

# 上工少涉



南京浮针医学研究所

NanJing FSN Institute For Pain Medicine

## A brief introduction

# Fu's Subcutaneous Needling (FSN)

## Zhonghua Fu, PhD

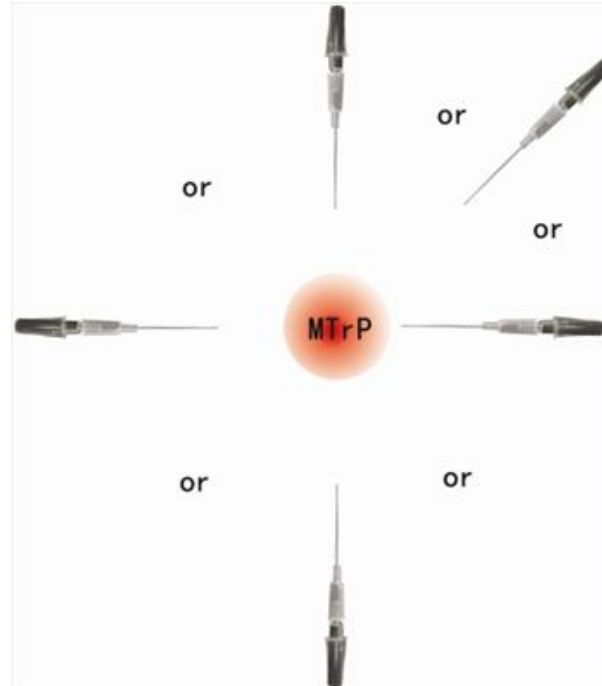
1006 Wuxingnianhua, 139 Hanzhong Rd, Nanjing, 210029 China  
+86-13913904426 joefu2008@hotmail.com www.fuzhen.com.cn



# WHAT

## Concept

FSN, developed in 1996, is an a swaying-movement needling therapy for focal diseases with FSN needle in subcutaneous layer of the part surrounding the afflicted spot.



In general, the insertion points always surround the MTrPs.



南京浮针医学研究所

NanJing FSN Institute For Pain Medicine

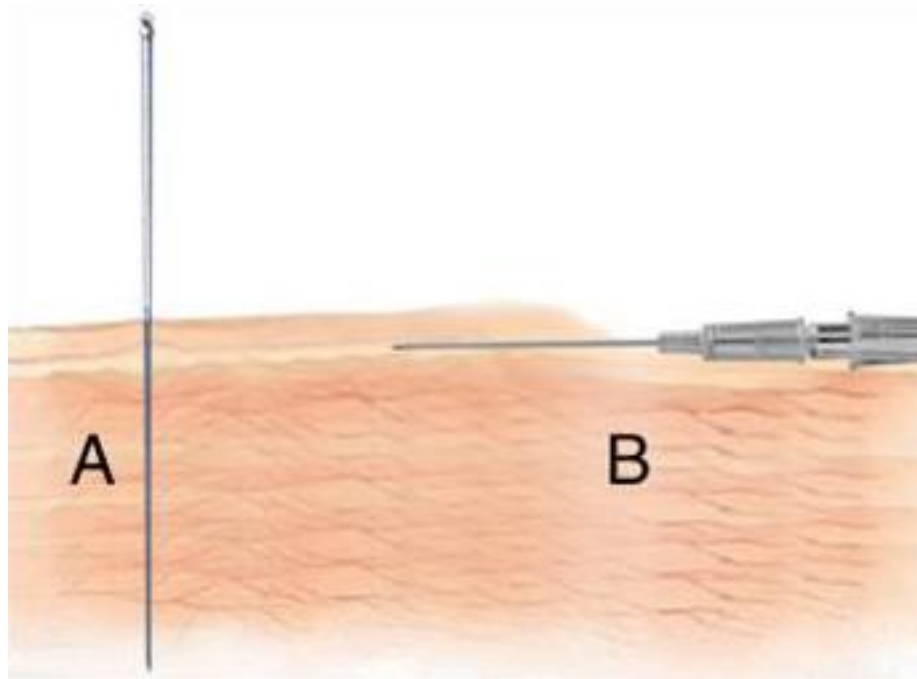


# FSN IS A SPECIAL APPROACH





## Different from traditional acupuncture



FSN only acts at the subcutaneous layer of non-diseased area, while classic acupuncture goes deep into muscular layer of acupoints or meridians.



## Different from Current therapies



1. The selected insertion-point of FSN locates at non-diseased area;
2. The point does not conform to nerve distribution, unlike injection therapies.



南京浮针医学研究所

NanJing FSN Institute For Pain Medicine



# WHAT IS FSN NEEDLE?



**solid stainless-steel needle**



**casing soft pipe**



**Safe sheath**



**FSN needle without safe sheath**



**FSN needle**

FSN needle is a kind of disposable trocar needle. The needle mainly consists of a solid stainless-steel needle and a casing soft pipe. The former is made to penetrate quickly and go beneath the skin smoothly, and the latter to retain the needle in subcutaneous layer for long time after withdrawal of the stainless-steel needle.





# Main FSN Indications

(the localized diseases rather than the systemic, the functional ailments rather than the structural)

- 1 Soft tissue injury.** tennis elbow, shoulder pain, neck pain, low back pain with or without sciatica, tendonitis, synovitis, fibromyalgia,
- 2 Chronic visceral painful diseases.** Stomachache, dysmenorrhea
- 3 Non-painful diseases:** chronic cough without sputum, insomnia associated with spondylitis



南京浮针医学研究所

NanJing FSN Institute For Pain Medicine



# What are the benefits of FSN?



1

**No side effect**



**FSN is a kind needling therapy without chemical substance, and it only affect the subcutaneous layer of non-disease area, so there is no side effect at all.**



2

**Works fast and affirmatively**



**For those acute soft tissue painful problems, FSN often works more quickly than anesthesia. For MTrP, it works affirmatively and the effect could be repetitive.**



3

Deactivate some painful spots  
with one insertion point



when the insertion points are far away, FSN often deactivate MTrPs in the meantime.





4

Comparatively easy to learn



You do not need to recite the meridians, acupoints and other terminology any more, and you need not use acupuncture diagnosis like tongue and pulse



南京浮针医学研究所

NanJing FSN Institute For Pain Medicine



# FSN is increasingly popularized in China





# Demonstration

- If you need
- If you have painful problems
- I can demonstrate anytime and anywhere



南京浮针医学研究所

NanJing FSN Institute For Pain Medicine



THANK YOU