

Yearly theme 2024

Research question: (Objective)

The aim of this experiment is to determine how the needling angle influences the pulse quality and to better understand the connection between initial pulse quality and optimal needling angle.

Materials:

Silver Needle Nr 2 (ev. eine Sorte bestellen) (sollen wir needle type fixen?)

Basics:

Before starting, everyone is exercising the technique on the table with inserting the needle at an angle of 25° and rising the angle then.

- * Hold the oshide very light but closed, if not, the needle does not move to change the angle.
- * The wrist of the oshide and also the wrist of the Sashide should not be twisted (that happens easy when trying to change the angle of the needle)
- * Generally needling technique: (relax, posture, etc) / If the technique is good the changes should be more obvious.

Setup:

1 person on the treatment table
1 person needling
1 to 3 Persons observing the Pulsequality

Procedure:

Quickly confirm the sho of the person on the table and then test on the two points of the sho

Needling:

Looking for the Point

Placing the oshide

Checking posture (relaxes, no twist in wrist, gazing)

Introducing the needle into the oshide **Angle 25° / or Angle 90° (vorgehen noch in Diskussion)**

Go on until contacting Qi (stay neutral, the aim is not to treat, just to be in contact with the ki)

Slowly increase, decrease the Angle up to 90° or down to 25° (over a time of about 10 seconds)

As soon as the observing People think you passed the optimal angle they stop you and guide you to the perfect Angle.

Stay in that angle so the Team can check and write down what angle it is

Observing: (similar to finding the Point)

Feeling the Pulse quality (without seeing the needling angle)

When the optimal Pulse is found, they guide the needling person (e.g. go back a little bit) or say stop.

Check the Angle and write it down

Data Collection:

Date: _____

Sho: _____

Pulse Quality:

| Depth | Strength | Speed |
|---|--|--|
| <input type="checkbox"/> deep | <input type="checkbox"/> weak | <input type="checkbox"/> slow |
| <input type="checkbox"/> slightly deep | <input type="checkbox"/> slightly weak | <input type="checkbox"/> slightly slow |
| <input type="checkbox"/> normal | <input type="checkbox"/> normal | <input type="checkbox"/> normal |
| <input type="checkbox"/> slightl. superficial | <input type="checkbox"/> slightl. strong | <input type="checkbox"/> slightl. fast |
| <input type="checkbox"/> superficial | <input type="checkbox"/> strong | <input type="checkbox"/> fast |

Point: _____

Point: _____

Angle of best Pulse Quality _____°

Angle of best Pulse Quality _____°

Date: _____

Sho: _____

Pulse Quality:

| Depth | Strength | Speed |
|---|--|--|
| <input type="checkbox"/> deep | <input type="checkbox"/> weak | <input type="checkbox"/> slow |
| <input type="checkbox"/> slightly deep | <input type="checkbox"/> slightly weak | <input type="checkbox"/> slightly slow |
| <input type="checkbox"/> normal | <input type="checkbox"/> normal | <input type="checkbox"/> normal |
| <input type="checkbox"/> slightl. superficial | <input type="checkbox"/> slightl. strong | <input type="checkbox"/> slightl. fast |
| <input type="checkbox"/> superficial | <input type="checkbox"/> strong | <input type="checkbox"/> fast |

Point: _____

Point: _____

Angle of best Pulse Quality _____°

Angle of best Pulse Quality _____°

Date: _____

Sho: _____

Pulse Quality:

| Depth | Strength | Speed |
|---|--|--|
| <input type="checkbox"/> deep | <input type="checkbox"/> weak | <input type="checkbox"/> slow |
| <input type="checkbox"/> slightly deep | <input type="checkbox"/> slightly weak | <input type="checkbox"/> slightly slow |
| <input type="checkbox"/> normal | <input type="checkbox"/> normal | <input type="checkbox"/> normal |
| <input type="checkbox"/> slightl. superficial | <input type="checkbox"/> slightl. strong | <input type="checkbox"/> slightl. fast |
| <input type="checkbox"/> superficial | <input type="checkbox"/> strong | <input type="checkbox"/> fast |

Point: _____

Point: _____

Angle of best Pulse Quality _____°

Angle of best Pulse Quality _____°