

Contents

Foreword	xiii
Preface	xv
Background and Acknowledgements	xvii
<u>1—FOUNDATIONS FOR INTEGRATIVE ORIENTAL MEDICINE</u>	1
Essentials of Oriental Medicine	1
Basic Principles of Chinese Medicine: The Body Milieu	8
Qi	9
Blood (Xue)	14
Essence (Jing)	17
Fluids (Jin and Ye)	18
Yin and Yang	19
Disease Etiologies	22
Eight Principles (Ba Gang)	43
Five Phases (Wu Xing)	48
The Channels (Meridians/Vessels) (Jing-Luo)	51
Organs	81
Diagnosis	98
Typical TCM Intake Form	117
<u>2—FOUNDATIONS FOR INTEGRATIVE PAIN AND PHYSICAL MEDICINE</u>	123
Neural Mechanisms of Pain	125
Pain Mechanisms	136
Aspects of Pain	143
Pain Perception and Localization	150
Assessing Pain	155
Pain in TCM	159
TCM Treatments of Pain	161
<u>3—FOUNDATIONS FOR TCM AND BIOMEDICAL ANATOMY, PHYSIOLOGY AND PATHOLOGY</u>	165
TCM Classification of Soft Tissues	165
TCM Pathology and Etiology	167

Important Tissues: Biomedical Perspective	169
Joints	169
Muscles	172
Tendons	179
Fascia	180
Ligaments	180
Bone and Periosteum	180
The Spine	181
Normal Gait	196
A Systems Science Model For Biomechanical Construction	200

<u>4—FOUNDATIONS FOR INTEGRATIVE ORTHOPAEDIC AND PHYSICAL MEDICINE ASSESSMENTS</u>	205
Reliability and Validity	205
The Diagnostic Process	207
Physical Examination	211
General Orthopedic Testing: Joints	222
Neurological Testing	232
Screening Examination	238
Laboratory and Technical Testing	243
Additional Tests	246
Imaging and Radiology	247
Imaging the Spine	252
Wrist Imaging	257
Ankle Imaging	257
Knee Imaging	258
Shoulder and Elbow Imaging	259

<u>5—TREATMENT PRINCIPLES FOR INTEGRATIVE MUSCULOSKELETAL MEDICINE: ACUPUNCTURE AND DRY NEEDLING</u>	261
Acupuncture and Dry Needling	264
Acupuncture Mechanisms	267
Acupuncture Therapeutic Systems and Techniques	276
Main Channels	299

Connecting Channels/Network Vessels	299
Divergent Channels	300
The Sinew Channels	300
Extra Channels	303
Point Gateways and General Treatment Methods	304
<u>6—ADDITIONAL ACUPUNCTURE SYSTEMS AND RELATED TECHNIQUES</u>	333
Abdominal Assessment	333
Meridian Therapy (Keiraku Chiryō)	339
Auricular Therapy	343
Metacarpal Bone Systems	346
Wrist and Ankle Acupuncture	347
Korean Hand Acupuncture	350
Tong/Lee-style Acupuncture	350
Other OM and Related Western Therapies	368
<u>7—FOUNDATIONS FOR INTEGRATIVE HERBAL MEDICINE</u>	375
Chinese Herbal Therapy	375
Treatment of Blood Circulation	375
Commonly-Used Herbs In Painful Obstruction Syndromes	381
<u>8—FOUNDATIONS FOR INTEGRATIVE ELECTROTHERAPUTICS</u>	423
Bioenergetic Field Therapy	423
Introduction to Electromagnetic and Electrical Stimulation Therapy	430
Electroacupuncture	438
Static Magnetic Therapy	443
Laser and Photonic Therapy	447
<u>9—INTEGRATIVE MANUAL THERAPIES, REHABILITATION, AND ORTHOSIS THERAPY</u>	453
Massage/Manipulation	453
Western Manual Therapies	460
Osteopathic Medicine	460
Functionally Oriented Screen Tests	470
Osteopathic Treatment Methods	484

Manipulation with Impulse and Other Western Techniques	499
Additional Commonly Used Techniques	504
Rehabilitation and Exercise	513
The McKenzie System	526
Orthotics and Restraints	529
<u>10—THE MANAGEMENT OF SPRAINS, STRAINS AND TRAUMA</u>	537
Ligamentous Sprain	537
Muscle Strain	538
Treatment of Acute Sprain/Strain	539
<u>11—MUSCULOSKELETAL DISORDERS: INTEGRATIVE PRACTICE</u>	551
Inflammation	551
Three Phases of Degeneration	556
Joint Disorders	560
Ligamentous Disorders	579
Myofascial Disorders	584
Fibromyalgia and Myofascial Pain Syndrome	597
Nerve Disorders	632
Disc Disorders	638
Facet Disorders	646
Spondylolysis-Spondylolisthesis	647
Stenosis	648
Thoracic Outlet Syndrome	649
Whiplash	650
Mushroom Phenomenon	655
Iliocostal Friction Syndrome	655
Kissing Spine (Basstrap’s Disease)	655
Periosteal Lesions	656
Scar Tissue and Interference Fields	656
Bursitis	657
Painful Obstruction (Bi) Syndromes	659
Perpetuating Factors	669
Medical Conditions	681

<u>REFERENCES</u>	685
Works Cited	685
Works Consulted	710
<u>INDEX</u>	715
<u>A NOTE ABOUT THE AUTHOR</u>	749

