

Coxarthrosis (Osteoarthritis of the Hip Joint)

Even in cases of advanced coxarthrosis, soothing of the symptoms can be achieved with auriculotherapy, and the ability to walk can be maintained for a long time in older persons (especially when surgery is no longer possible).

Differential diagnosis: pain on palpation in the inguinal region. Athletes (especially soccer players) frequently suffer from a sudden onset of insertion tendinopathy of the adductor muscle at the inferior ramus of pubis. Here, a permanent needle in the corresponding ear zone (close to the Hip Joint Point) is often sufficient.

Therapy:

- Symptom points: Hip Joint Point as Gold Point on the ear of the affected side, and the corresponding motor point as Silver Point on the back of the ear (forceps method, because of myogelosis of the adductor muscles).
- Analgesic point: Point LI-4 as Gold Point on the right ear (synonym: Thalamus Point).
- Antirheumatic and anti-inflammatory points:
Interferon Point as Gold Point on the left ear;
PGE1 Point as Gold Point on the right ear;
Thymus Gland Point as Gold Point on the left ear.

Acupuncture Point	Page	Dominant Ear	Non-dominant Ear
Symptom point: Hip joint	33	○ or	○
Retro hip joint	33	●	●
Pain Memory Point of the hip (on the painful side)	241	● or	●
LI-4 (thalamus)	321	○	
Interferon Point	209		○
PGE1 Point	261	○	
Thymus gland	95		○

Knee Joint Problems

All diseases of the knee joint (gonarthrosis, meniscopathy, chondropathy of the patella) require the same therapy: symptom points as well as anti-inflammatory, antirheumatic, and analgesic points.

Therapy:

- Symptom point: Knee Joint Point as Gold Point on the ear of the affected side (may require several needles next to each other).
- Anti-inflammatory point: Interferon Point as Gold Point on the left ear.
- Antirheumatic points:
PGE1 Point as Gold Point on the right ear;
Thymus Gland Point as Gold Point on the left ear.
- Analgesic point: Point LI-4 as Gold Point on the right ear (synonym: Thalamus Point).

Acupuncture Point	Page	Dominant Ear	Non-dominant Ear
Symptom point: Knee joint	35	○ or	○
Pain Memory Point of the knee (on the painful side)	241	● or	●
Interferon Point	209		○
PGE1 Point	261	○	
Thymus gland	95		○
LI-4 (thalamus)	321	○	

Pain underneath the patella (chondropathy of patella) is especially difficult to treat with conventional methods. Auriculotherapy is usually successful within a few sessions and may bring about complete freedom from symptoms (same therapy as for gonarthrosis, see above).

Concomitant exercise of the quadriceps muscle is essential because instability in the knee joint may produce pain.

It is essential to clarify whether “pain in the knee” is not just a simple irritation of the pes anserinus. (Irritation of the muscle insertion of the adductor muscle of the thigh at the medial superior tibial ridge is interpreted by the patient as pain in the knee.) A thin steel needle placed directly in the muscle