



MEDICAL ACUPUNCTURE REVIEW COURSE SYLLABUS

Purpose and Goals

The Medical Acupuncture Review Course has been developed to provide a broad-based refresher course on the major subject matter areas with which a well-trained physician should be familiar. The review course is especially useful as a refresher for those who obtained their acupuncture training some time ago and for those who are seeking an organized review prior to taking the ABMA Board Certification Examination.

The overall purpose of the Review Course is to:

- Analyze and solidify previously acquired knowledge and experience in medical acupuncture
- Organize and reinforce understanding of the basic material appropriate for a physician practicing acupuncture in North America
- Differentiate and examine participant's previous studies of certain specialized aspects of acupuncture not always utilized in traditional practice
- Discuss the broadening field of medical acupuncture

Many physicians practicing medical acupuncture today obtained their original training a number of years ago. There are excellent training programs available through which a physician can obtain initial training in medical acupuncture. There are also an increasing number of learning opportunities in specialized areas or in new areas of medical acupuncture, but there are limited opportunities available for physicians to obtain an organized review of that original knowledge acquired years earlier. With the development of a national Board Certification Examination there is greater need to have such a broad-based course available to assist those preparing for the examination. The Academy members have indicated in annual surveys that this an educational need.

This Review Course is intended for those physicians who have completed a formal training program in medical acupuncture of 300 or more hours, or have obtained equivalent training through other means, and have one or more years' experience in the clinical use of medical acupuncture. Those physicians who obtained their training four or more years ago should find the Review Course useful as a refresher to that original training. Those physicians who intend to sit for the ABMA Board Certification Examination within the next 12 months should find the Review Course particularly helpful as an organized review of the basic areas of knowledge that would be covered in such an examination.

Course Organization:

This course is organized into 8 lecture sessions that have been pre-recorded. The sections will be available on certain release dates and you will have 7-10 days to review the lectures at your convenience and complete a short quiz after each on the material within that section. There will be a live summary/discussion session for every 2 sections of material – a schedule will be provided. The faculty will provide a summary and answer any student questions or delve deeper into a topic. Case presentations from the students will also take place. There are 2 additional sections of materials – Section A is for case reports. Students are required to submit 3 case reports (see Section A). Section B is the independent study materials package. While this material is not required to be submitted, completion is strongly recommended. Completing the material in Section B will help enhance the Course experience and depth of review.

This Syllabus is a basic outline for Sections A&B and the Lecture sections 1-8.



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Section A - Case Management Reports

The general objective for this portion is to review the various acupuncture paradigms and to reinforce the learning of the paradigm. Students are expected to use several paradigms for case patients in order to review the various styles of acupuncture.

Instructions:

The student is asked to consider practical applications for the various acupuncture paradigms that will be reviewed each week. You are asked to prepare proposed treatments based on one of the 5 "styles" of acupuncture. You will select a patient profile from one of the Section A patient case profiles. You have 5 "styles" of acupuncture evaluation as choices. Choose different styles, preferably one you are least familiar with.

1. Neuroanatomic and Myofascial Acupuncture
2. French Energetics, Circulation of Energy
3. Classical Chinese Medicine
4. Five Phases and the Regulation of Qi
5. Microsystems

See the separate Section A materials for further description and forms when preparing the case reports.

References appropriate for these Home Study requirements can be found in the corresponding sections for each section of the program.

** Case reports are optional and will not be critiqued or graded by faculty, but rather used for discussion purposes to further review each week's concepts!*



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Section B – Independent Study Materials

Objectives for Section B:

The general objectives for this portion are to review point groupings and their relationships, to review "command points" and associated elements, and to review the 5 phase model.

Section B includes the following sections:

- B1 Classical Shu Points
- B2 Point Relationships
- B3 5 Phase Model
- B4 Articles and selected readings
- B5 Zang Fu exercises
- B6 Point Review chart

This collection of independent study materials is to assist you with being familiar with an array of material that may not specifically be covered during the lectures. If you have questions or need clarification on any material here, you may bring it forward for discussion during the live discussion sessions. While material in this section is not required to be submitted, it will be to the student's advantage to review the section and materials – the lecture sections may not cover some of this material.



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Section 1 -Scientific Basis of Acupuncture

This section is designed to review the scientific basis of acupuncture.

Learning Objectives for Section 1:

After completing Section I, participants will be able to-

1. Describe typical anatomical features of acupuncture points.
2. Summarize the neurophysiology of pain, including relevant structures and neurotransmitters.
3. Explain the neurophysiologic effects of acupuncture with high- and low-frequency stimulation.

General Outline for Section 1:

Chronology

- A. Anatomy of Acupuncture Points
- B. Stimulation of Nerves in Muscle
- C. Neurochemical Basis of Acupuncture Neurotransmitters
- D. Neurologic Basis of De Qi
- E. Gate Theory of Pain (Melzack & Wall)
- F. Neurophysiology of Acupuncture with Stimulation (Pomeranz)
- G. Neural theory (Dorsher)
- H. Fascia and Acupuncture (Langevin)
- I. Neuroimaging and Acupuncture (Napadow)
- J. Acupoint specificity

References:

- Helms, *Acupuncture Energetics*
- Stux and Pomeranz, *Basics of Acupuncture or Acupuncture: Textbook and Atlas*
- American Academy of Medical Acupuncture - medicalacupuncture.org
- Society for Acupuncture Research (SAR) - acupunctureresearch.org
- NIH - National Center for Complementary and Integrative Health - nccih.nih.gov
- Helms Medical Institute@www.hmieducation.com/published-articles • •
- Ichesco E, Puiu T, Hampson JP, Kairys AE, Clauw DJ, Harte SE, Peltier SJ, Harris RE, Schmidt-Wilcke T, *Altered fMRI resting-state connectivity in individuals with fibromyalgia on acute pain stimulation*. Eur J Pain. 2016 Aug;20(7):1079-89. doi: 10.1002/ejp.832. Epub 2016 Jan 15. PMID: 26773435
- Cho ZH, et al. *Acupuncture: The Search for Biologic Evidence with Functional Magnetic Resonance Imaging and Positron Emission Tomography Techniques*. Journal of Alternative and Complementary Medicine, 2002;8(4):399-401



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Section 2 – Musculoskeletal, Neuroanatomic Acupuncture

This section is designed to review various musculoskeletal and neuroanatomic acupuncture techniques.

Learning Objectives for Section 2:

After completing Section 2, participants will be able to -

1. Compare different levels (superficial to deep) of musculoskeletal acupuncture treatments.
2. Identify the neuroanatomical targets of each level of treatment.
3. Design treatments for common musculoskeletal pain problems.

General Outline for Section 2:

- A. Level 1 Surface
 - a. Kori (Seem)
 - b. Cupping and Scraping
 - c. Surface Release Technique (Helms)
- B. Level 2 Myofascial
 - a. Trigger Points (Travell & Simons)
 - b. Trigger Point Deactivation
 - i. Four Quadrant Deactivation (Audette)
 - ii. Two Needle Technique (Elorriaga)
 - iii. Daisy Chain
 - c. Scar Deactivation (Neural therapy)
- C. Level 3 Neuromuscular
 - a. One Needle Technique (Wong)
 - b. PENS (Craig)
 - c. KB1, KB2 (Bishop, Berry)
 - d. Intramuscular Stimulation/Neuropathic Theory (Gunn)
- D. Level 4 Periosteal
 - a. Osteopuncture (Lawrence)
 - b. Periosteal Stimulation

References:

- Helms, *Acupuncture Energetics*
- Wong, *Neuroanatomical Acupuncture*, Vol 1 & 2
- Seem, *A New American Acupuncture*
- Gunn, *Treating Myofascial Pain*



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Section 3 - Circulation of Energy

This section is designed to review theories of energy circulation.

Learning Objectives for Section 3:

After completing Section 3, participants will be able to -

1. Summarize theories of energy circulation and its common disturbances.
2. Describe the various energetic subsystems and their clinical uses.
3. Propose energetic treatments for common problems.

General Outline for Section 3:

- A. Principal Meridian System
- B. Principal Meridians Subcircuits
 - a. Shao Yin-Tai Yang
 - b. Jue Yin-Shao Yang
 - c. Tai Yin-Yang Ming
- C. Concept of N-N+1 The Movement Principle
 - a. Subcircuit, Linear
 - b. Non-Linear Uses
- D. Subsystems
 - a. Tendinomuscular Meridian Subsystem
 - b. Shu Mu Subsystem
 - c. Distinct/Divergent Meridian Subsystem
 - d. Cerebral Circulation

References:

- o Helms, *Acupuncture Energetics*



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Section 4 - Classical Chinese Medicine

This section is designed to review medical theory, evaluation, and treatment in the classical Chinese medicine framework.

Learning Objectives for Section 4:

After completing Section 4, participants will be able to -

1. Discuss classical Chinese theory of health and disease.
2. Review the theory and practice of Traditional Chinese Medicine from the perspective of the modern Western biomedical model.
3. Apply the clinical approaches that utilize TCM theory and analyze their relationships to Western biomedical model.

General Outline for Section 4:

- A. Western Consideration
- B. Vital Substances
 - a. Qi
 - b. Jing (Essence)
 - c. Xue (Blood)
 - d. Jin-Ye (Fluids)
 - e. Shen (Spirit)
- C. TCM: Definition
- D. Four Examinations in Chinese Medicine
 - a. Inspection
 - b. Listening and Smelling
 - c. Inquiry
 - d. Palpation
- E. Creating a TCM Treatment
- F. Systems of Pattern Diagnosis
 - a. Eight Principles
 - b. Qi and Blood Patterns
 - c. Body Fluid Patterns
 - d. Zang-Fu Patterns
- G. TCM Evaluation and Treatment
 - a. Pulse diagnosis
 - b. Tongue Diagnosis
 - c. Cun Measurement
 - d. Special Needle Techniques
 - e. Bleeding, Plum Blossom
 - f. Pellets, Intradermal Needles
 - g. Cupping
 - h. Moxibustion



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References:

- Agur and Grant, *Grant's Atlas of Anatomy*
- Helms and Elorriaga, *Point Locations and Functions*
- Maciocia, *The Foundations of Chinese Medicine*
- O'Connor & Bensky, *Acupuncture: A Comprehensive Text*
- Society for Acupuncture Research: *Evidence Based Research Library*
- Woodburne, *Essentials of Human Anatomy*
- Wong, *A Manual of Neuroanatomical Acupuncture, Vol. I, III*



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Section 5 - Microsystems

This section is designed to review commonly used acupuncture microsystems.

Learning Objectives for Section 5:

After completing Section 5, participants will be able to -

1. Locate hand, ear, and scalp zones corresponding to major body regions.
2. Discuss neuroanatomical mechanisms of ear, hand, and scalp microsystems.
3. Appropriately utilize NADA, ATP, and BFA auricular protocols.

General Outline for Section 5:

- A. Auricular (Nogier)
 - a. Anatomy
 - b. Point Classes
 - i. Somatotopic Points
 - ii. Functional Points
 - iii. Master Points
 - c. Point Identification, Needling
 - d. Phases
 - e. Protocols
 - i. NADA (Smith)
 - ii. BFA (Niemtzow)
 - iii. ATP (Helms)
- B. Scalp
 - a. Traditional
 - b. YNSA (Yamamoto)
 - i. Basic Points/Correspondence
 - c. CSA (Hao)
 - i. Anatomy
 - ii. Localization/Zones
- C. Hara (Matsumoto)
 - a. Correlation
 - b. Palpation/Massage
 - c. Extraordinary Meridians
 - d. Ion Pumping Cords (Manaka)
- D. Korean Hand Acupuncture (Yoo)
 - a. Correspondence
 - b. Meridians



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References:

- Baik, *Korean Hand Therapy*
- Hao, *Chinese Scalp Acupuncture*
- Helms, *Acupuncture Energetics*
- Matsumoto, Birch, *Hara Diagnosis: Reflections on the Sea*
- Oleson, *Auriculotherapy Manual*



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Section 6 – French Energetics

This section is designed to review diagnosis and therapy in a French Energetics framework.

Learning Objectives for Section 6:

After completing Section 6, participants will be able to:

1. Recognize the trigrammatic representation of their corresponding meridians.
2. Summarize contrary/inverse and triangular equilibration treatments and their appropriate applications.
3. Discuss the extraordinary meridian system and its clinical utility.

General Outline for Section 6:

- A. Trigrams
- B. Triangular Equilibration
- C. Rule of Inverse and Contrary
- D. Structural Biopsychotypes (Helms)
 - a. Tai Yang
 - b. Shao Yin
 - c. Yang Ming
 - d. Tai Yin
 - e. Shao Yang
 - f. Jue Yin
 - g. Examples
- E. Extraordinary Meridian System

References:

- Helms, *Acupuncture Energetics*



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Section 7 - Five Phases in the Regulation of Qi

This section is designed to review Five Phase theory of diagnosis and therapy.

Learning Objectives for Section 7:

After completing Section 7, participants will be able to -

1. List the Five Elements and their major correspondences.
2. Explain generative and controlling cycles in Five Phase dynamics.
3. Design a four-needle treatment for a common disturbance.

General Outline for Section 7:

- A. The Five Phases Paradigm
- B. Systemic Correspondences
- C. Psycho-Spiritual Aspects
- D. Body Morphology
- E. Hand Morphology
- F. Governing Officials
- G. Midnight-Midday
- H. Five Phase Dynamics
 - a. Sheng and Ke Cycles
 - b. Mother-Child Rule
 - c. Trigrammatic Operators
- I. Pathologic Disturbances
 - a. Excess Liver/Wood Syndrome
 - i. Coffee Aggravated Headache
 - ii. Great American Malady (GAM) (Helms)
 - b. Deficient Liver/Wood Syndrome
- J. Akabani Testing

References:

- Maciocia, *Foundations of Chinese Medicine*
- Moss. "Five Elements in Medical Acupuncture", AAMA Review 1991, Volume 3, No. I, pp 21-26. (Included with Article materials)
- Helms, *Acupuncture Energetics*



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Section 8 - Acupuncture Point Groupings

This section is designed to review important acupuncture point groupings.

Learning Objectives for Section 8:

After completing Section 8, participants will be able to -

1. Locate front Mu and back Shu points and utilize them therapeutically.
2. Explain the importance of each classical command group point.
3. Identify Master and Couple points for each extraordinary meridian.

General Outline for Section 8:

- A. Back Shu Points
- B. Front Mu Points
- C. Accessory Back Shu Points
- D. Command Group Points
 - a. Ting – Ying – Shu – Jing – He
 - b. Luo Point
 - c. Yuan (Source) Point
 - d. Xi (Cleft) Point
- E. Group Luo Points
- F. Lower He-Sea Points
- G. Hui (Influential) Points
- H. Special Command Points
- I. Heater Command Points
- J. Gathering Points
- K. Barrier Points
- L. Four Seas Points
 - a. Sea of Qi
 - b. Sea of Blood
 - c. Sea of Nourishment
 - d. Sea of Marrow
- M. External/Internal Dragons
- N. Windows of the Sky
- O. Curious Meridians
 - a. Master and Coupled Points
 - b. Activation, Xi, Luo, Reunion Points
- P. GV20/Si Shen Cong
- Q. Extra Points
- R. Microsystems
 - a. Auricular
 - b. Scalp (CSA)
 - c. Hand (KHT)



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- Baik, *Korean Hand Therapy*
- Deadman, Al-Khafaji, *A Manual of Acupuncture*
- Hao, *Chinese Scalp Acupuncture*
- Helms *et al.*, *Point Locations and Functions*
- Helms, *Acupuncture Energetics*
- Maciocia, *The Foundations of Chinese Medicine*
- Oleson, *Auriculotherapy Manual*
- Wong, *A Manual of Neuroanatomical Acupuncture*