

Contents

- 1 Introduction, 1
 - 2 The Shoulder: Supraspinatus and Infraspinatus Tendonitis, Tendonitis of the Long Head of the Biceps, and Acromioclavicular Joint Disorders, 33
 - 3 The Elbow: Lateral and Medial Epicondylitis, 75
 - 4 The Wrist: Radial (De Quervain tenosynovitis) and ulnar (ulnar wrist pain) styloiditis and extensor tenosynovitis, 106
 - 5 The Hip: Hip Pain and Trochanteric Bursitis, 136
 - 6 The Knee: Medial, Lateral, and Anterior Pain, 176
 - 7 Ankle Pain: Lateral Ankle Sprain and Achilles Tendonitis, 231
- Appendix 1: Wrist-Ankle Acupuncture, 260
Appendix 2: Ear Acupuncture, 266
Appendix 3: Bleeding, 273
Appendix 4: Cupping, 275
Appendix 5: Moxibustion, 277
Appendix 6: Arthritis, 279
Appendix 7: Postsurgical Musculoskeletal Pain, 281
Index, 282