

Compression Fracture Induce Severe Pain Treated by Caloripuncture: A Case Report

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Fractures are common diseases that the continuity of the bone is broken. It could occur when the physical force exerted on the bone is stronger than the bone itself. There are many types of fractures, and vertebral compression fracture is one of the most common type which is generally occurs in the spongy bone in the spine and happens from a fall from a standing height or less, but without major trauma such as a motor vehicle accident [1]. Vertebral compression fractures usually occur in the mid-thoracic or thoracolumbar transition zone of the spine. Vertebral compression fracture is common in the elderly. But there is still no ideal treatment for this disease [2].

In east Asia, acupuncture and herbal medication have been used to treat vertebral compression fracture for many years. There are many studies shown to be effective in relieving low back pain already. With an empirical evidence, acupuncture might have benefit to patients with vertebral compression fracture too [3].

In traditional Chinese medicine theory, health is the result of a harmonious balance of the complementary extremes of "yin" and "yang" of the life force known as "qi," pronounced "chi" [4]. Illness is said to be the consequence of an imbalance of the forces. An acupuncturist can balance patients' energy by insert needles into a person's body. Traditional Chinese acupuncture involves placing needles into the subcutaneous tissues along predefined meridians. There still exists several types of acupuncture techniques. An advanced subtype of acupuncture known as Caloripuncture involves the placement of acupuncture needle heated by flame into the subcutaneous tissues. This case report is to discuss the effectiveness of patients with severe pain caused by compression fractures by using Caloripuncture therapy.

Case report

This 72-year-old male farmer came to Traditional Chinese Medicine department due to severe back pain. During the history taking, he told us that (January 2015) he fell down on the ground from a standing height when he was working seven months ago. Suffered from the severe pain, he cannot stand up at that time and the sharp pain lasted for a whole day. He went to emergency room immediately and T12 vertebral compression fracture was found by imaging examination.

At first, he received analgesic medication but the degree of pain was not reduced. Before our clinic, he also went to other hospital or clinics for Western and Chinese medication. Besides backrest, rehabilitation and traditional acupuncture treatments, he also tried cupping therapy, massage, acupoint massage, and other treatments but the uncomfortable syndrome did not reduce. The pain was exacerbated when lifting heavy objects, activities or bending, and the rotation movement was limited. The patient complained that pain was obvious even when lying down, which affected his sleep and often awakened by pain. The pain was around T-L junction with Visual Analogue Scale: 9 when this patient came to see us, accompanied by a tightness in the thighs to the back of the calf, but without accompanying numbness or radiation pain and no knocking pain. We also evaluated patient's performance with Oswestry Disability Index (ODI). The grades of Oswestry Disability Index (ODI) was 40 %. According to Traditional Chinese Medicine theory, we gave this patient Caloripuncture therapy after clinic evaluation.



According to the theory of Chinese medicine, the cause of pain of such patients are liver and kidney deficiency. People do daily activities rely on muscles and tendons, and the bones support the body and protect the internal organs. The rise and fall of liver and kidney essence is related to the growth and decline of bones and muscles. With adequate Qi and blood support, bones and muscles

function can be healthy, conversely, syndrome of blood stasis and Qi stagnation often cause pain. Caloripuncture therapy with the heated needle body can deliver the energy by heat directly into the human body through the acupoints. It could stimulate the Qi, encourage blood operation, and make yang powerful. Caloripuncture therapy warm human meridian so that the blood is smooth, and there will be no pain when the Qi stagnation and blood stasis status is solved. Present report believes that direct stimulation of lesions and reflex points by fire needle can quickly eliminate or improve pathological changes such as local tissue edema, congestion, exudation, adhesion, calcification, contracture, ischemia, etc., thereby accelerating circulation and metabolism then make damage tissue and nerves repaired.

The heated needle carries the high temperature was inserted directly to the disease site, and the diseased tissue around the needle body is burned to carbonization then the adhesion and stagnant tissue is loosened and released with local blood circulation state improved. (http://big5.wiki8.com/huozhen_14071/) For this patients with injury and severe pain, the common acupuncture treatment may be difficult to relieve the patient's discomfort in a short period of time. In this case, the incident happened 7 months ago before his visiting to us, and the symptoms didn't reduce for a long time. In addition to the pain, the stiffness of the tendon muscles and the tightness

behind the legs of both sides can be greatly alleviated after the first Caloripuncture treatment. After continued a six times outpatient treatment in one and a half months by Caloripuncture, the pain due to compression fracture was released, and he finally does not feel the pain at all. Furthermore, we also had the treatment outcomes by Visual Analogue Score (VAS):0 and Oswestry Disability Index (ODI) 0 %. In the end, not only his life quality was raised, according with the pain relief of compression fracture, he can also go back to work smoothly.

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