Symptoms: Pain in right Achilles tendon
Points Used: Shihmien, BL-56, BL-61, Local Achilles Point

Background: Acupuncture science dictates that two bilateral points should display a reasonable degree of physiological symmetry. Thermographic Analysis is an excellent way to show physiology through skin surface analysis. Proper acclimation techniques were used, as well as a calibrated ICI 9640 medical thermal camera and software. A PACT Board Certified thermographers analyzed the results.

Methods and Calculations: Thermographic Analysis showed a heat imbalance in the calves and calcaneus. Pre-needling values showed an average delta T of 1.12 in the heel, and a 1.11 DT in the posterior leg. Images compare DT values before and after needling. Image 27 versus Image 34 show a significant drop in DT from 1.12 to .81 in the heel and 1.11 to .85 in the posterior leg.

Discussion: It is important when comparing values in testing to keep the same scale as shown to the right of each image. The Delta T measurement is important to show a relative change. A temperature decrease or increase independent of the opposite side comparison is of little to no value as a temperature change may happen secondary to a change in room climate. The comparison takes this in to account as both sides of the body would have cooled symmetrically.

Conclusion: The change in temperature seen is significant and shows a direct response of needling. A greater balance in the zones studied has been accomplished.