

Grand Round Presentation:
Loss of mobility and pain on forearm and hand
Jae Hong Lee
Date: 7/24/06 8:00pm-9:00pm

W.F, 29 year-old man

CC: Loss of mobility and pain on left forearm and hand.

About a year ago, while working in a day-care center, patient had got left arm bitten by 11 year-old boy as he tried to pull off a fight between two kids. Though there was no bleeding or superficial tissue damage on the bitten area, the clear teeth mark on his forearm showed how hard the bite was, and the pain was so severe that he got off work early. He applied cold massage and took Advils then went to bed earlier. His sleeping was disturbed by pain, on the next morning he noticed the bruise mark spread down further toward wrist. The pain was still bad and he wasn't able to move his fingers. Thereafter he began seeing his family doctor, a Neurologist and an Orthopedic Specialist to get treated. He was told that the trauma from the bite damaged the muscle and nerves causing pain, and diagnosed as Reflex Sympathetic Nerve Dystrophy. He was told that he can manage pain with painkiller drugs and through physical therapy he would make a good recovery. But after eight months of seeing doctors and going through numerous Physical Therapy sessions, there was only a minimal improvement, according to the patient.

When I checked the patient's condition he was still in constant pain on his left forearm (5 out of 10 pain scales) and left hand (8/10), which gets worse upon exertion or on cold weather. He still had a difficulty of bending his left fingers (25 seconds to make a half fist and 5 seconds to extend fingers from neutral position) and the pain got worse by trying.

The bite mark was still visible and slight muscle atrophy signs were noticed on his forearm as well as on thenar eminence.

He used to be slender but had gained 10 pounds since then. But he has poor appetite and poor diet. He eats small portion at irregular time. He feels nauseous occasionally. He is constipated. He developed insomnia. He has trouble getting into sleep and feels tired upon walking up. He feels warm in general, even hot often at night. He sweats very easily day and night. He feels thirsty often and looks for room temperature water, but he knows he doesn't drink enough.

He has had experienced lower back pain often and got relieved by acupuncture treatment. Patient said he used to have asthma condition. He gets tired easily. Patient experiences occasional temporal or occipital headache, but no other pain. His urine color is often slightly dark yellow. He is easy to get fatigue due to poor diet habit. He has pale complexion with flushed cheek. He talks with soft voice. No tinnitus. No palpitation.

Grand Round Presentation:

Loss of mobility and pain on forearm and hand

Jae Hong Lee

Date: 7/24/06 8:00pm-9:00pm

He is a freelance musician and works in a church currently, but financially not stable so feels stressed in general.

Tongue: red tongue, thin slight yellow coating, puffy, teeth-mark

Pulse: both wiry and slippery 88 bpm

Diagnosis: Pain in the arm due to local Qi and Blood Stagnation underlying Qi def. with dampness accumulation

Rx: everything on right side== LingGu, DaBai, MuHuo (5 min.), PC6, SJ6 sedation, Ht8 sedation, LU10 sedation, Sp3 tonify, Lu9 tonify, LI10 tonify, LU5 tonify, St36 tonify, KI7 tonify, Lv2 sedation