

# Professor Fu Zhonghua's Subcutaneous Needling Technique (FSN) 2 Days Training Course

Time: June 24-25, 2017

Location: Winnipeg, Canada

Host: Manitoba Professional Acupuncture Association

## Introduction of FSN

**Fu's Subcutaneous Needle (FSN)**, invented by Dr. Zhonghua Fu in 1996, is an innovation for the treatment of myofascial pain and trigger points based on the research and clinical findings of Dr. D. Simons and Dr. [Janet G. Travell](#).

Originating from Traditional Chinese Medicine (TCM), FSN does not follow the rules and principles of TCM, and the chosen insertion points do not coincide with traditional acupuncture points. The similarities are limited to the distal insertion of the needle to the affected area, the needle itself being a non-injection needle, and the fact that both needles are manipulated and act on soft connective tissue. FSN abstains from the muscle and deep fascia layers and is confined to only the subcutaneous layer where collagen fibers are most abundant. As the subcutaneous layer is poorly innervated, there are less than other needling therapies.

FSN is also currently being used successfully to treat non-musculoskeletal conditions; FSN and traditional acupuncture may both share the same mechanism of action in terms of the measurable or physiological effects they relate on the body.

The effects that FSN emits on the body are by means of mechanotransduction, as the swaying of the needle triggers a response on the connective tissue, specifically the collagen fibers by stimulating signal transduction and gene expression in fibroblasts of the subcutaneous tissue.<sup>[1]</sup>

As collagen fibers are most abundant in the subcutaneous layer, this may explain why FSN exhibits a more immediate effect than traditional acupuncture in relieving muscle dysfunction as the FSN comes into contact with more connective tissue during needle manipulation.

## Dr Fu ZHONGHUA PROFILE



Professor Fu Zhonghua: President of Chinese Fu's Subcutaneous Needling Association, Chairman of Fu's Subcutaneous Needling Professional Committee of World Federation of Chinese Medicine Societies, Inventor of Fu's Subcutaneous Needling Therapy, Founder of Needle Reperfusion Therapy, Postdoctoral fellow of Nanjing Military Region General Hospital, PhD in physiology and pain medicine of Nanjing University, Instructor of Guangdong Provincial Hospital of Chinese Medicine, Heritage Office Manager of Fu Zhonghua Fu's Subcutaneous Needling in Guangdong Provincial Hospital of Chinese Medicine, <<Chinese Acupuncture>> magazine editorial board.

## Features of FSN Needle Device

The FSN needle is a modified trocar needle similar to an I.V. Catheter and has been patented in China. There are 3 parts to the needle: soft tube, protecting sheath, and needle core. The needle core is 31 mm in length and 1 mm in diameter. Each needle is individually packaged and sterilized with ethylene oxide gas.

## FSN Indications

All types of cervical spondylosis, lumbar disease, intervertebral disc herniation, bone hyperplasia, lumbar three transverse process syndrome, lumbar muscle strain, lumbar sprain, ankylosing spondylitis, rheumatism, rheumatoid arthritis, headache, dizziness, trigeminal neuralgia, tennis elbow, tenosynovitis, frozen shoulder, a variety of arthritis, heel pain, sacroiliac arthritis, stomach pain, cholecystitis, dysmenorrhea, gynecological inflammation, chronic appendicitis, mastitis, herpes zoster, cancer pain, etc.

## The Advantages of FSN

- (1) Simple: This technique is easy to learn, easy to understand, easy to perform. The operation only needs a floating needle; the skin must be disinfected using best practices.
- (2) Safe: FSN insertion and operation are only underneath the skin (i.e. subcutaneous insertions), the needles do not touch any important nerves, blood vessels and organs, so it is generally risk free;
- (3) Quick: Most pain, regardless of any reason caused, can be reduced, cured and eradicated in an instant (1-2 minutes). This technique will help heal, especially for some difficult cases which are hard to manage by any treatment.
- (4) Painless: FSN technique doesn't have any soreness, numbness, swelling or pain sensations which are common in traditional acupuncture treatments; it is a totally pain free technique. It is easy for the practitioner to perform, provided there is patient consent, and the therapy is indeed a feature of the new treatment technology.

## Training Class

Dr Fu presents FSN principle and concept, research and clinic application.

Dr Fu on-site demonstration of FSN treatment;

Dr Fu Zhonghua himself teaches students; all hands-on demonstrations and hands-on teaching, to make sure every student can perform FSN properly after training class.

Each attendant will obtain FSN Training DVD, training certificate, and continuing education points.

## Contact Person:

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## 欢迎报名参加加拿大温尼伯符仲华教授浮针培训班

时间：2017年6月24-25号

地点：加拿大 Winnipeg

主办单位：Manitoba Professional Acupuncture Association

## 浮针简介

1、浮针疗法是一种侵入性的物理治疗方法，主要运用特制浮针针具为工具。以局部病症为基础，主要是进入浅筋膜层。留针时间长，针具不深入肌层，而是在皮下疏松结缔组织，浮针疗法与传统针灸学有着很大的差别。这种新疗法可用来治疗全身各部位的一些常见病症。

### 2、浮针特色：

（1）简便：易学、易懂、易掌握，施术仅需要一根浮针，皮肤常规消毒即可进行；

（2）安全：浮针针刺部位位于皮下，不接触任何重要神经、血管和脏器，无感染，故无危险性；

（3）速效：针刺痛消，无论任何原因所发生的疼痛疾病，均可在瞬间内（1

2分钟）达到减轻、痊愈和根除等不同程度的疗效。特别对有些顽症，在使用任何药物与疗法都不能获愈的情况下，必用此法才能痊愈。

（4）无痛：浮针治疗时无传统针灸的酸、麻、胀、痛的针感，以完全无痛为最佳。医生易于掌握，病人乐于接受，该疗法确系一项特色特效治疗新技术。

### 3 浮针适应症：

各型颈椎病、腰椎病、椎间盘突出症、骨质增生症、腰三横突综合症、腰肌劳损、腰扭伤、强直性脊柱炎、风湿、类风湿关节炎、头痛头晕、三叉神经痛、网球肘、腱鞘炎、肩周炎、多种关节炎、足跟痛、骶髂关节炎、胃痛、胆囊炎、痛经、妇科炎症、慢性阑尾炎、乳腺炎、带状疱疹、各种结石疼痛，癌症疼痛。

## 培训班主讲教授

符仲华教授:中华浮针学会会长，世界中医药学会联合会浮针专业委员会会长，浮针疗法发明人，再灌注活动创始人，南京军区总医院博士后，南京大学生理与疼痛医学博士，广东省中医院指导老师，广东省中医院符仲华浮针医学名中医专家传承工作负责人，《中国针灸》杂志编委。

## 培训班内容

- 符仲华教授亲自授课
- 全部现场手法示范及手把手教学
- 符仲华老师最新发明浮针进针器，利用进针器，每位学员都能掌握浮针操作。现场发浮针练习，保证学会。

## 收费标准

每人 500 加元，协会会员及学生 250 加元。

其中包括：上课教材，老师讲义，培训证书，继续教育学分证书，通讯录等。

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