

## Spine / Back / Neck

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### Muscular Problems

#### TCM

TCM stands for Traditional Chinese Medicine. This Asiatic science of healing is more than 5,000 years old and based on the premise that the entire body is veined with channels, which are known as meridians. Along these meridians flows the Chi, or Qi – life energy. If this flow of energy is disturbed or blocked, people feel bad or become sick. TCM uses a variety of methods in order to get this life energy flowing again. In addition to movement exercises, such as Qigong or Taijiquan, and massages like Shiatsu or Tuina, the main techniques are medication as well as acupuncture, including what is known as moxibustion (heating of the acupuncture points). Acupuncture is especially effective in the battle against back pain. Until not long ago, traditional medicine still held that the results must be mere placebo effects. In the meantime, however, it has been found that the various acupuncture points are located in places where vessels and nerves get especially close to the skin's surface and that the skin presents a much lower degree of resistance there. It is assumed that the stimulation provided by the needle results in the release of certain hormones, which, via electric impulses, in turn inhibit certain transmitter substances that augment pain. Moreover, it is very likely that acupuncture needles activate the release of endorphins – analgesic and mood-improving neurotransmitters.