

Body Alignment Through Acupuncture/Seitai Shinpo

According to Sorimachi Dai-ichi, a Japanese acupuncturist, the low back bears the major portion of our weight. The legs and hips serve to counter gravitational forces for the musculo-skeletal system. The center of balance is located at the sacrum and pelvis area. Over time however, imbalances occur displacing the center of gravity in the body. In a domino effect, the musculo-skeletal system compensates to keep the body upright. Muscular tension and pain result throughout the body.

When observing a patient's body, imbalances can be seen. A person's gait and posture are effected. A primary weight bias can be assessed in the pelvis, and a secondary weight bias in the shoulder girdle. Problems such as low back pain, sciatica, tight shoulders and neck, even carpal tunnel can be traced back to uneven weight biases. Pain and physical dysfunction result.

During a treatment using Seitai Shinpo, a practitioner will assess the primary and secondary weight biases. These imbalances will be needled first, followed by several rounds of rice cone moxabustion. After palpating, knotty areas are needled. Moxabustion in this technique serves to release the tight areas.

