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the earliest acupuncture theory was developed during the han dynasty (206 bc - 220 ad), which emphasized the use of acupuncture for pain relief. the chinese treatment plan of the time called for the practitioner to place a series of small, shallow needle insertions at particular points along the body's meridians, which are thought to carry energy through the body. tai chi practitioners use many of the same acupuncture points as westerners, including the acupressure points. in fact, many of the acupressure points that people use today have their origins in traditional acupuncture, which was developed based on the principles of qi and blood. it is only in recent times that western science has begun to address the effectiveness of acupuncture in treating both physical and mental illness. however, the theory of acupressure is similar to acupuncture and has been in use for centuries. acupressure involves the insertion of needles into acupressure points on the body to stimulate the body's own healing mechanisms to relieve pain and restore health. the major advantage to using specific acupuncture point names is that they eliminate the need to find the motor point before performing acupuncture treatment. in the same way that acupuncture treatment is performed to stimulate the flow of qi in the body, so too are the motor points. traditional chinese medical science describes the flow of qi as being the mechanical flow of qi to activate and regulate all aspects of the body and to maintain the healthy state. any blockage in the circulation of qi, no matter where it occurs, can result in disease, which is why it is very important to restore the circulation of qi. the qi circulates according to the interconnectedness of the acupuncture points and the channels of the body. when the circulation of qi is obstructed, the acupuncture points along the channels and the acupuncture points along the body itself are affected by the blockage. the motor point is one of the traditional acupuncture points that affect the circulation of qi. the location of the motor point is important because it affects the stability of the muscles. as an alternative to the traditional manual acupuncture point locations, the acupuncturist can use the specific location of the motor point to guide and direct acupuncture treatment.

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the therapeutic principle of acupuncture is to stimulate the acupuncture point by inserting needles at specific anatomical locations. a typical acupuncture needle is round, and it is usually made of stainless steel or titanium. the needle is inserted into the skin at the point of the nerve ending where the needle enters the skin. the pain that results from the insertion of the needle is termed "de qi" or "qi sensation". the needle is then manipulated in a specific way to stimulate the nerve and cause a wave of stimulation to be transmitted along the meridians to the brain. acupuncture is effective for the treatment of most conditions that are treated with medication. the following is a list of conditions for which acupuncture has been shown to be effective. stroke, which has been shown to be reduced by 25-40% when acupuncture is performed. inflammatory diseases such as arthritis, gout and osteoarthritis, which have been shown to be reduced by 30-50% when acupuncture is performed. heart problems such as angina and high blood pressure, which have been shown to be reduced by 30-40%. in addition, acupuncture is effective for the prevention of cancer and for the treatment of cancer. when a motor point is located, the author will apply surface electrode stimulation to the muscle belly for approximately 5 seconds to see if the muscle can contract. it is best to use a high frequency of electrical stimulation that is greater than the muscle twitch frequency to improve the ability of the muscle to contract. the author will not stimulate the muscle for too long, as this can have deleterious effects on the muscle fibers. the author will then insert the needle perpendicularly into the muscle belly with the help of a muscle stimulator. the amount of current and frequency required to elicit a motor point contraction varies between muscles and depends on the depth of the muscle. most people are more familiar with testing for motor points in superficial muscles such as the biceps, tibialis anterior, and the quadriceps. the author has found that deeper motor points are more difficult to elicit and can often require more electrical current and frequency to produce a contraction. 5ec8ef588b

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