

Treatment notation

Examples

TrP upper traps
D1x2-5''

TrP near GB21
D1x0-10'

TeP R lat epicondyle
P1x1-5'' red

ST36 bil
D2x0-20'

LI11 R
D1x0-5'

LI11 ST36 bil
D4x0-20'

Depth

S – superficial (skin level)

SD – deeper than skin but not in muscle

D – deep (muscle)

P – periosteal

Intensity of stimulation

0 – no manual acupuncture (MA) stimulation of the needle after placement

1 – gentle MA, perhaps a single LTR at a TrP, or gentle contact with periosteum

2 – moderate manual stimulation, perhaps a couple of LTRs

3 – dry needling of TrP until LTRs exhausted, strong periosteal stimulation

EA – electroacupuncture (add frequency and intensity in mA)

Shorthand

R – right

L – left

bil – bilateral

TrP – trigger point

TeP – tender point

AP – acupuncture point

traps – trapezius

ES – erector spinae

ICL – iliocostalis lumborum

QL – quadratus lumborum

gmax / gmed / gmin

quads – quadriceps femoris

VM – vastus medialis

gastrocs – gastrocnemius

AT – Achilles tendon