

## Case Report

### Rescue with Modern Acupuncture in the Sky

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On the 10<sup>th</sup> January 2017, the first author of this paper Dan Jiang was travelling with KLM/China Southern Airline from London Heathrow to Beijing transferred at Amsterdam. About two hours boarded on the China Southern Airline which connected with KLM from Amsterdam, the author heard an announcement for requesting medical doctors for an emergency circumstance. The author immediately got up the seat and found not far away from her seat, there was a young lady lying on the seat with pale complexion, sweating, distressed and almost unconsciousness. There were two medical doctors presented at the time and they were trying to talk to another girl which was a friend of the fainted girl. As there was language communication problem the two medics had difficulties to set up a clear medical diagnosis.

The author just focused the fainting girl and thought if I could bring her to consciousness, then I would be able to get the sufficient information from herself. The author gave this French lady an acupressure treatment on acupuncture point Ren 26 (Ren Zhong), and PC6 Neiguan; then performed acupuncture needling on PC6 with a strong manipulation. The patient gradually consciousness after these acupuncture treatments. The French lady told the author that she was suffering menstrual pain. The author recognized that this menstrual pain must be very severe which had caused her fainting, so the ordinary acupuncture might not strong enough to ease the pain. The author decided to use FSN (Fu's Subcutaneous Needling), another form of acupuncture technique. The author inserted FSN to patient's Ren6 (Qihai Point, location at two inches below umbilicus) and performed relevant manipulation for couple of minutes, then the patient's complexion back to a normal with pink colour appeared, the author kept manipulated for few more minutes and then withdrew the solid needle out, but still left the soft casing tube underneath her skin (which can keep produce a stimulation effect to the local point). Then applied astero-strip to cover the plastic tube. The patient was monitored for every 5-10 minutes. After 20 minutes, the girl could set up in a normal position, and said her menstrual pain had disappeared. The author took out the soft casing tube about an hour later.

The young lady was very pleased through the rest of journey and said "thank you" to the author when she was getting off the airplane

in Beijing.

Two medical doctors, airplane attendants and passengers were all surprisingly evidenced the effect of this modern acupuncture. We all astonished by acupuncture, especially this FSN technique which produced analgesia effect and relieved such kind severe pain so fast and rapidly. We are also very grateful to people who developed such king fast analgesic technique for rescuing the patients.

On the 6<sup>th</sup> Feb, the author received an official letter from China Southern Airline for her involvement of helping one of passengers.

#### About FSN

Fu's Subcutaneous Needling (FSN), is a new acupuncture technique which is invented by a Chinese medical doctor, Dr Zhong-hua Fu in 1996. This acupuncture technique is performed by using a modified acupuncture needle to stimulate areas where nearby trigger points or tightened muscles so as to treat musculoskeletal conditions and other conditions.

Normal or traditional acupuncture techniques involves by inserting needles to penetrating skin, subcutaneous and muscular tissues and then stimulating the points. While FSN needle only penetrating to subcutaneous layer and stimulating on this layer. Therefore, this technique has less pain and less sensation on the patients, however, it can produce an incredible pain relieving and analgesic effect. For some acute pain condition, such as muscular and ligaments strains,

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tennis elbow, or menstrual periods pain, it can have almost instant pain relieving results.

Tightened muscles (TM) and Myofascial Trigger Points (MTrPs), which are commonly associated with pain. Myofascial Trigger Points are described as hyperirritable spots in skeletal muscle that are associated with palpable nodules in taut bands of muscle fibres. Spontaneous Electrical Activity (SEA), one of the MTrP features, can be recorded easily by electromyographers.

FSN needle is a disposable dry needle. The needle consists of a solid stainless-steel needle and a casing soft pipe. The needle is accurate delivered into subcutaneous level by an applicator device. Once the needle is in subcutaneous level, the needle tip is withdrawn and rest into the casing tube, then a left-right swipe manipulation, like windscreen swipe, is performed. After few minutes manipulation, the tightened muscles will be relaxed and in most of cases, the pain caused by tightened muscles will decrease or disappear.

The subcutaneous layer can be twitched by mechanical forces, so FSN relieves pain fast and quickly than traditional acupuncture. Our patients describe the FSN as “magical needle”.

Based on Tightened Muscles theories, FSN has been applying to all of pains, special pain occurred which is related with muscles and extended to other medical conditions, such as chronic non-productive dry cough, constipation, dizziness, weak bladder, periods pain, or a vascular necrosis (AVN).

For more information about FSN, please refer to the following INTECH papers or website:

<https://www.intechopen.com/books/acupuncture-in-modern-medicine/fu-s-subcutaneous-needling-a-modern-style-of-ancient-acupuncture->

<https://cambridgetcm.co.uk/acupuncture/about-fsn/>

<http://www.fuzhen.com.cn/eng/about.asp>