



Strained Neck (Luo Zhen)

Key Symptoms: stiffness and pain of the neck and nape, a tendency to hold the neck to one side with motor impairment

TCM Etiology: awkward sleeping posture or attack of Wind Cold on the nape

Relevant Western Diseases:
N/A

TCM Pathophysiology:

1. Awkward sleeping posture leads to Qi and Blood Stagnation causing stiffness and pain in the neck
2. Exposure to Wind Cold leads to constriction and contraction to the muscles in the neck and nape region > leads to Blood and Qi Stagnation > stiffness and pain

Pattern	Key Signs and Symptoms	Tongue and Pulse	Treatment Principle	Point Selection	Additional Therapies
Qi and Blood Stagnation	Stiffness and pain in the neck and nape along with sharp pain, a tendency to hold the neck on one side with motor impairment	T: none noted P: Wiry or Choppy	Move Qi and Blood	Reduce: GV14, BL10, SI14, GB39, SI3, Lou Zhen Inability of flexion and extension: BL60, LU7 Difficulty rotating the neck: SI7	Cupping Therapy Bleeding cups if severe Massage – Tui Na E-stim
Wind Cold Invasion	Stiffness and pain in the neck and nape after exposure to Wind Cold, cold sensation in the neck and nape, intense pain, a tendency to hold the neck on one side with motor impairment	T: none noted P: Floating / Superficial	Release the Exterior, Dispel Cold	Reduce: GV14, BL10, SI14, GB39, SI3, Lou Zhen Inability of flexion and extension: BL60, LU7 Difficulty rotating the neck: SI7	Moxibustion Cupping therapy Massage – Tui Na E-stim