

The Treatment of Low Back Pain with Taoist Pain Management Acupressure

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Taoist Pain Management is based on the ancient TCM (Traditional Chinese Medicine) concept that the body can be perceived like a holograph and therefore three-dimensionally. In TCM., the body, mind and spirit are all interrelated through the invisible network of channels and acupressure points that form a cohesive network. A network that connects cells, tissues and organs in an invisible web. It is through this network of channels that our universal life-force , called Qi in TCM, courses.(Reid D. – *The Complete Book of Chinese Health and Healing – Boston – ShambhalaPreaa – 1994.*) .

How can we use this knowledge effectively in treating patients successfully? We have to explore this concept of interconnectedness and three-dimensionality further by applying the ancient Hermetic Law of Correspondences..(Audi, Robert –*The Cambridge Dictionary of HermeticPhilosophy* (2nd ed.) – Cambridge.Cambridge University Press – 1999) . This set of laws originated in Ancient Egypt and explain the relationship of the vibrational force that connects Heaven and Earth “ As above, so below. As below , so above.” runs one of its tenets. The principal idea is that Heaven and Earth reflect one another and that therefore , they mutually influence one another - yet remain opposite in Nature. Too esoteric for today’s world? Amazingly in TCM literature , this law is extrapolated upon and forms an important philosophical basis for treating patients. In a basic handbook of Chinese and all modern TCM practitioners , *The Nei Jing*(The Yellow Emperor’s Classic of Internal Medicine – Maushing Ni – Shambhala Press – Boston,London – 1995) , this law of correspondences is laid out as follows: “ For diseases of the upper body,treat the lower body. For diseases of the right, treat the left. For diseases of the front, treat the back.For diseases of the inner, treat the outer.”

In bodywork using the Taoist method of acupressure and in Tui-Na(Chinese Medical Massage) , the low back is mirrored on the heel and parts of the dorsum of the foot . The low back can also alternatively be mirrored on the back of the skull. The therapist just has to find two or three corresponding acupressure points on and around the heel (Urinary Bladder Channel) or back of the skull (the Governor vessel or Urinary Bladder channel) to treat low back pain. The intensity of sensitivity of the points will be an indication that he has found the right connection.

He will then place one hand, which we will call the healing hand ,on the most sore site of the low back and use gentle acupressure with the other hand, which we will call the healing hand, on the corresponding points. The therapist gently rotates counterclockwise (right – to – left) on a acupressure point until the sensitivity of that point ceases. Pressure is the weight of a nickel. The healing hand which emits qi,should be lying gently on the low back site of discomfort. As soon as the points become substantially less sensitive,the low back treatment area is tested for any remaining signs of discomfort.

Taoist acupressure is a comprehensive and non-confrontational energy system for treating low back backpain and for that matter, any myofascial pain successfully .

Photo 1: Treatment of left-sided low back pain. Dots mark Urinary Bladder 61 and Gallbladder 40 points on lateral heel area. Color indicates intensity of the pain.

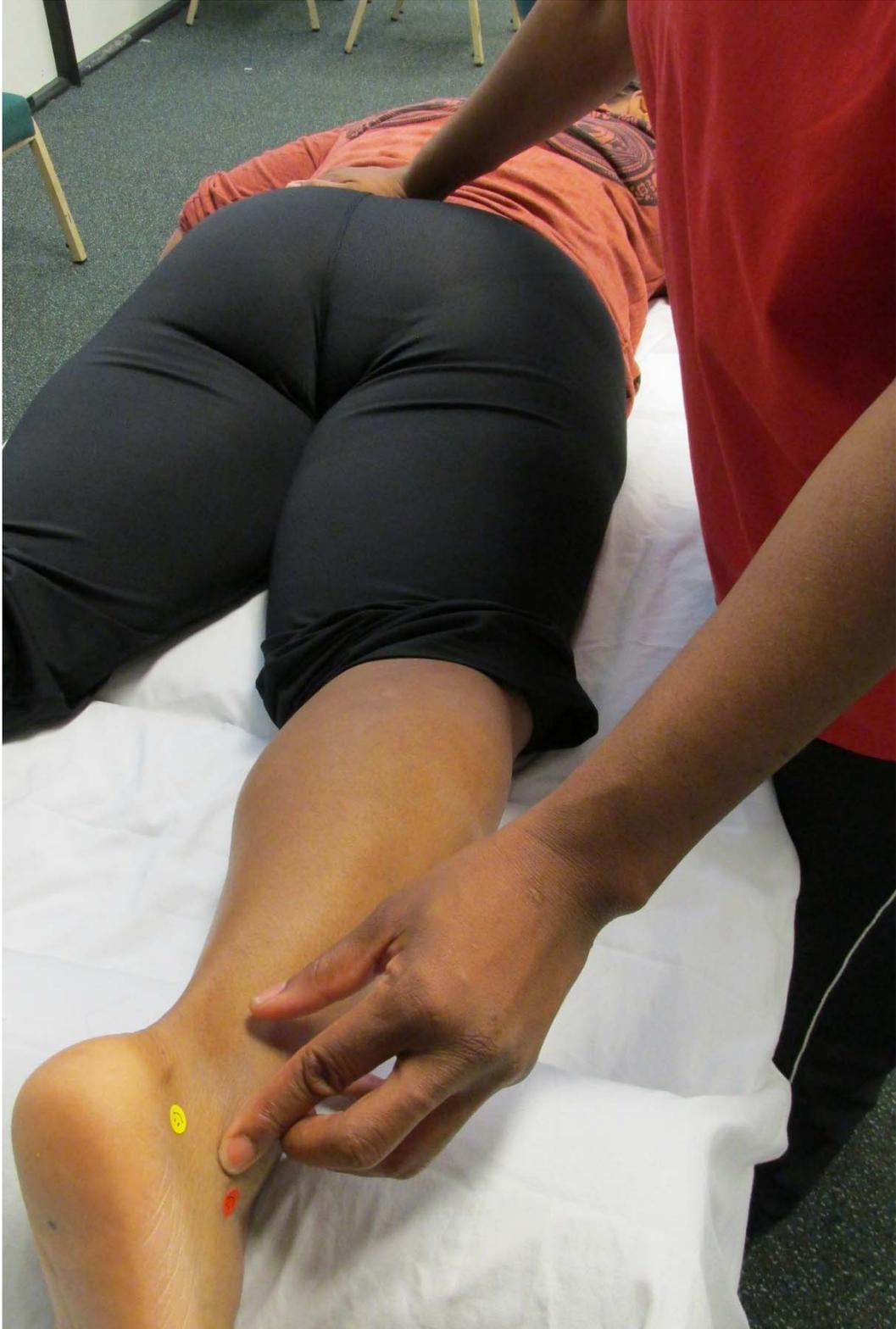


Photo 2: Another view of treating low back pain with distal points. Treatment of right-sided low back pain.



REFERENCES:

1. The Complete Book of Health and Healing – Reid D. – Shamhala Press – Boston – 1994
2. The Nei Jing , The Yellow Emperor’s Classic of Internal Medicine – Maushing Ni –Shambhala – Boston, London – 1995
3. The Cambridge Dictionary of Philosophy (2nd ed.) – Cambridge University Press, P. 378 et al - Cambridge - 1999

SHORT BIO:

Wolfgang Luckmann was originally trained as a High School teacher at the University of the Witwatersrand in Johannesburg, South Africa . After emigrating to the U.S.A. he launched into a career of holistic medicine by studying to become a massage therapist first and then a acupuncture physician. He is at present teaching some 12 continuing education courses for massage therapists all over the country. At the same time, he is practicing his craft in Fernandina Beach, near Jacksonville Florida.