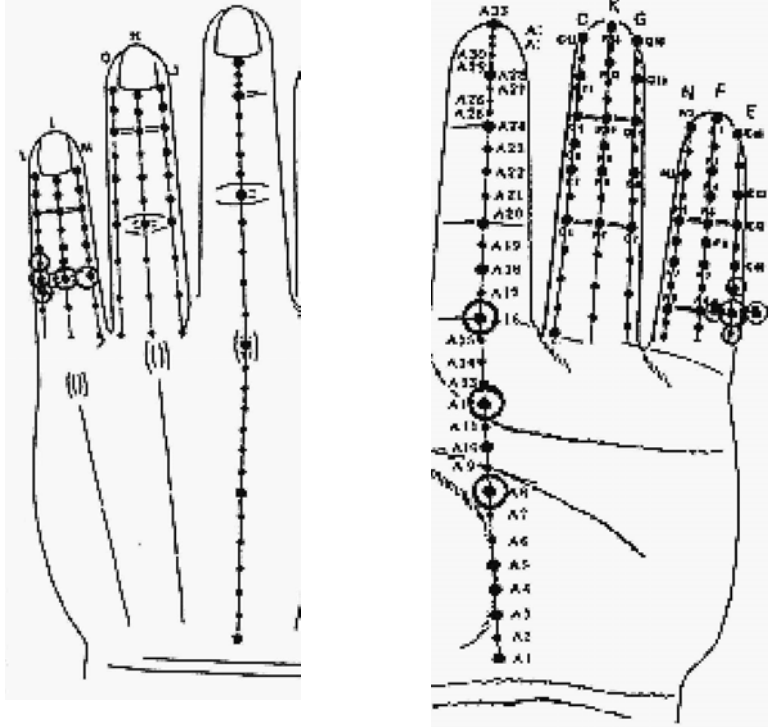
### Back Pain



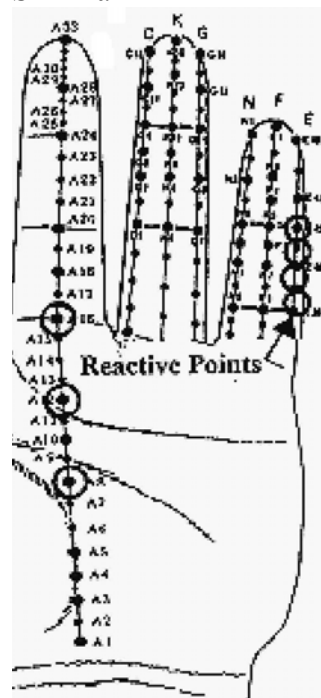
Picture of KHT pellets for back pain



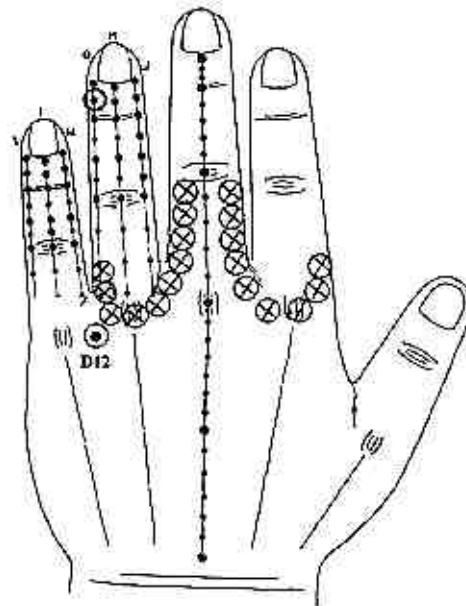
## Knee Pain



## Shin Pain



## Shoulder pain



## DEMONSTRATION: Point finding



Fig. 1: Finding neck correspondence points



Fig. 2: Finding the Sciatica point

- a) Point finding:  
Thumb rolling to identify region . Lateral rocking to see if sides are involved.  
Ball head to locate specific area.
- b) Mark with small tip where to place needle; usually can skip if for pellets.
- c) Apply pellet.

## Common Questions about Korean Hand Therapy pellets

### Are there any harmful side effects from the pellets?

Korean Hand Therapy pellets are very safe. Most people tolerate them without any problems. Occasionally some people may be sensitive to prolonged pressure against their skin and notice itching, redness, or local discomfort. Should this happen you should remove the pellets and allow the skin to be exposed to the air, which typically will resolve the local irritation in a few days. Many people will notice tingling in the fingers which is actually a positive sign that energy flow is increasing in the acupuncture energy channels.

### How long can I leave the pellets on my hand?

The pellets should be left on for at least two hours to provide a therapeutic effect. They can be removed at that time, saved, and reapplied a few days later. Often pellets may seem to lose their effectiveness beyond two or three days. This is an expected part of acupuncture treatment, which seeks to help the body achieve a healthier energy balance through repeated gentle stimulation.

## Patient Education about Acupuncture Treatments

After acupuncture, it is recommended to refrain from exercise, big meals (3-4 courses), alcohol and sex, 4-6 hours after acupuncture sessions, since any of these activities may change the energetic pattern resulting from the treatment.

### How many treatments will I need for resolving my condition?

For recent onset conditions, only 1 or 2 treatments may be required and for health maintenance, 2-4 visits a year are the norm. Most conditions respond within 6-12 weekly treatments, but the actual number will



vary according to one's age and overall health. During the initial treatment for an acute problem, acupuncture treatments are typically scheduled for one or two visits a week for one to two weeks. Initially, any change, even a transient worsening of symptoms, is considered a favorable response. The response to treatment may initially be short lived, but the effectiveness will typically stabilize and allow for a lengthening of time between visits apart (2 weeks, 3 weeks, then 4 weeks, etc.).

For very severe conditions, treatments may be advised at a rate of 2-3 per week initially and for those patients responding with an 80-90% improvement, longer intervals extending to 2-4 weeks may be suggested until complete resolution occurs. Chronic medical and pain problems typically require maintenance treatments at 1-month, 6-week, or 2-month intervals. Medical problems of lesser severity and chronicity can often be resolved adequately and do not require maintenance treatments.

In the graph below Healthy Energy is at a 10 level. An individual with illness, injury, or pain will likely have a lower energy. If this person is given a single acupuncture treatment their energy may rise partially increase towards their usual healthy level. However, if no further treatments are given the energy may decline again (One Visit dashed line). If a series of acupuncture treatments are given then the overall energy level can be improved as shown by the Ongoing Treatments heavier dashed line. Treatment effects and benefits cumulatively build on each other over time.

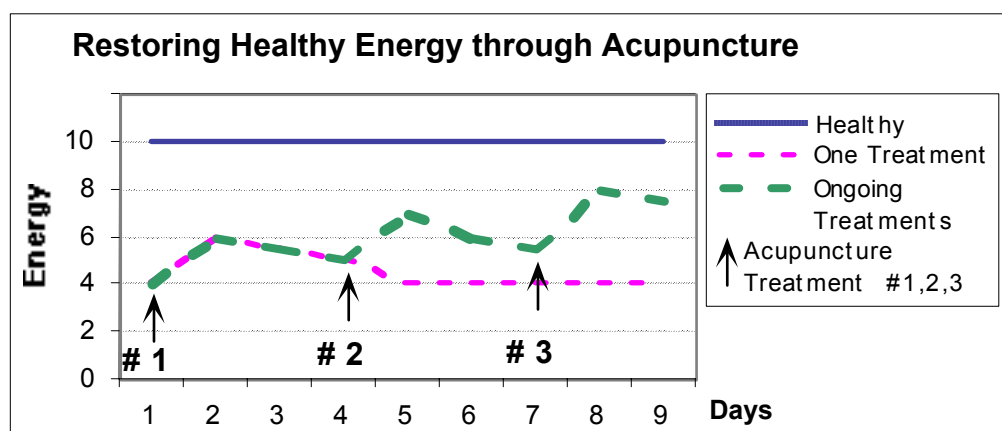


Fig. 5: Improvement in Energy Level with Successive Acupuncture Treatments

With the cumulative effect of the treatments, enduring improvement is the desired goal. Enduring improvement may mean a thorough resolution of the presenting problem, or it may mean enabling the patient to have greater function in their activities with less medication than initially. Once the treatment effect lasts for approximately one month, a decision is made as to the necessity of regular maintenance treatments, usually every two to three months to ensure a durable therapeutic response. Patients can learn to do Korean or Ear Correspondence Therapy and treat themselves at home.

#### Korean Hand Therapy: Special considerations

Rembursement: Medicare does not cover Acupuncture. Some insurance and HMO's may not provide coverage for acupuncture.

Musculoskeletal Pain U.S. ~ 40 million peopleTypes of Pain

1. Injury
2. Inflammation
3. *Supersensitivity*: includes myofascial pain. A frequent cause of musculoskeletal pain is radiculopathy with neuropathy, usually from spondylosis. Shortening of the intrinsic back muscles can pull the lower vertebra posteriorly.

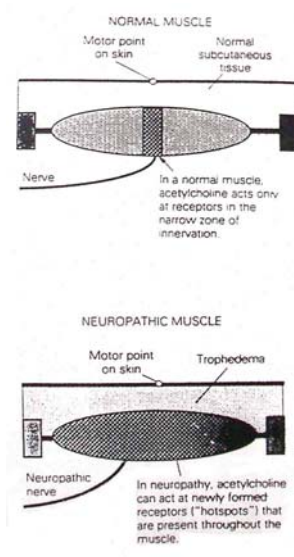
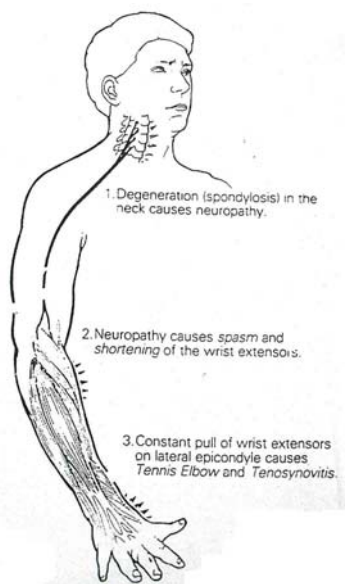


Fig. 1 Spondylosis → Neuropathy — Fig. 2: Normal vs. Neuropathic Muscle  
> Tendonitis

Exam findings

1. **Sensory**:
  - a) Hyperpathia (pain felt more sharply over affected dermatomes)
  - b) Allodynia (tenderness of muscles)
2. **Autonomic**: vasoconstriction, excessive sweating, goose-bumps, trophedema, dermatomal hair loss
3. **Motor**: muscle shortening (ropey bands, trigger points), limitation of joint range, enesthopathy (thickening of tendinous attachments to bone), focal tightness around vertebra.

Dr. Chan Gunn: Intra Muscular Stimulation technique utilizes a Western neuro-anatomical approach with an acupuncture needles to immediately release muscle shortening over 10-30 minutes. Similar results can be obtained using the Korean Hand Therapy Correspondence map.

Table 1: Spinal level innervations for common musculoskeletal problems

UPPER BODY

Trapezius —spinal accessory nerve	C3
Shoulders Joint:	C5
Elbow:	C6
Wrist: CTS	C6-C7
Fingers:	C6-C7

LOWER BODY

Groin:	L2
Knee:	L4
Sciatica:	L5
Foot:	L5-S1



**Trigger Points** (Travell): tender, hard or ropy knots or nodules surrounded by normal muscle. Local twitch responses, referred pain, possible local skin temperature decreases.

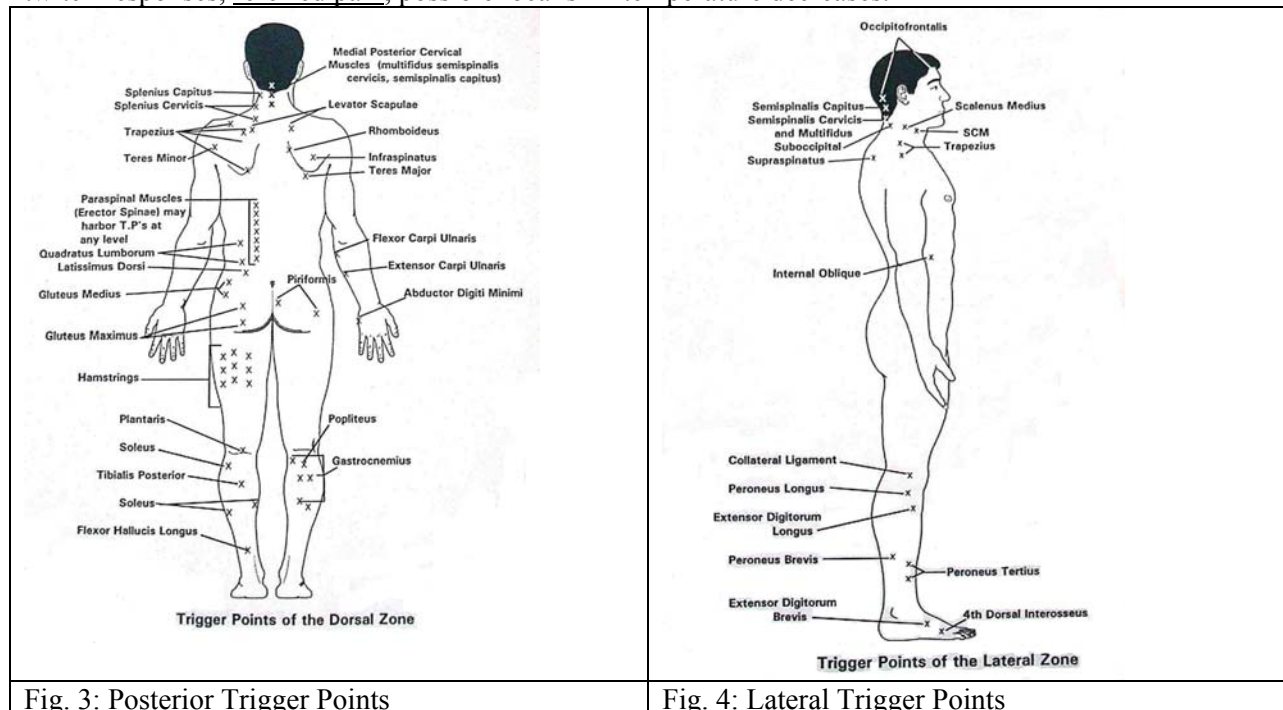


Fig. 3: Posterior Trigger Points

Fig. 4: Lateral Trigger Points

Evaluate range of motion, muscle strength, and neuropathy.

### Integrative Medicine Treatment

In addition to KHT be sure to also consider the following:

Address the CAUSE and CONTRIBUTING FACTORS — especially important in fibromyalgia and other chronic pain conditions.

1. Posture/Ergonomics
2. Fatigue, Adequate sleep
3. Stress management
4. Nutrition.

Medications appropriately:

1. NSAID's for inflammation, mild-moderate pain relief.
2. Muscle relaxants, Neuropathic pain (amitriptyline, gabapentin)

Body work:

1. Physical Therapy (ice/heat, ultrasound, massage, exercises)
2. Chiropractic/Osteopathic/other manipulation
3. Yoga

Exercise Rehabilitation

1. Posture: static muscles
2. ADL's
3. Aerobics
4. Pilates, Yoga

## **Resources**

Lawrence Li, MD, MPH; [spiritLL@earthlink.net](mailto:spiritLL@earthlink.net) (805) 938-9200, Fax (805) 938-0920

Community Health Centers of the Central Coast  
2801 Santa Maria Way, Suite A, Santa Maria, CA 93455

Dan Lobash, Ph.D., L.Ac. [KHTdan@aol.com](mailto:KHTdan@aol.com)

KHT Systems (877) 244-4325 phone, fax; [www.KHTSystems.com](http://www.KHTSystems.com); [KHThealth@aol.com](mailto:KHThealth@aol.com)  
P.O. Box 5309, Hemet, CA 92544.

KHT supplies, charts, training videotapes. Seminars: \$250 for level I weekend course.

“KHT Health and Well Being Through Koryo Hand Therapy.” Dan Lobash, 1996, \$42 manual that teaches hand micromeridian and point location, Correspondence Therapy, and several hand pellet prescriptions for a variety of conditions.

*American Academy of Medical Acupuncture*; 800-521-2262; to find MD’s that provide acupuncture;  
[www.medicalacupuncture.org](http://www.medicalacupuncture.org)

*National Certification Commission for Acupuncture and Oriental Medicine*; [www.nccaom.org](http://www.nccaom.org);  
to find qualified acupuncturists (Dipl. Ac.) and Chinese herbalists (Dipl. C.H.)

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