

The Miracle of Master Tung's Magic Points: 'Correct Tendons' Amazing for Neck Pain

By Susan Johnson, L.Ac.



There are countless fabulous points left to us by Master Tung Ching Chang, but I rate 77.01 & 77.02, Correct Tendons, in the top five. Though they may take a little practice to perfect, these points are consistently profound in their effect, treating Tai Yang type neck pain,

occipital headaches, spine and brain problems.

Positioning of the patient is very important. Usually we position the patient face down on the table with a face cradle adjusted to the proper height. Next, place a good size pillow under the ankles, in order to take the strain off the lower back. Make sure that the big toes are lifted just off the table so that the feet and the Achilles tendons are completely relaxed and easily accessed. Thoroughly massage the gastrocnemius muscle, taking extra care to soften and relax the Achilles tendon.

Most people describe the needling sensation as "thick" and not painful. I usually use a 60mm No.3 needle. You may want to start with a 40-50mm No. 3, going to a shorter needle rather than a thicker one. A 40mm needle will be too short on many people though, and a larger needle, like a No.5, may be uncomfortable.

The first of the two points in the Correct Tendons point pattern, 77.01 Upright Tendon, is located by drawing imaginary lines from both the internal and the external malleolus, to the top of the Achilles tendon. Use any crease, or pick a point between those lines, as your point of insertion. Firmly tap your needle in, pegging the Achilles tendon. Before further insertion, check your trajectory. The needle must be directly perpendicular to



77.01/.02 Correct Tendons

the flat surface of the top of the tendon; otherwise even a small angle will become a big one when the needle is brought to its proper depth, re-peg if necessary.

Grasp the shaft of the needle immediately above the point of insertion. Incrementally feed the needle into the tendon with one hand, while grasping the needle mid-shaft with the other hand and applying steady pressure downwards on the needle. (For the purpose of standard "clean needle technique" you may choose to grasp the needle with a sterile cotton ball.)

Bring your awareness intently to the tip of the needle as you insert it. You will notice a slight density change as you near the bone. Ever so gently tap the posterior aspect of the tibia. If your needle inserts the entire length of the shaft, you either need a longer needle, or you have slid down one side or the other of the tibia. If the later is the case, withdrawal the needle to the original tendon-pegged position, and start again, just slightly angling medially or laterally.

The second point, 77.02 Upright Ancestry, is located 2 inches proximal to the first, and needled in much the same way. Occasionally, 77.02 will be located directly above 77.01, but on most people the Achilles actually veers slightly to one side. Carefully palpate the direction and width of the tendon before inserting the needle, picking the mid-point.

The points are needled bilaterally and retained for one full hour. If done correctly, you can expect extraordinary results after one or two treatments, even in difficult or chronic cases. If the patient has not had a whiplash or other serious neck injury in the previous three months, I will usually cup or gwa sha the neck and shoulders, in a sitting position, before lying them down to needle Correct Tendons.

If the patient is unable to lay face down, the points can be needled with the patient lying on either side. Needling must be done with one hand, as the other will be used to stabilize the tibia. You will need two pillows and three hand-towels. Place one pillow comfortably under the patient's neck. Straighten the lower leg and bend the top leg up to a 90-degree angle. Place a large pillow under the knee of the top leg. Roll two small hand-towels together and place them under arch of the top foot, one hand-towel under the arch of the bottom foot. Massage both calves and Achilles, thoroughly.

Stabilize the calf of the leg you are needling by placing one hand on the anterior tibial crest. Locate your first point on the flat top of the tendon and tap your needle in pegging the tendon. Check your trajectory and incrementally advance the needle through the Achilles by firmly grasping the shaft of the needle within 1/2 inch of the point of insertion. It is okay to bend the needle a little bit as long as you do not put a kink in it, your trajectory is actually based on your original needle peg. (Standard "clean needle technique" would advise sterile cotton to hold the needle.) Place your second needle and then proceed to the other leg.

Correct Tendons corrects misalignment all the way up the spine, by way of the Urinary Bladder and Kidney meridians, spinal column and bone marrow. It is mainly used for occipital headaches, neck pain and injury, but will benefit the lower back, as well. For lower back strain without neck issues we would choose from a wide variety of powerful points specifically for the lower back. For brain tumor or meningitis, add Upper Tumor (55.06) to Correct Tendons. For a closer look at Correct Tendons check out the instructional videos at www.tungspoints.com.

The Master Tung's Points cited in this article originate from an oral tradition that is reported to have dated back to the Han Dynasty (206 BCE – 220 CE). Master Tung Ching Chang—widely viewed as the greatest acupuncture technician who ever lived—broke convention after the Chinese Cultural Revolution, and began teaching this amazing system of points outside of his immediate family. Dr. Young Wei Chieh and Dr. Miriam Lee, both students of Master Tung, brought this information to America. Susan Johnson, L.Ac. continues this transmission.

Bio:

Susan Johnson, Licensed Acupuncturist, has been practicing Tung's style of acupuncture since 1983 and was licensed in California, in 1984. She studied Master Tung's Points with Dr. Young Wei-Chieh and Dr. Miriam Lee for more than 12 years and has been using them almost exclusively in her practice since that time. Susan maintains a private practice in Santa Cruz, California. She is a dynamic teacher who loves her work and is renown for her clear presentation of this style of acupuncture.