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### Biomechanical approach related to meridians and myofascias: Biomechanical acupuncture

**B**iomechanical acupuncture originated from the biomechanical approach of treating musculoskeletal pains by Myofascial concepts of Western medicine and Meridian concepts of Traditional Chinese Medicine (TCM). There have been various attempts to treat musculoskeletal pains using needle stimulations around the East and the West. But practical point of views, most practitioners agree upon the difficulties in choosing exact treatment points. In this paper, a new concept of Biomechanical acupuncture is proposed to solve the difficulties, which is simple and easy to apply to everyday practice but comprehensive enough to integrate modern myofascial concepts of the West and traditional Meridian concepts of the East. In the basis of biomechanical acupuncture, myofascial concepts don't mean trigger points developed by Janet G Travell and David G Simons but biomechanical network of anatomical myofascia spreading through human body. And acupuncture points in TCM related to 12 Meridian theories are to be used in the treatment of musculoskeletal pains through myofascial concepts. Owing to ceaseless connection of the whole myofascia, a disorder in one region may be expressed in the form of pain and limitation on certain movement in other part of body mainly in the same myofascial tension line by biomechanical dysfunction. When one attempts to move freely on the condition that one side is fixed, one's

body is bound to take compensatory overloading. As a result, a cause of biomechanical dysfunction gets to be enlarged. Repeated stresses transcending the limited range give rise to a local inflammation or a pain. According to these concepts I can approach goals of treatment: 1. improvement of biomechanical overloadings, 2. restoration of neural function, and 3. maintenance of optimal alignment. Biomechanical acupuncture doesn't cure and heal anything. All it does is set body back to normal so that healing process begins. Biomechanical acupuncture combined prevailing treatment concepts of both the East and the West is a new effective treatment method of Functional Orthopedic Stimulation Therapy (FOST) in the common pain problems arising from musculoskeletal system. Through this new method of treatment, all types of practitioners who use needle stimulations as their main treatment modality can benefit from ease of its application and consistency of its effectiveness.

### Biography

Eun-Tae Jo has completed his PhD from Daegu Haany University and is a Member of Korea Pain Diagnosis Society. He presented a poster at 9<sup>th</sup> Interdisciplinary World Congress on Low Back and Pelvic Girdle Pain in Singapore on 31 October 2016. He is the co-author of "Shoulder Treatment ABC".

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