

ELECTRO NEEDLING

Methods - shortest time 10 - 20 minutes, longest time 4 - 5 hours

Binas methods

Regular frequency - pain and spasm - drains excess, BI syndrome

Alt quick and slow - paralysis and numbness. strengthens deficiencies, Wei syndrome

WAVES

Dense Wave / High Frequency Continuous

50 -100 pulse per second

-this is more **sedative**

-inhibits the excitability of sensory and motor nerves

-reduces stress function of the nerves for its effective in stopping pain

-release muscle and vessel spasms making it effective in treating circulation problems and nervous tension

-good for scalp acupuncture

-relieving pain, tranquilizing the mind, relieve spasm of muscle and blood vessel

Sparse Wave / Low frequency Continuous

2 - 5 pulses per second

-helps the patient stay more awake its more shocking

-gives a muscle twitch

-this is more **stimulating**

-this is a stronger stimulation resulting in a vibrating sensation and muscle contraction

-with stronger stimulation it enhances tension to the muscle causing the muscle to contract, increasing muscle tone and strength to the ligaments

-stimulates the connective tissues (soft tissue injury)

-slower action on the sensory and motor nerves

-stimulates points, relieves muscular spasm and pain

-wei syndrome, paralysis, injury to muscle ligaments and joints

Dense - Sparse Wave

-this wave appears alternating, each wave lasts 1.5 seconds

-helps overcome the adaption we can get with either continuous waves

-therapeutic effect is excitatory promoting metabolism, circulation of qi and blood, improves nutrition to the tissues, relieves edema

-paralysis, soft tissue injury, frost bite, sciatica, bleeding, sprains or strains, muscle atrophy, **bi-syndrome**

Intermittent wave

- 1.5 seconds on then 1.5 seconds off
- powerful excitatory effect
- produces a good contraction of the muscles
- for paralytic conditions like Wei (flaccidity) syndrome

Serrated Wave

- fluctuation wave change in amplitude
- frequency 16 -20 or 20 - 25 times per minute (this is very similar to the human respiration system)
- stimulates the phrenic nerve (originates C3 - C5) passes down between the lung and heart to reach the diaphragm)
- for electro respiration in emergency
- treatment of respiratory failure (if there is a weak heart beat)
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