

The Needle

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Jing

Partner Content: Free *Calm in the Chaos* course from *Jing Self-Care* (no sign-up required)

Summary: The *Jing* app provides practitioners with an expertly curated library of Chinese medicine self-care resources, allowing you to easily assign individualized "at home" plans for your patients between treatments. To help support people through stressful times, *Jing* has created *Calm in the Chaos: Rapid Relief for Body and Mind*. This short 'first aid kit' introduces mindful breathing practices, simple exercises to get energy flowing, and targeted acupressure to soothe the nervous system.

Clinical Application: Acupuncture treatments are significantly enhanced when patients actively engage in traditional nourishment of life (yangsheng) outside the clinic. Providing accessible self-care tools helps build patient resilience and improves overall clinical outcomes. Try the new course for free yourself, and feel free to share the link anywhere you like with those who might benefit.

[Try it for free or share the link here](#)

High-intensity acupuncture outperforms low-intensity for chronic plantar fasciitis (Complementary Therapies in Medicine)

Summary: This randomized controlled trial evaluated the efficacy of acupuncture for chronic, recalcitrant plantar fasciitis by comparing high-intensity stimulation, low-intensity stimulation, and a waitlist control. At week 16, the high-intensity acupuncture group demonstrated a 76.7% responder rate for pain reduction, significantly outperforming both the low-intensity and waitlist groups. The findings suggest a clear dose-response relationship where stronger needle stimulation yields superior analgesic outcomes for stubborn heel pain.

Traditional Context from *A Manual of Acupuncture*: Plantar fasciitis pain often manifests at the heel, an area traversed by the Bladder and Kidney channels. According to the MoA, "Heel pain is often a difficult disorder to treat, and requires not only local points on the heel itself, but also proximal points."

Read more: [Chengjin BL-56](#)

Clinical Application: When treating stubborn plantar fasciitis, practitioners should consider employing stronger needle manipulation to achieve better pain relief. Incorporating both local heel points and proximal channel points may further enhance clinical outcomes.

[Read the full piece](#)

Case Report Highlights Infection Risk in Immunocompromised Patients (The BMAS Blog)

Summary: A recent blog post discusses a case report of a 69-year-old man undergoing chemotherapy for multiple myeloma who developed septic arthritis in his shoulder following acupuncture. The author notes that the distance from the skin to the subdeltoid bursa at the shoulder is under 20mm, making direct inoculation of skin flora a plausible mechanism for infection. This serves as a critical safety reminder regarding the heightened risks of invasive procedures in severely immunocompromised populations.

Traditional Context from *A Manual of Acupuncture*: The shoulder joint is highly susceptible to pathogenic invasion, particularly when the body's defensive qi is compromised by severe illness. The MoA notes, "Stiffness, pain, immobility and weakness of the shoulder or frozen shoulder may derive from: i. injury by exterior pathogenic wind, cold, damp or heat, ii. stagnation of qi and blood from traumatic injury or overuse, or iii. deficiency of qi and blood from overuse, old age or prolonged obstruction of the channel." Read more: [Jianliao SJ-14](#)

Clinical Application: Exercise extreme caution and adhere to strict clean needle technique when treating patients undergoing chemotherapy or those with severe immunodeficiency. Consider utilizing shallower insertions or selecting distal points rather than deep local insertions near joint capsules for these vulnerable individuals.

[Read the full piece](#)

Acupuncture's Potential Role in Managing Glucose Metabolism (Complementary Therapies in Medicine)

Summary: An updated meta-analysis of 14 randomized controlled trials involving 1,179 participants evaluated acupuncture's effect on glucose metabolism in patients with metabolic disorders. The meta-analysis suggested that acupuncture improved key glycemic parameters, including HOMA-IR, HbA1c, and fasting plasma glucose, with manual acupuncture showing particular effectiveness. However, the authors note that high study heterogeneity and methodological limitations mean these promising results should be interpreted with some caution.

Traditional Context from *A Manual of Acupuncture*: Metabolic disorders like diabetes closely parallel the traditional pattern of wasting and thirsting disorder. Many points used in these trials regulate the Spleen and Stomach (e.g. [Sanyinjiao SP-6](#) and [Zhongwan REN-12](#)), presumably due to their ability to regulate fluid metabolism.

Clinical Application: Practitioners can confidently integrate manual acupuncture into holistic treatment plans for patients struggling with metabolic syndrome or insulin resistance. Consider points that regulate the Spleen and Stomach to support systemic glucose metabolism (if supported by a careful differential diagnosis) alongside dietary and lifestyle interventions.

[Read the full piece](#)

A Skeptic's View on Acupuncture's Broad Therapeutic Claims (Edzard Ernst Blog)

Summary: A recent blog post critiques the biological plausibility of acupuncture, arguing that its proposed mechanisms cannot universally explain its efficacy across the vast spectrum of conditions it is claimed to treat. The author suggests that acupuncture's benefits are largely due to non-specific contextual effects, patient expectations, and the therapeutic ritual rather than disease-modifying specificity. While the piece dismisses acupuncture as a placebo, practitioners know firsthand that the complex, systemic modulation of the nervous and endocrine systems by acupuncture often yields profound, measurable clinical improvements that transcend simple placebo responses.

Traditional Context from *A Manual of Acupuncture*: Traditional Chinese Medicine views the body as an interconnected whole, explaining how stimulating a single point can have widespread systemic effects. The MoA explains, "It is by virtue of the complex interweaving network of the channels that the qi and blood is transported to every part of the body." [Read more.](#)

Clinical Application: Use skeptical critiques as an opportunity to refine your patient communication by explaining acupuncture's systemic effects through modern neuromodulation concepts alongside traditional channel theory. Confidently lean into the therapeutic ritual, as building a strong patient-practitioner alliance only enhances the specific physiological benefits of your needling.

[Read the full piece](#)

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Which point am I?

I am the jing-well and metal point of my channel, located on the dorsal aspect of the little toe. Unlike most jing-well points, I am rarely used to restore consciousness. Instead, I am famous worldwide for my ability to turn a malpositioned foetus when stimulated with moxa.

[Click to see the answer](#)



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