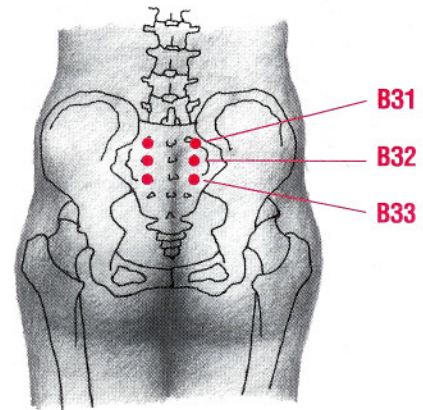


Sciatica

This is pain radiated down the sciatic nerve which runs down the back of the leg onto the outer aspect of the foot. Sciatica does not always mean that there is a prolapsed intervertebral disc (a so-called "slipped disc") present. The majority of cases of sciatica respond well to a conservative approach as exemplified by Electro-Acupuncture. A very small proportion may require surgery.

P O I N T S



B31 This lies at the top of the sacral bone one and a half thumb's width away from the mid-line.

B32 This lies one finger's width below B31.

B33 This lies one finger's width below B32.

B37 This lies in the centre of the back of the thigh.

B40 This lies directly behind the knee joint in the centre of the crease.

G30 This lies in the upper, outer part of the buttock muscle. It is usually tender on deep finger tip pressure.

G34 This is just below and in front of the knobby head of the fibula, which is the bone just below the outer side of knee. This point is in a slight depression and is often tender when pressed with a finger.

S36 This lies three thumb's width below the joint under the kneecap lying on the outer side of the knee. One finger's width back from the sharp edge of the shin bone.

Ah Shi Any local tender acupuncture points to be found in the area of pain that give a reaction when stimulated

Ear Ear point

