

Contents

Preface	ix
Acknowledgments	x
Foreword	xi
List of Abbreviations	xiii
1 Introduction to Biopuncture	1
1.1 Definition of Biopuncture	2
1.1.1 What to Inject	2
Ultra-Low Doses	2
Lidocaine	3
Dextrose	3
1.1.2 Location of Injection	4
1.1.3 Local Injections and Distant Injections	4
1.1.4 Type of Tissue to Inject Into	6
1.2 Clinical Indications for Biopuncture	6
1.3 Diagnostic and Treatment Components of Biopuncture	6
1.3.1 Functional Diagnosis	6
Questioning	6
Examination	7
1.3.2 False-Positive Imaging	12
1.3.3 Reaction and Response after Local Injections	13
1.4 Biopuncture as a Complementary Technique	14
1.5 Safety of Biopuncture	15
1.6 Efficacy of Biopuncture	15
1.7 Introduction of Biopuncture as a Standardized Injection Therapy	16
1.8 Differences between Biopuncture and Other Injection Techniques	16
1.8.1 Mesotherapy	16
1.8.2 Homeosiniatry	16
1.8.3 Neural Therapy	16
1.8.4 Prolotherapy	17
1.8.5 Trigger Point Therapy	18
1.9 Comparison of Biopuncture with Cortisone Injections and NSAIDs	18
1.9.1 Lack of Long-Term Efficacy of Cortisone Injections	18

1.9.2	Side Effects of Cortisone Injections	19
1.9.3	Side Effects of NSAIDs	19
1.10	Injection Effects of Biopuncture	19
1.10.1	Neuromodulation	20
1.10.2	Modulation of Neurogenic Inflammation	22
1.10.3	Tissue Repair	22
	Cell Membrane Damage	22
	Local Bleeding	22
1.11	How Do Ultra-Low Doses Work?	23
1.12	The 4 × 4 Table	23
1.13	Different Types of Reactor	24
1.14	Different Types of Responder	25
1.15	Different Types of Healing Process	26
1.15.1	Healing Process Type X	26
1.15.2	Healing Process Type Y	27
1.15.3	Healing Process Type Z	28
1.16	Placebo Effect of Biopuncture	28
1.17	Evaluating the Efficacy of Biopuncture	29
1.18	Procedural Methodology	30
1.19	Biopuncture Territory	30
1.20	Injection Method	31
1.21	Needles and Syringes	33
	References	34
2	Injection Techniques for Musculoskeletal Disorders	41
2.1	Subcutaneous Injections	42
2.2	Intramuscular injections	44
2.3	Tendon Injections	59
2.4	Infiltrations of Ligaments	62
2.5	Periosteal Injections	68
2.6	Combination of Different Injection Techniques in One Session	70
2.6.1	Serial Injection of Several Layers	70
2.6.2	Parallel Injection of Several Layers	71

2.7	Evaluation and Follow-up	73
2.7.1	Dynamic Diagnostic Protocol.....	73
2.7.2	Requestioning (Q').....	73
2.7.3	Reexamination (E').....	74
2.7.4	Interpretation.....	74
2.7.5	Dynamic Treatment Protocol.....	75
2.8	Combination of Different Pathologies in One Session	77
	References	78
3	Therapeutic Strategies	81
3.1	Assessment of Sports Injuries.....	82
3.2	Biomechanical Effect of Biopuncture.....	84
3.3	Whiplash.....	85
3.4	Rotator Cuff Injuries.....	87
3.5	Tennis Elbow.....	90
3.6	Overuse Injuries.....	93
3.7	Carpal Tunnel Syndrome.....	95
3.8	Low Back Pain.....	96
3.9	Sciatica.....	99
3.10	Gluteus Minimus Syndrome.....	100
3.11	Piriformis Syndrome.....	102
3.12	Ligamentous Pseudosciatica.....	104
3.13	Greater Trochanteric Pain Syndrome.....	105
3.14	Hamstring Strain.....	107
3.15	Patellofemoral Syndrome.....	108
3.16	Prepatellar Bursitis.....	110
3.17	Jumper's Knee.....	111
3.18	Medial Collateral Ligament Injury.....	111
3.19	Pes Anserine Pain.....	113
3.20	Tennis Leg.....	115

3.21	Achilles Tendinopathy	117
3.22	Lateral Ankle Sprain	118
3.23	Plantar Fasciitis	119
	References	120
4	Prevention of Complications	123
4.1	Damage to Organs	124
4.2	Accidental Injections into Blood Vessels, Nerves, or the Epidural Space	125
4.3	Toxic and Allergic Reactions of ULDs	126
4.4	Toxic and Allergic Reactions to Local Anesthetics	126
4.5	Reactions of the Patient	127
	References	127
5	Conclusion	129
5.1	A Bridge between Complementary and Conventional Medicine	130
5.2	Biopuncture Courses	130
5.3	Biopuncture Research	130
5.4	Conclusion	130
	Index	131