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The effectiveness of Nei Guan (PC6) acupoint for shoulder pain

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Introduction: The shoulder helps us to do many motions with no limitation. Shoulder pain includes Dislocations, frozen shoulder, fibromyalgia, tendinitis, rotator cuff tear, etc. Most of all, we often give patients with painkiller or rehabilitation, even with the operation. We also know painkiller will lead to GI upset. In some case, painkiller is no use fore shoulder pain patient.

Method: Acupoint Nei Guan (PC6) is helpful to reduce shoulder pain. The patients came to our clinic, complained of shoulder pain. We had to check them at Ortho OPD, with the treatment of only pain release medicine. The orthoptist did not think more limitation. We arranged acupuncture with PC6 at OPD, twice or triple per week. The needle keeps for 30 minutes. If a patient complained of right pain, we use right PC6. The same is at left shoulder

Result: We observe about 100 shoulder pain patients. We only use VAS (Visual Analogue Scale) to evaluate our outcome. After receiving acupuncture of Nei Guan (PC6), the VAS decreased from 5-6 down to 1-3. And during the time of treatment, they did not take any painkiller by themselves. Besides, the Range of motion, including internal and external rotation, flexion and extension, of shoulder improved. The patients can do shoulder activity easily without painful sensation. Then patients can try to accept rehabilitation. Most of them avoid the side effect of medicine or surgery.

Conclusion: Nei Guan (PC6) is located at 2 cun above the wrist crease between the tendon of palmaris longus and flexor carpi radialis. The function of Nei Guan (PC6) is usually used for the Gastro-intestine problem, such as nausea, vomiting; chest pain; insomnia; anxiety; depression. In our clinical experience, Nei Guan (PC6) is also useful to knee pain. According to the theory of meridian of Chinese medicine, we can explain why Nei Guan (PC6) is helpful for shoulder pain relieving.

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