A brief introduction

Fu’s Subcutaneous Needling (FSN)

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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.
FSN IS A SPECIAL APPROACH
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.
WHAT IS 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
What are the benefits of FSN?
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.
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.
when the insertion points are far away, FSN often deactivate MTrPs in the meantime.
Works fast and affirmatively

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
FSN is increasingly popularized in China
Demonstration

• If you need
• If you have painful problems
• I can demonstrate anytime and anywhere
THANK YOU