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32 Cases of Tennis Elbow Treated by the Three-Needle Therapy on the Elbow

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The 32 patients, with a disease duration ranging from 28 days to 1 year, were all needled at the ahshi point (a 1 cun needle inserted perpendicularly to the periosteum), Chize LU-5 (a 2 cun needle directed towards the ahshi point) and Zhouliao L.I.-12 (a 1.5 cun needle inserted perpendicularly). After arrival of deqi, lifting, thrusting and twisting manipulation was applied. In cases of shorter duration, dense-disperse electro-acupuncture was added to the ahshi and Chize LU-5 points for 20-30 minutes, and in prolonged cases warm needling was applied at the ahshi point. Treatment was given once daily, 6 treatments to a course and 2 days in-between courses. 17 cases were cured, 10 markedly effective and 5 improved.

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