

Somatic tender points as a target for acupuncture

Mike Cummings

This presentation will consider in depth the clinical phenomenon of somatic tender points and distinguish them from more generalised tenderness. The physiological distinction here is primarily that between peripheral and central elements of sensitization within the sensory nervous system.

Tender points are defined by lowered pressure pain threshold at a spot with reference to their surroundings and usually approximate to the size of a fingertip. But what happens when our tool is a needle tip rather than a fingertip? Aspects of both assessment and treatment logic will both be considered in this theoretical and clinical presentation.