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Acupuncture therapy for Patellofemoral Pain Syndrome

Knee pain is one of common pain-causing diseases and it affects patients' mobility which in turn seriously affects the quality of patients' life. The most common cause of knee pain results from the inflammation occurred at the patello-femoral joint of the anterior knee. It is now commonly recognized as Patellofemoral pain syndrome (PFPS). It is categorized as anterior knee pain.

Treatment with Acupuncture and Tuina on curing PFPS

- Acupuncture using 0.25 mm X1.5 inch needles at the acute point near the patella. Connect with the electro-Acupuncture for 25-30 minutes. Apply infra-red radiation on the affected knee area.
- Apply Tuina on the knee joint through the following procedures: Press to stimulate the acute points including ST34, SP10, EX-LE2, EX-LE4, EX-LE5, ST36, SP9 for 3-5 minutes.

According to Chinese medicine theory, PFPS is classified as joint pain. Lack of liver and kidneys, lack of energy and nutrients, can cause wind, cold and moisture to stay in the joints of the week. In addition, poor blood flow may lead to energy and undernutrition. As a result, the joint loses nutrition and pain occurs. As an Acupuncture and massage therapy, it has good safety and non-toxic effects in analgesia, swelling and improving body function. According to evidence-based medicine, we are embarking on a comparative clinical study of Acupuncture and physical therapy, which should prove its good results.

Biography

Feng Tu has completed his PhD at the age of 30 years from China Academy of Chinese Medical Sciences. He was the prof. of Beijing University of Chinese Medicine, is working HKBU now. He has writed more than 10 professional books in Chinese and published more than 30 papers in reputed journals.

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