KNEE PAIN RELIEVED. THE USE OF EXTRA ANATOMY PATHWAY

Abstrak:

The knees are the most easily injured part of the body. The largest and most complicated joint, the knee is used for everything from standing up, sitting, to walking, running, etc. It's a weight-bearing joint that straightens, bends, twists and rotates. All of this motion make you need to keep your knee joint perfectly satisfy. Knee pain is often age-related. In younger people, knee pain is more commonly caused by trauma or overuse, usually related to sports or some physical activity. In age over 40 old, the most likely reason is known as degenerative process. Treatment involves using non-pharmacologic therapeutic modalities include osteopathic manipulative treatment, physical therapy, exercise, use of assistive devices, and weight reduction. Pharmacologic options, categorized as topical, intra-articular, or oral, include acetaminophen, non-steroidal anti-inflammatory agents, and cyclooxygenase type 2 inhibitors. Another way from conventional approaches, patients may consider acupuncture method. Acupuncture involves the insertion of needles the width of a human hair along precise points throughout the body. This process triggers keeps body's energy normal flow through extra anatomy pathway called meridian. Clinical studies are measuring the effectiveness of acupuncture in comparison to more conventional procedures in the treatment of knee pain. In this following case report, it will be shown that there was a man aged 63 years came with complaints left knee pain. Acupuncture technique can help him relieve his knee pain.

Keyword:

Knee pain, Acupuncture, Extra Anatomy Pathway, Meridian

Daftar Pustaka:

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