

Introduction to Fu's Subcutaneous Needle

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A dark blue diagonal graphic that starts from the bottom left corner and extends towards the top right corner, creating a triangular shape in the lower half of the slide.

Outline

1. Dr. Zhong Hua Fu & Fu's subcutaneous needle
2. Indications and contraindications
3. Special needle & insertion device
4. Insertion techniques, sweeping, & reperfusion
5. Videos
6. Q&A

How FSN was invented

Dr. Fu, the farmer's son, and his tennis elbow fixation

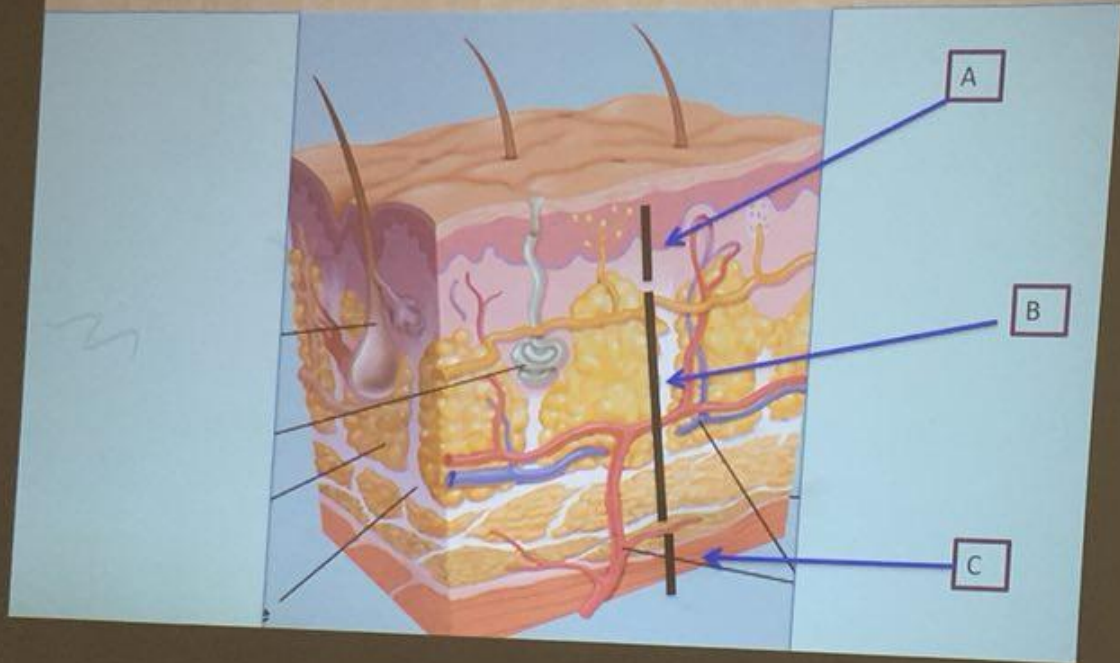
- Fertilizer → nutrition
- Herbicide & pesticide → antibiotics
- Weeding → surgery
- Plowing → FSN

Advantages of FSN:

- Effectiveness
- Safety
- Reproducibility
- Lack of points
- Western medical terminology

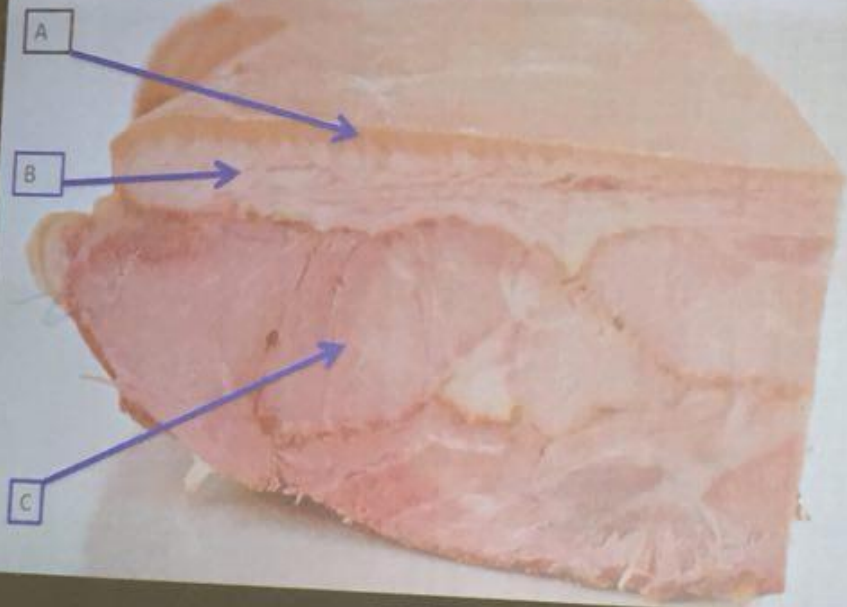
Where is Subcutaneous/Hypodermis?

皮下结缔组织位置?



Where is subcutaneous/Hypodermis?

皮下结缔组织位置?



Subcutaneous tissue: the
working site of FSN

- 1
- 2
- 3
- 4
- 5
- 6
- 7



Click to add notes

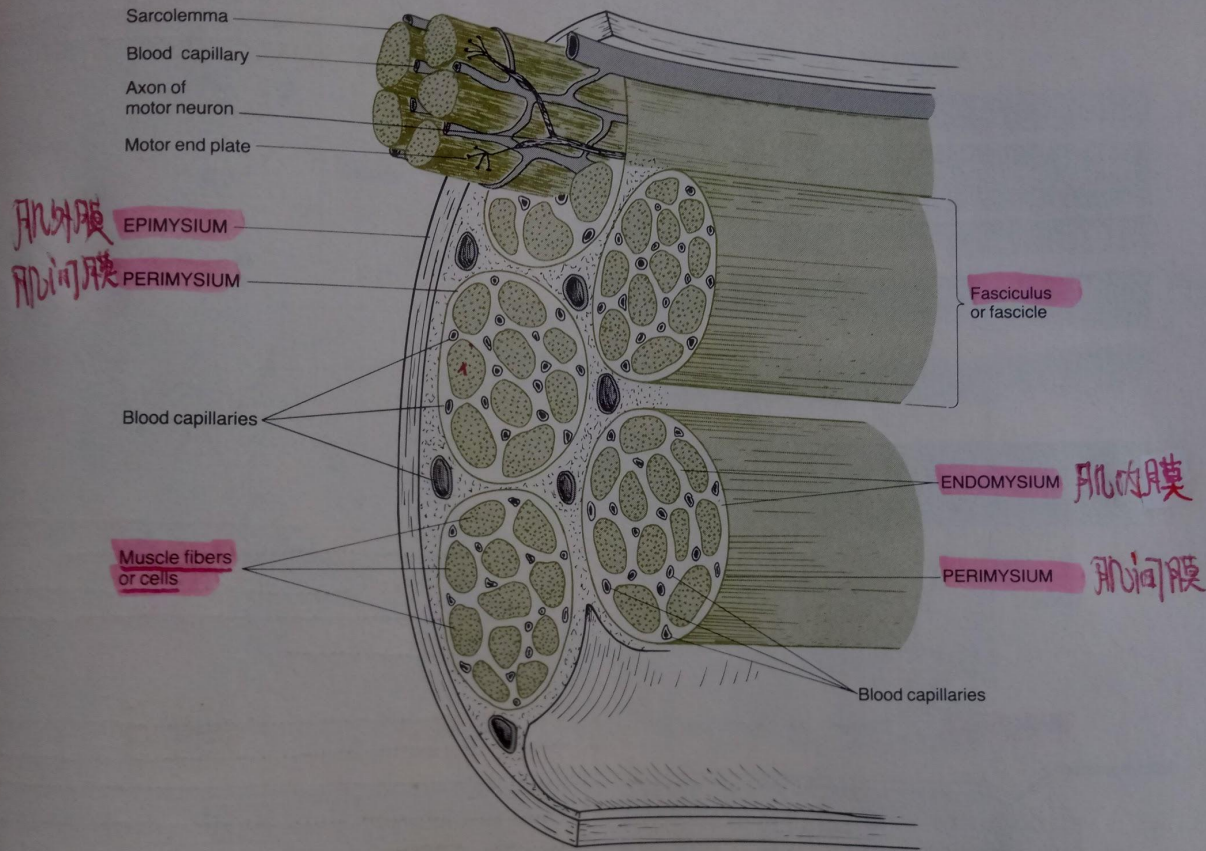


Figure 10-1 Relationships of connective tissue to skeletal muscle. Shown is a section of a skeletal muscle indicating the relative positions of the epimysium, perimysium, and endomysium. Compare the figure with the photomicrograph in Figure 10-2b.

... is directly related to contraction, the chief

called muscle fibers (Figure 10-2a, b). These fibers lie parallel to each other and range from 10 to 100 μm in

- 3
- 4
- 5
- 6
- 7

Subcutaneous Layer

Dry Needling Multiple layers

FSN Single layer

肌外膜 肌束膜 肌内膜

皮下组织, 也可以称之为肌上组织

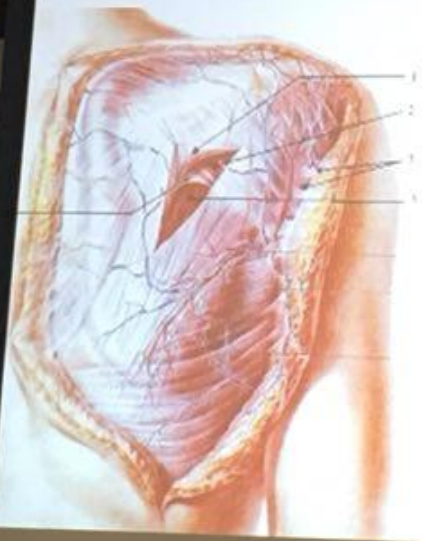
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What happened?



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What happened?



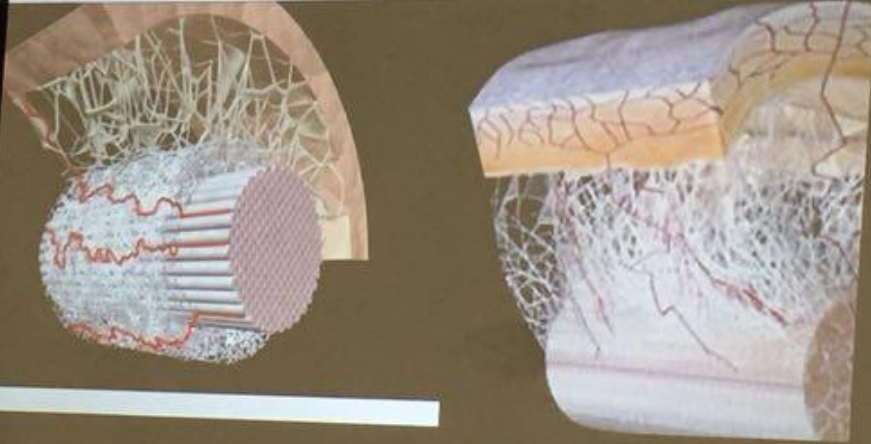
为什么? What is happening there?

Fascial Myofascial/Interstitium
筋膜/间质?



08/01/2007

What happened?



Herglotz

Trigger point vs. pathologically tight muscle

- Active & latent trigger points
- Primary & satellite trigger points
- 1st & 2nd crime scene
- Two examples