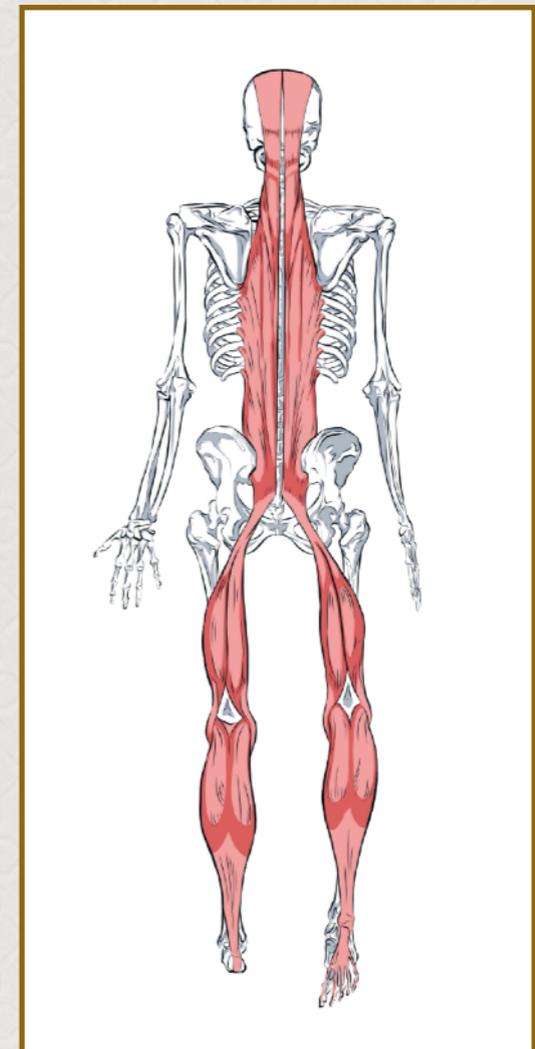


# Acupuncture and Fascial Planes

*James Spears M.S.*

# Intro

- Advances in connective tissue and fascia research has demonstrated associations between muscle groups that mirror the meridians.
- Research by Tom Myers as written about in his book, *Anatomy Trains*, can lend great insight into an anatomical basis for the meridians.
- Knowledge of the fascial lines can give us greater insight into how acupuncture works, and how to get better clinical results.



# What is Tensegrity

Tensegrity = tension + integrity. Describes systems of compressed parts in a net of tension, as well as how tension moves through a system.

Much like the meridians the fasciae are an integrated system that connects the body.

The fasciae connect the interior and exterior, and play structural and functional roles. Junctions in the fascia often correspond to meeting points in Chinese medicine.

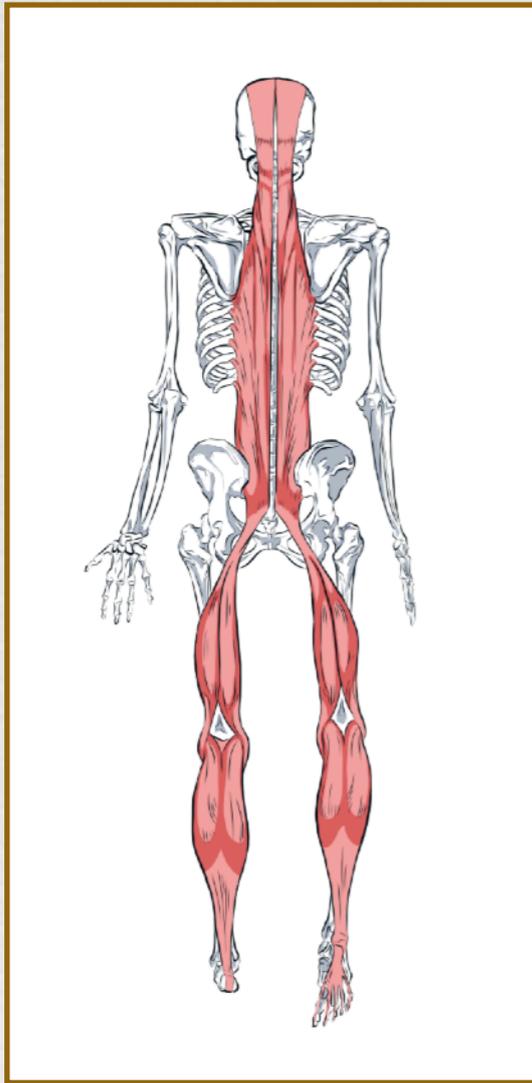
Neurovascular bundles: fasciae, blood vessels and nerves. Each convey information.

Dr. Helene Langevin's research has shown that acupuncture stretches fascia when grasp and twirling occur.

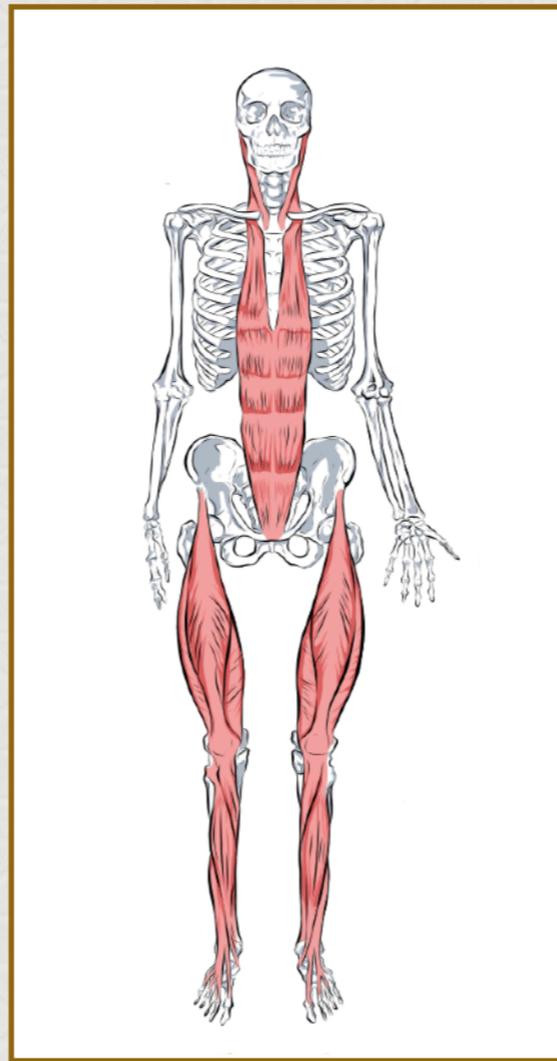


# Fascial Lines

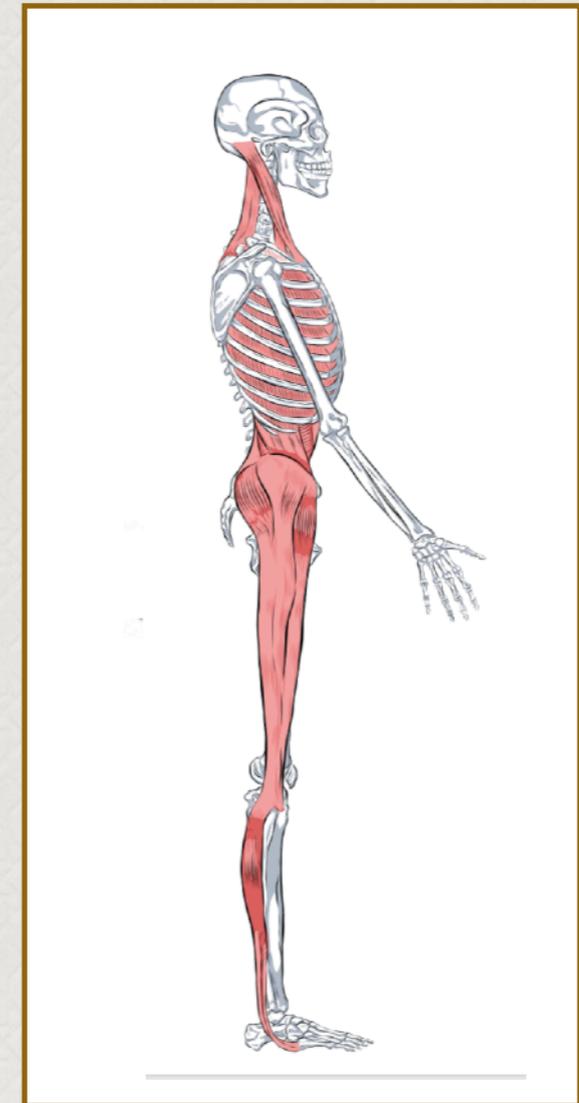
Images from:  
Tom Myers  
Anatomy Trains, Elsevier Publishing



Superficial Back Line  
(SBL)

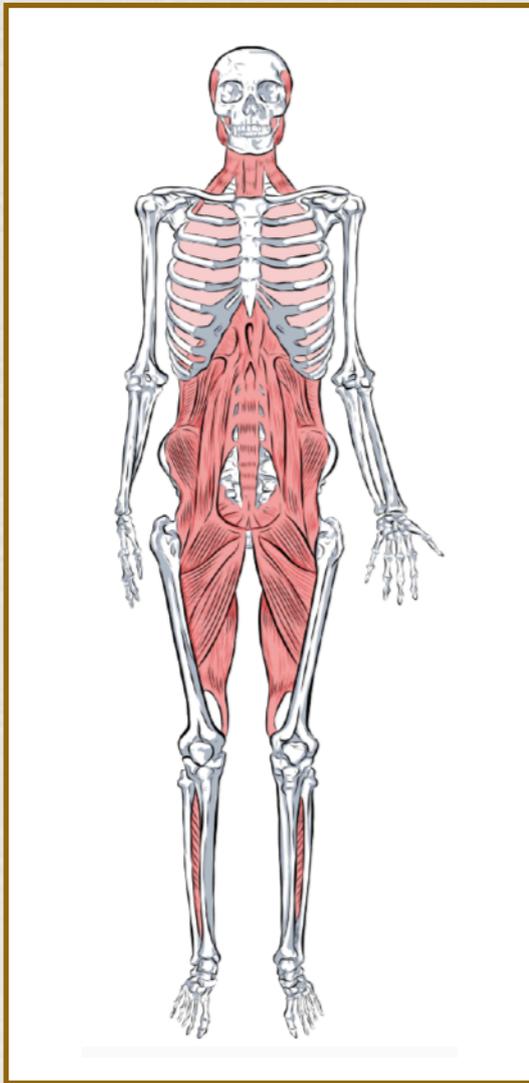


Superficial Front Line  
(SFL)

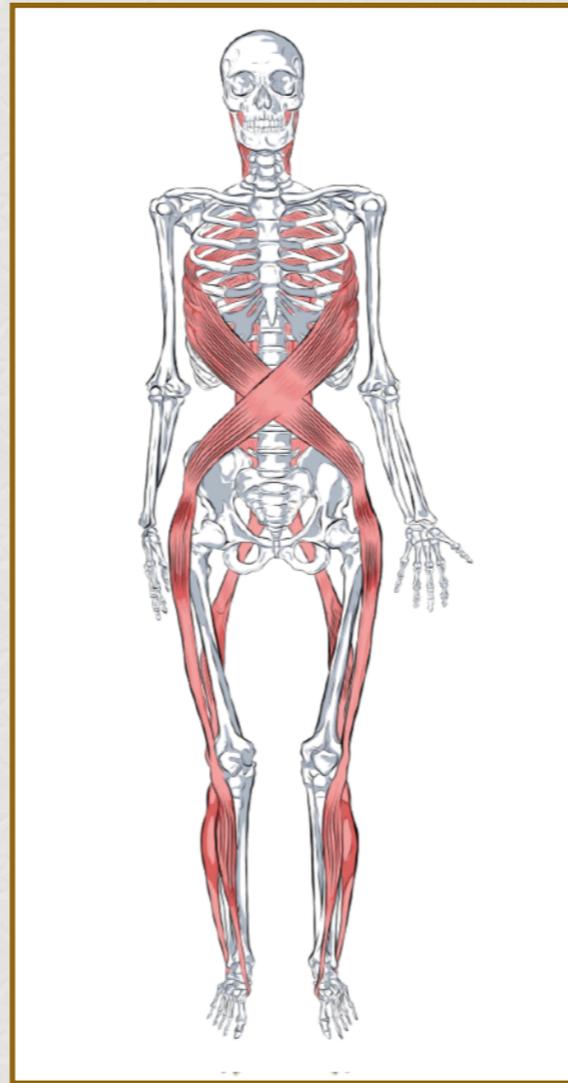


Lateral Line  
(LL)

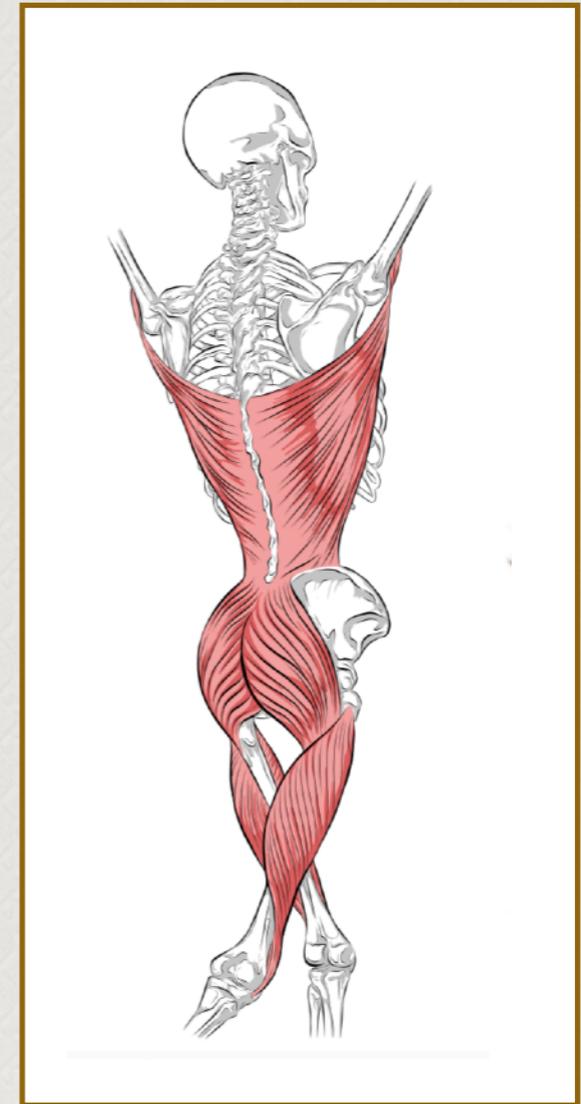
# Fascial Lines



Deep Front Line  
(DFL)

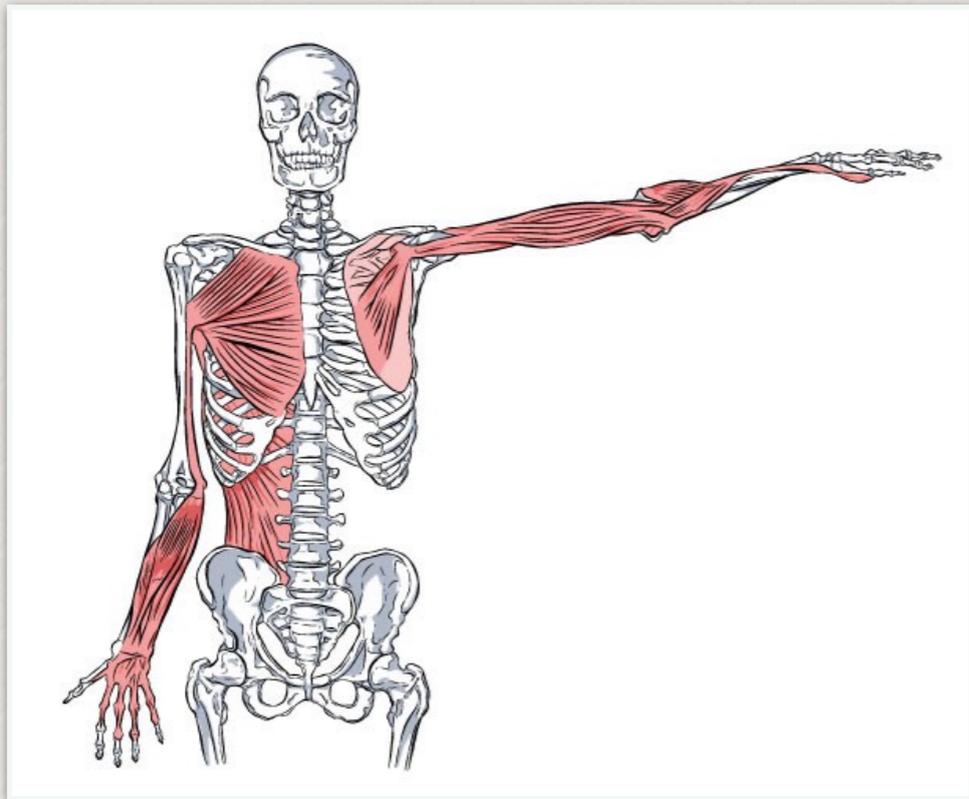


Spiral Line  
(SL)

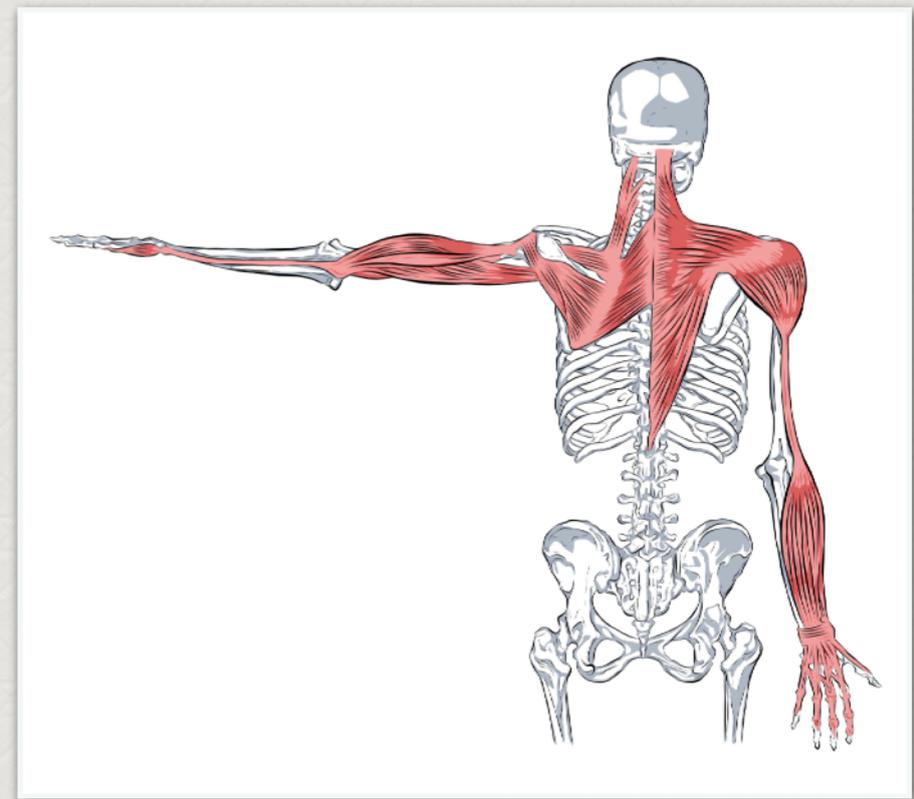


Functional Line  
(FL)

# 4 Fascial Arm Lines



Superficial Front Arm Line (SFAL)  
Deep Front Arm Line (DFAL)



Superficial Back Arm Line (SBAL)  
Deep Back Arm Line (DBAL)

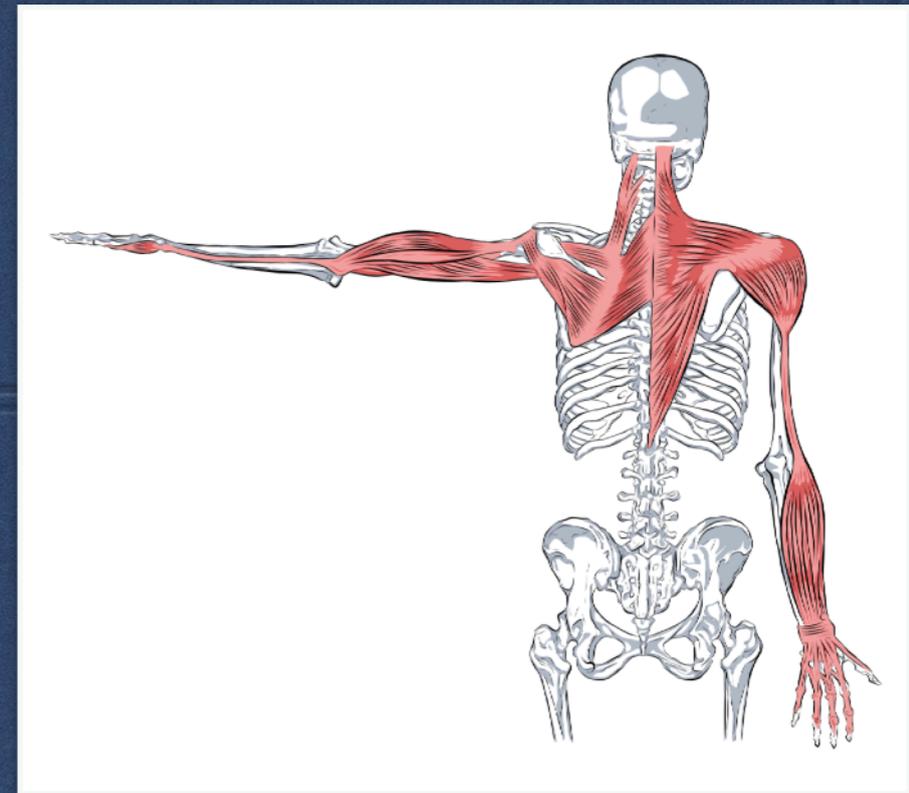
# Benefits of Knowing the Fascial Lines

Provides a basis for making better point prescriptions

The fascial lines are an anatomical foundation for understanding the meridians and acupuncture points

When you don't get clinical results with your first point selections, knowing about the fascial planes helps guide us to the next logical selections

Fascial planes play a major role in point selection strategies



# Comparing SBAL and DBAL Points

**Let's talk about neck and back pain**

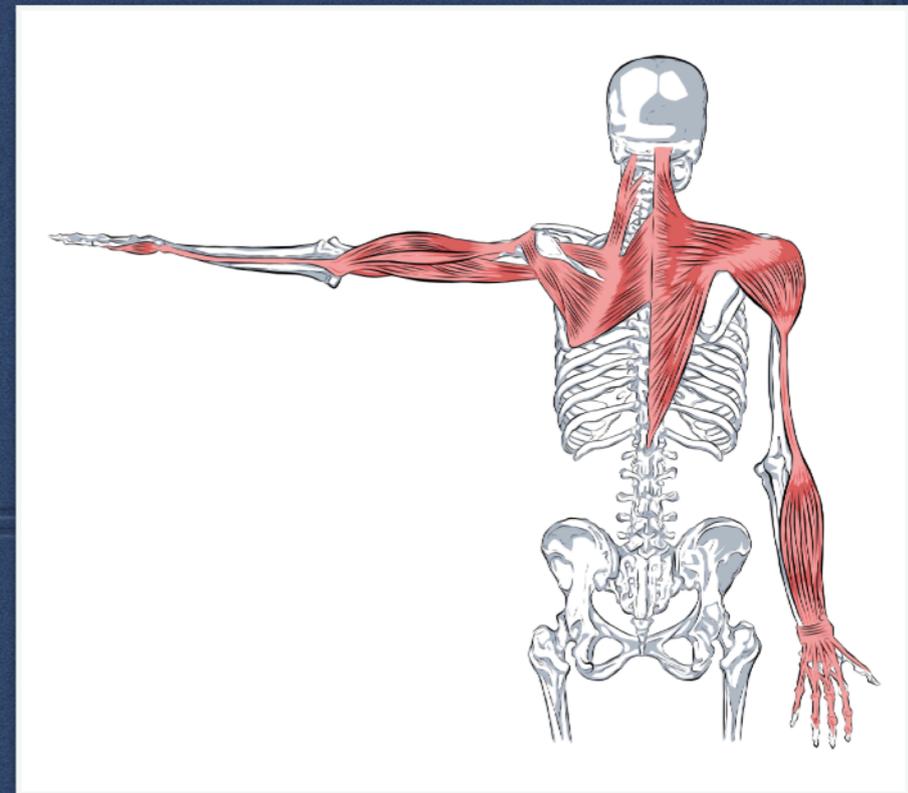
## **SI Meridian / DBAL**

Points on the SI / DBAL are known to treat neck and back pain, sciatica, coccyx pain, and cervical spondylosis.

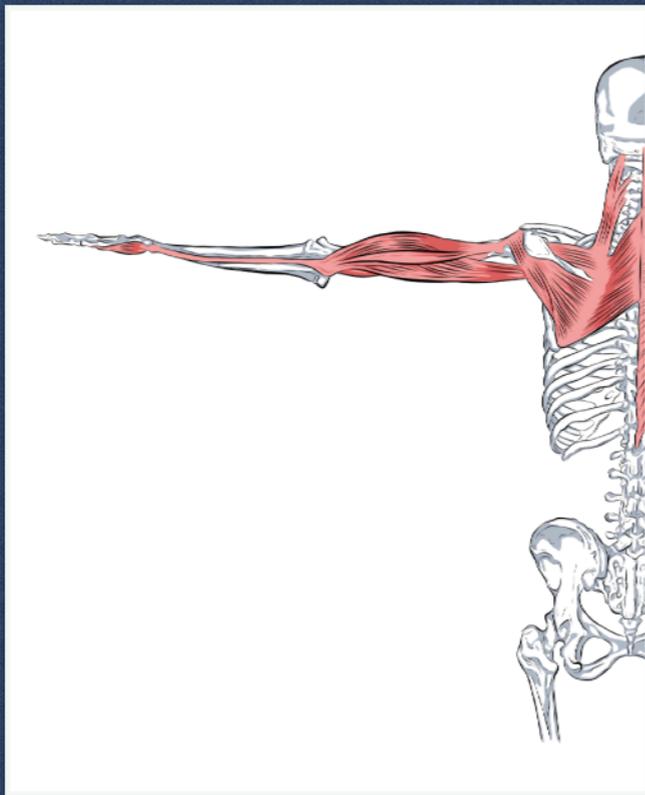
## **Points on the LI and SJ Meridians / SBAL**

Points on these meridians are also known to treat back pain and sciatica. Points on the dorsal part of the hand like Luo Zhen and Yao Tong Xue are very effective for acute lower back pain.

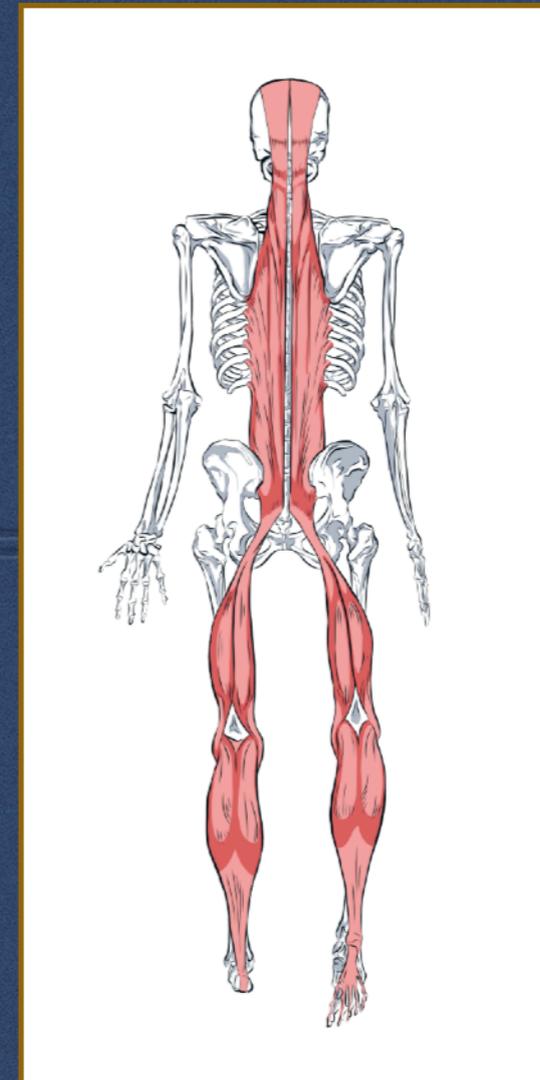
**Case Study Illustration**



# Tai Yang Channels / Meeting Points



From a fascial perspective the tai yang channels intersect at the origin of the rhomboids from C7 - T5



# Achilles Points

## ◆ Tung's Points 77.01 - 77.04

**Location:** Achilles tendon

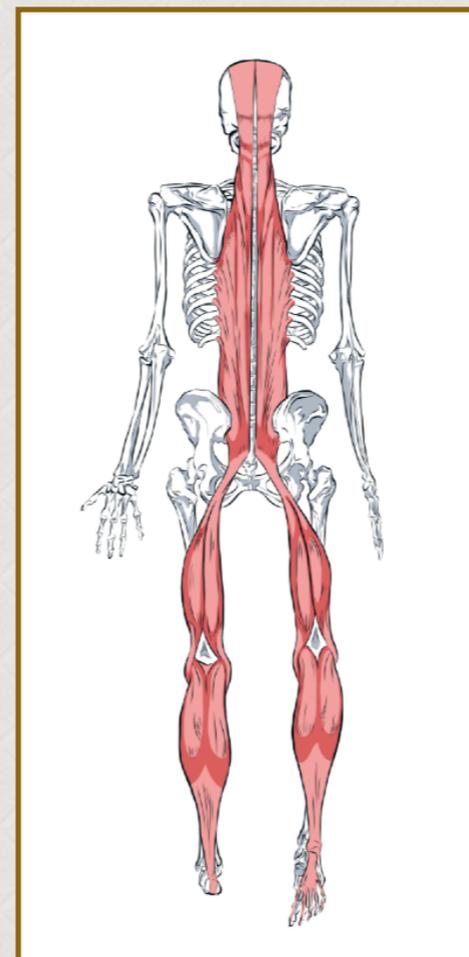
**Treat** neck, back, and spinal pain. Occipital headaches, brain disorders, hydrocephalus.

**Case Study:** Benign pituitary tumor with occipital headaches, pressure on optic nerve.

**Vertical and horizontal fascial changes.**

**Location:** First point is located midway between UB 60 and KI 3 on the achilles tendon, and the other points are 2 cun above. The 4th point is 2.5 cun above the 3rd point.

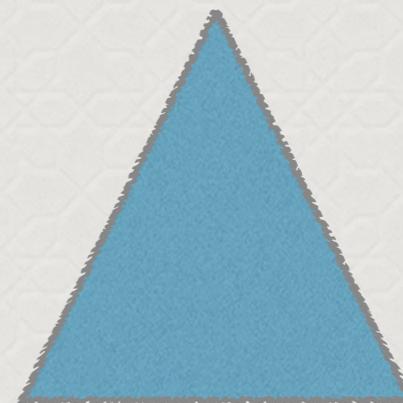
**How does this relate to tensegrity?**



# Pattern Identification

- **In using Tung's points we typically use the 6 meridian systems, the Balance method, or perhaps 5 - elements.**
- **Determining fascial line imbalances, symptoms, and interactions can be seen as one method of pattern identification.**
- **There is a tremendous amount of overlap between Tan's 6 systems and fascial plane anatomy.**

## Fascial Plane Patterns

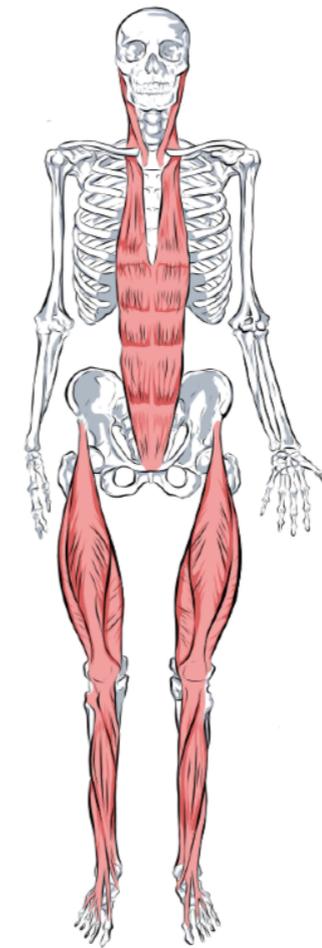
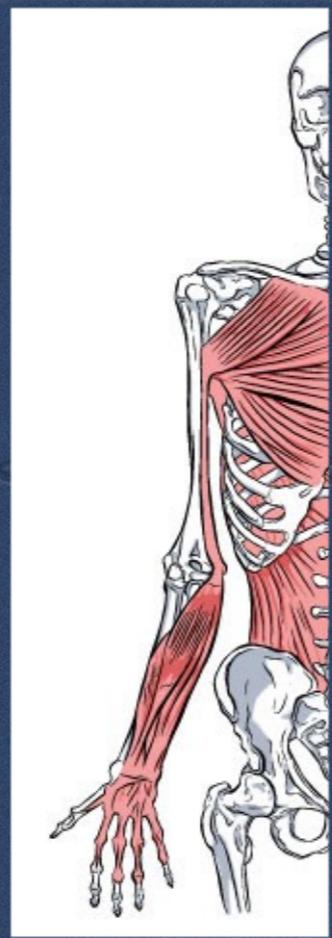


Balance Method  
6 Systems

Zang Fu

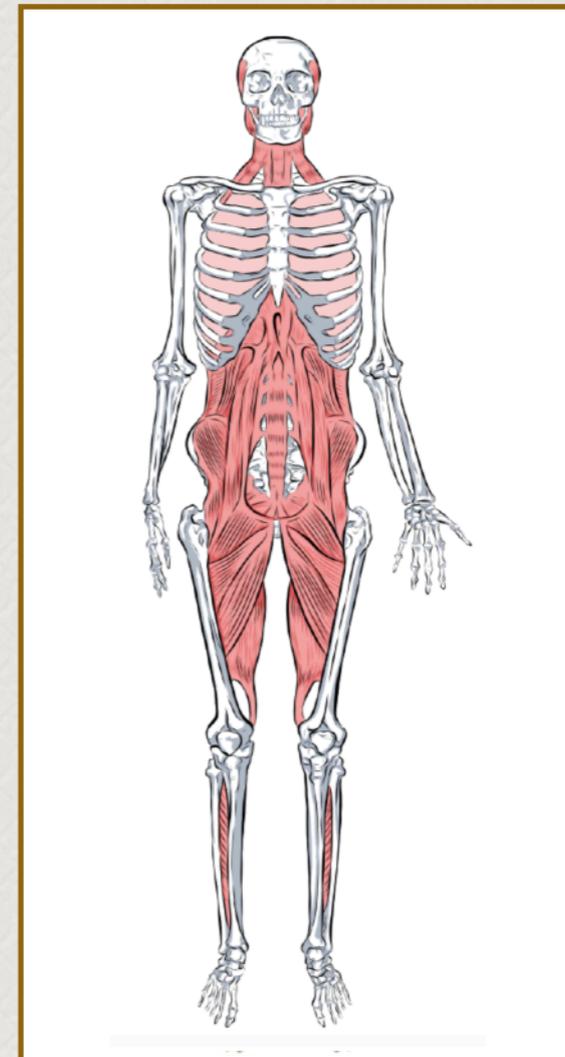
A fascial plane approach to pattern identification allows us a new perspective, that fits in nicely with TCM, the Balance Method and Master Tung's points.

# Tai Yin - Yang Ming Circuit



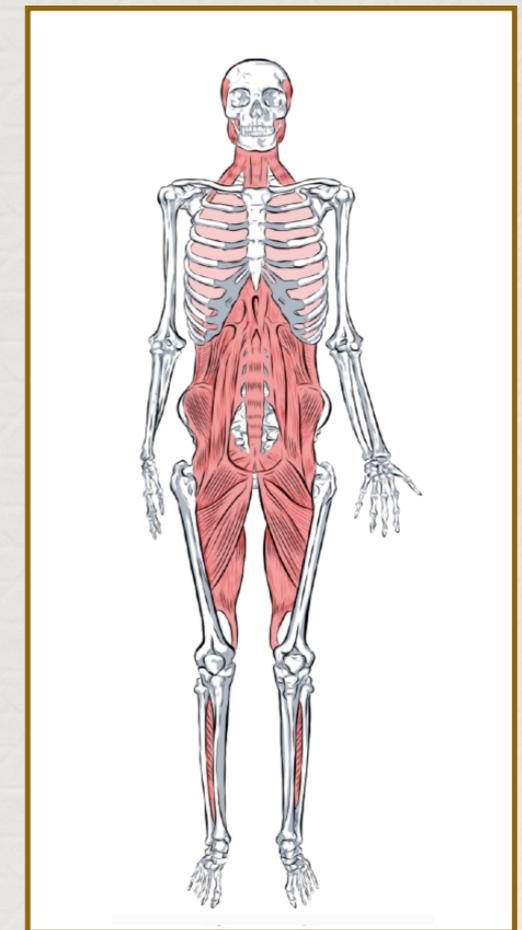
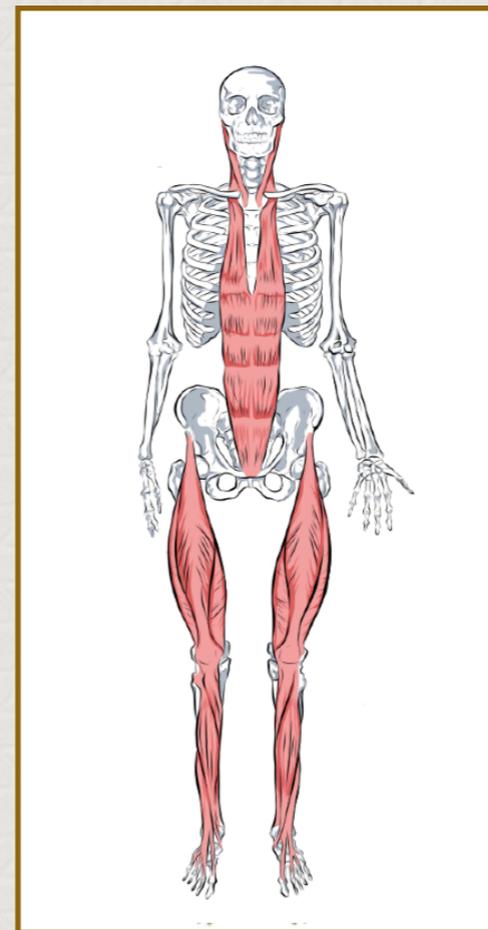
# The Deep Front Line

- ✦ Tibialis posterior, long toe flexors
- ✦ Fascia of popliteus, knee capsule
- ✦ Adductor magnus and minimus
- ✦ Pelvic floor muscles and fascia
- ✦ Anterior sacral fascia and anterior longitudinal ligament
- ✦ Psoas, iliacus, pectineus, femoral triangle
- ✦ Diaphragm, central tendon
- ✦ Pericardium, parietal pleura
- ✦ Fascia prevertebralis, scalene muscles, hyoid muscles



# SP 6 - SP 9 Band (DFL) & the SP 10 - SP 12 Band (SFL)

- **SP 6 - SP 9 Band; 77.17 - 77.21 (Three Emperors) Treats a wide variety of kidney, urinary, reproductive, and gynecological disorders**
- **SP 10 - SP 12 Band; 88.09 - 88.11 (Passing Through Kidneys) Indications: Kidney and urinary conditions, kidney vacuity symptoms of the head, low back pain, impotence, premature ejaculation, urinary pain, diabetes, edema of the extremities, face, and systemic, hypertension, metritis, reddish - white leukorrhea, gastroenteritis, sore throat, shoulder pain, and fatigue. Medial clavicle pain.**



# Summary

Through the fascial planes we can deepen our understanding of the actions and indications of acupuncture points.

To broaden our knowledge further, seek to integrate the fascial planes with TCM, Dr. Tan's six systems, Tung's points, and zang-fu theory.

Using the fascial plane approach to pattern identification, also allows us to add palpation and structural alignment as diagnostic methods.

In the full course I elaborate on how the fascial lines relate to various acupuncture points and pattern identification. I also do detailed analysis of traditional points and many of Tung points, as well as how they connect to the fascial planes.

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