

# Observational Study of Ju Ci Fa in Treating Acute Ankle Sprain

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## ABSTRACT

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The objective of this research is to investigate the use of Ju Ci Fa (巨刺法) in treating acute ankle sprain by referring the application and indication of Ju Ci Fa, origin from the “Yellow Emperor’s Classic” and comparing journals from the recent times physicians as well as providing clinical examples to support the study.

First, set “Ju Ci Fa” as keyword to be searched and retrieved in China National Knowledge Infrastructure (CNKI). Then, filter the journals and classify the journals obtained into the theory of and the performing method of Ju Ci Fa. It is then applied clinically on patients with acute ankle sprain who are willing to participate in this research.

In terms of collecting clinical examples to support the research, the criteria are no open wound, and the sprain must happened not more than 48 hours; no history of untreated sprain on the newly injured ankle, patient who cannot walk due to serious injury of blood vessels, nerves, tendons and ligaments will also be excluded; as well as patient with fracture who requires surgery. There are a total of 5 cases of acute ankle sprain collected throughout the course of the research.

For the treatment of patient with acute ankle sprain, first, locate the acupoints with tenderness around the sprained ankle. Then, perform acupuncture at the same acupoints on the opposite ankle. The patient is required to rate a score for pain and movement before and after the treatment. The needling manipulation method is neutral and allows the needle to stay for 30minutes. The course of treatment is two days with one acupuncture treatment for each day.

After the course of treatment, the average level of pain in every patient is reduced for up to 84 percent. Whereas the average level of difficulty in moving the ankle joint in every patient is reduced for up to 95 percent.

Key word: Ju Ci Fa (巨刺法), acute ankle sprain, The Yellow Emperor’s Classics (黄帝内经)