

Case report: Acupuncture treatment for Freiberg disease

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Abstract

Freiberg disease is a form of avascular necrosis which generally develops in the second metatarsal bone, but can occur in any metatarsals. It is commoner in women aged 10-18, athletes and those with abnormally long metatarsals. The Traditional Chinese Medicine (TCM) philosophy is based on the flow of the Qi energy and balance of yin and yang. According to TCM disease is as a result of an internal imbalance of yin and yang and when the body's qi, or vital energy, cannot flow freely. TCM can be used in the treatment of Freiberg disease and can give very satisfying results. Our patient is a 16 years old female diagnosed with Morbus Freiberg, also known as a Freiberg infraction. In the treatment was used one acupuncture point - ST 44 (Neiting). Four acupuncture treatments were made in our clinic, one with cold needle and three with fire needle. After the 4th treatment our patient was able to walk normally, the edema was reduced and the pain was gone. Acupuncture treatment can reduce the pain and inflammation, and restore the function of the foot normally.

Images



Figure.1. Condition of the foot before the acupuncture treatments



Figure.2. Condition of the foot after the acupuncture treatments



Biography:

Kristina Kozovska, 23 years old, graduated in 2014 from Medical Faculty, University 'St. Kiril and Metodij' Skopje, Macedonia, with bachelor degree in physiotherapy and rehabilitation. In 2015/16 attended second degree studies at Faculty of Medical Science, University 'Goce Delcev' Stip, Macedonia and specialized in reflexotherapy and acupuncture. Since 2015 working as a working assistant at association for Traditional Chinese Medicine and acupuncture 'Tong Da Tang' Skopje, Macedonia. Has written over 20 publications in Medical journals and attended over 10 Medical conferences. Also practitioner of myofascial release technique (MFR).