

# The Use of Bio-electric In Myofascial Pain Syndrome Trigger Points for Pain Management and Sport Pain

Neoh Choo Aun # 、 Neoh Karen \*

Research Department, Pingtung Christian Hospital

# Shandong University of Traditional Chinese Medicine \*

## Abstract

Bio-electric is the basic of life function and also the basic for human life activity. All human activities are closely related to bio-electric. “Meridian Bio-electric Treatment” has great improvement in pain management, paralysis, insomnia, and elderly hard of hearing, etc. In Chinese Medicine history, acupuncture needle was made from bone, wood or stone. Only after acupuncture needle was made from metal that the effect became more effective clinically. TCM stress the important of individual constitution and differential diagnosis, and this individual variation is the key different in bio-electric. Every living organism has distribution of electricity, so are our human body too.

## Main

According to modern physiology, bio-electric are distributed between the interior and exterior of our cells.<sup>1</sup> Although the electricity different the cell is very week, but can be detected by modern equipment. Actually, modern Western Medicine already developed various different diagnostic and monitoring medical equipments like the electrocardiography, EEG, electromyography etc and even the new MRI.<sup>2</sup> The electromagnetic properties of the human body can be expressed in human skin, as long as the use of voltage induced changes in the situation can be measured. Electricity distributes over our body surface in a fixed pathway. Many specific measurement points, the resistance is relatively low, can reflect the different organs of the body charged by the changes.<sup>3</sup> Myofascial pain syndrome is very common soft tissue rheumatism, it's mainly localized at some tenderness of the muscle, and pain associated with radiation. The muscles in question have tight muscle bundle, feels like a nodule, there trigger points (trigger points) and will produce referred pain. For example, the neck after the trigger point activation may be mistaken for tension headache; breast triggers point, may be mistaken for angina. Waist trigger point may be confused with pain caused by disc herniation. Buttocks tender spot, and there are radiation pain,

may be mistaken for sciatica. Therefore, diagnosis is needed for differential diagnosis of these diseases. Correction and should be avoided in the treatment of poor posture, such as improper sitting, standing and so on. The use of physical treatments such as massage, stretching or hot water soaks and so on. Drugs such as painkillers, muscle relaxants, tranquilizers may be use or trigger point injection with syringe at trigger points. The most important is to rule out underlying disease and exacerbating factors, and combined with local therapy and exercise to improve. If no drug or dietary supplement was use, manipulating qi and blood while trying acupuncture or physical means is also possible. Put a needle into the body, foreign body in the body, which is to add, increase, given that "qi" to our body. Acupuncture can stimulate the body to mobilize stirred righteousness, guide the movement of qi and curb the evil, sparking a healthy atmosphere in our body. From another point to biological function of power since it is the essence of life, human life in any kind of activities are all closely related and bio-electric power. Changes in the body of the bio-electric power back to normal so the body can restore its original normal life activities. "Bioelectrical meridian therapy" or "trigger points bio-electric therapy" is based on this principle has become very useful in treatment of illness and pain. Treatment must be focused on diagnosis and then only giving the right treatment, find the best acupuncture point and not only the bio-electrical discharge. The choice of the meridian points by Chinese medicine practitioners, acupuncturists have been very professional, and this lecture was mainly to introduce and share relevant clinical myofascial pain syndrome and how to choose the trigger point to do a correct and effective bio-electrotherapy.

## Conclusions

In the 21st century, the Chinese theory of qi and blood can be accomplished (interpreted) by the "bio-electric medicine" in a more specific and scientific term. This is a promising therapy for the future in alternative medicine.

## References

1. Yuling Wang and Ran Tian, Bioelectricity Circulatory System: One of the Main Material Bases of Chinese Medicine, *Vascular Elasticity Medicine* 2020, 1, P9-27
2. Yuling Wang, Jennifer Rui Tian, Ran Tian, Bioelectricity Circulatory System, Function and Health, *Vascular Elasticity Medicine* 2020, 1, P1-8

3. Ran Tian, Jennifer Rui Tian, Tianshuo Zhao, Yuling Wang, A more Effective Physical Technology to Treat Bacterial Infections than Antibiotics, *Vascular Elasticity Medicine* 2020, 1, P28-34