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**NATIONAL STANDARD OF THE
PEOPLE'S REPUBLIC OF CHINA**

GB/T 21709.19-2009

**Standardized manipulations of acupuncture and moxibustion -
Part 19: Wrist-ankle acupuncture**

针灸技术操作规范 第19部分：腕踝针

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Foreword

GB/T 21709 "acupuncture technical operation code" is divided into 21 parts. Part 1. moxibustion; - Part 2. Scalp; Part 3. ear needles; - Part 4. triangular needle; - Part 5. cupping; - Part 6. Acupoint injection; - Part 7. skin needle; - Part 8. intradermal; - Part 9. Acupoint application; Part 10. Catgut embedding; - Part 11. Electroacupuncture; - Part 12. Fire needles; - Part 13. Mount needle; - Part 14. Needles; - Part 15. Eye; - Part 16. Abdomen; - Part 17. Nose; - Part 18. Lips; - Part 19. Wrist and ankle; - Part 20. Basic needle prickles; Part 21. Needles for acupuncture. This part is part 19 of GB/T 21709. Appendix A to this section is a normative appendix, Appendix B, Appendix C is an informative appendix. This section is proposed by the State Administration of Traditional Chinese Medicine. This part of the Chinese acupuncture and moxibustion society. This part of the drafting unit. Tianjin University of Traditional Chinese Medicine. This part of the main drafters. Guo Yi, Shi Liping, Chen Zelin, Li Guilan, Zhao Xue. This part participates in the drafters. Wang Hong, Wen Jingrong, Sun Ge, Wei Lianhai, Gao You, Fu Junru, Guo Yongming, Wu Liping, Pei Ying, Kang Jingqing, Liu Yangyang.

General standards involved in the length and width of the measurement are required to use the international unit system, but the human body is very different, The method uses the absolute standard value to describe the acupoints of acupuncture and moxibustion, and only through the method of equal parts of the amount of bone fracture method to describe the acupoints, Applicable to all groups and all individuals. 1987 World Health Organization in Seoul, South Korea held an international conference to determine the use of "inch" as Acupuncture points standard measurement unit. Therefore, the standard of the acupoints using this unit of measurement. Code of Practice for Acupuncture and Moxibustion Part 19. wrist ankle

1 Scope

China's national standardised manipulation for wrist-ankle acupuncture. It is Part 19 of GB/T 21709 and specifies the terms and definitions, the instruments, the operating procedure, the indications, the contraindications and the precautions for the technique.

Wrist-ankle acupuncture is the most systematic of the modern micro-systems and the easiest to describe. The body is divided longitudinally into six zones on each side, numbered from the midline outward, and every complaint is referred to the zone in which it lies; the needle is then placed not at the site of the complaint but at the corresponding numbered point in a single transverse band around the wrist or around the ankle, according to whether the complaint is above or below the diaphragm. Twelve points on the wrists and twelve on the ankles cover the whole body. The insertion is what makes the method distinctive: the needle is introduced almost parallel to the skin and advanced in the subcutaneous layer, not into muscle, and it must produce no sensation at all - no soreness, no distension, no ache. That is the opposite of the deqi sensation sought in classical acupuncture, and it is the operating criterion of this technique: if the patient feels anything, the needle is too deep and must be withdrawn and reinserted more superficially. So the standard fixes the zone definitions and the point locations in the two bands, the needle length and gauge, the angle and the subcutaneous depth, the direction of advance, the absence of sensation as the check on correct placement, the retention time and the handling of a needle that has gone too deep. Issued on 6 February 2009 and in force since 1 August 2009.

This part of GB/T 21709 specifies the terms and definitions of wrist and ankle needles, procedures and requirements, precautions and contraindications. This part applies to wrist ankle technique.

2 Terms and definitions

The following terms and definitions apply to this part of GB/T 21709.

2.1 Wrist and ankle acupuncture needle abbreviation. In the wrist and ankle to select a specific needle into the needle, with the axis of the limbs along the longitudinal axis along the dermis piercing a certain length to rule The method of treating the disease.

2.2 Wrist and ankle needle into the needle point of treatment of the composition of the six longitudinal longitudinal zone, divided into upper and lower sections. See Appendix A Article A. Chapter 1.

2.3 Wrist and ankle needle into the needle at a specific location, in the wrist and ankle have 6 pairs, respectively, corresponding to the upper and lower body 6 and the district number consistent. See Appendix A, paragraph A. Chapter 2.

3.1 Preparation before surgery

3.1.1 Needle selection Select 25mm or 40mm long needle according to condition and needle point.

3.1.2 Needle selection See Appendix B.

3.1.3 position selection According to the condition of choice of patients with comfortable, easy to operate the doctor position.

3.1.4 Environmental requirements Should pay attention to environmental hygiene, to avoid pollution.

3.1.5 disinfection

3.1.5.1 Needle disinfection. high pressure steam sterilization method should be selected. Should choose a disposable needle.

3.1.5.2 site disinfection. available 75% ethanol or 0.2% of the iodine or iodine volts in the surgical site of disinfection.

3.1.5.3 Medical disinfection. doctors hands with soap and water to clean, and then 75% ethanol wipe.

3.2 method of operation Medical hand fixed into the needle position, the other hand thumb, food, the middle finger, needle and skin was $15^{\circ} \sim 30^{\circ}$ angle quickly penetrate the skin, and then Flatten the needle body, so that the body along the longitudinal axis of the body along the skin slowly into the needle under the soft, no needle is appropriate. Pierce the length to expose the needle body 2mm