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Title: Warm Moxibustion and Scraping as a Traditional Chinese Medicine Therapy for Cervical Spondylosis Treatment

Authors and Affiliations:

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Author Questionnaire

1. Microscopy: Does your protocol require the use of a dissecting or stereomicroscope for performing a complex dissection, microinjection technique, or something similar?

No.

2. Software: Does the part of your protocol being filmed include step-by-step descriptions of software usage?

No.

3. Filming location: Will the filming need to take place in multiple locations?

No.

Current Protocol Length

Number of Steps: 14

Number of Shots: 31

Introduction

Videographer: Obtain headshots for all authors available at the filming location.

- 1.1. **Songxing Zhang:** This study employed warm moxibustion and scraping to treat cervical spondylosis, aiming to develop a simple and effective non-pharmaceutical therapeutic approach.

1.1.1. INTERVIEW: Named talent says the statement above in an interview-style shot, looking slightly off-camera. *Suggested B-roll: 2.2.5*

What advantage does your protocol offer compared to other techniques?

- 1.2. **Xuan Zhang:** This protocol combines moxibustion and scraping therapy, effectively integrating heat, mechanical stimulation, and neck movement for cervical spondylosis treatment, with demonstrated good efficacy, safety, and patient acceptance.

1.2.1. INTERVIEW: Named talent says the statement above in an interview-style shot, looking slightly off-camera. *Suggested B-roll: 2.4.3*

What research questions will your laboratory focus on in the future?

- 1.3. **Songxing Zhang:** In subsequent investigations, we will integrate advanced imaging modalities and multidimensional biomarker profiling to systematically evaluate therapeutic outcomes and elucidate the mechanistic underpinnings of warm moxibustion and scraping.

1.3.1. INTERVIEW: Named talent says the statement above in an interview-style shot, looking slightly off-camera. *Suggested B-roll: 2.13.1*

Videographer: Obtain headshots for all authors available at the filming location.

Ethics Title Card

This research has been approved by the Ethics Committee at the Liaoning University of
Traditional Chinese Medicine Second Affiliated Hospital

Protocol

2. Warm Moxibustion and Scraping Procedure

Demonstrator: Wenjing Zhu

- 2.1. To begin the procedure, ask the patient to sit upright and fully expose the neck, shoulders, and both hands [1].
 - 2.1.1. WIDE: Talent instructing a patient to sit and adjust clothing to reveal the neck, shoulders, and hands.
- 2.2. Using scissors, cut the thunder-fire moxa stick into four equal parts, approximately 2.5 centimeters each [1]. Insert one part into the screw in the WMAS cup [2-TXT]. Evenly ignite the bottom surface of the moxa stick [3], cover it with a fireproof net [4], and place it in the treatment tray for spare use [5].
 - 2.2.1. Talent cutting the moxa stick into four equal sections on a clean surface.
 - 2.2.2. Talent inserting a moxa section into the screw socket of the WMAS cup. **TXT: WMAS: Warm moxibustion and scraping**
 - 2.2.3. Talent lighting the moxa stick.
 - 2.2.4. Talent covering the stick with the net.
 - 2.2.5. Talent placing the WMAS cup in a tray.
- 2.3. Now, using tweezers, pick up gauze and clean the treatment area [1]. Then, apply scraping oil evenly to the area [2].
 - 2.3.1. Talent using tweezers to clean the patient's neck and upper back with gauze.
 - 2.3.2. Talent applying scraping oil smoothly across the cleaned area.
- 2.4. Test the temperature by hand [1]. Next, place the rim of the WMAS cup close to the skin [2], then tilt the edge until the angle between the mouth of the cup and the skin reaches approximately 10 to 15 degrees [3].
 - 2.4.1. Talent checking heat level by hovering hand over the cup.
 - 2.4.2. Talent positioning the WMAS cup onto the patient's back.
 - 2.4.3. Talent adjusting the angle of the cup to achieve the correct tilt. **NOTE: Combined shots 2.4.2 and 2.4.3 into one shot.**

~~2.5. Scrape 20 times with light force [1], then scrape 20 times with gradually increasing strength until the patient can tolerate it [2]. Then, scrape 20 times with gradually reducing strength [3], with even force each time at a consistent rate of 30 times per minute [4].~~

~~2.5.1. Talent performing 20 times scraping with light strength.~~

~~2.5.2. Talent performing 20 times scraping with increasing strength.~~

~~2.5.3. Talent performing 20 times scraping with decreasing strength.~~

~~2.5.4. Close up of hand maintaining rhythm and force during scraping.~~ **NOTE: Not filmed**

2.6. Ensure that the treatment includes 5 meridians and 9 treatment lines [1].

2.6.1. Shot of 5 meridians and 9 treatment lines.

2.7. To treat the Governor Vessel, bend the patient's head slightly forward to expose the back of the neck [1]. Use one hand to support the patient's forehead [2] and hold the WMAS cup with the other [3]. Scrape along the treatment line from GV16 to GV12 [4].

2.7.1. Talent gently lowering the patient's head to reveal the nape.

2.7.2. Talent holding the forehead of the patient with one hand. **NOTE: Combined shots 2.7.2, 2.7.3 and 2.7.4 into one shot**

2.7.3. Talent holding the cup with the other hand.

2.7.4. Talent scraping from GV16 to GV12 along the treatment line.

2.8. For the Bladder Meridian of Foot-Taiyang, scrape along two lines, one on each side, from BL10 to BL13 [1].

2.8.1. Talent scraping symmetrically on both sides of the spine from BL10 to BL13.

2.9. Then, for the Gallbladder Meridian of Foot-Shaoyang, turn the patient's head slightly to expose the area [1]. Support the head on the same side [2], and scrape from GB20 to GB21 [3].

2.9.1. Talent rotating the patient's head to the left.

2.9.2. Talent placing a hand on the left side of head. **NOTE: Combined 2.9.2 and 2.9.3**

2.9.3. Talent scraping from GB20 to GB21.

~~2.10. To treat the Triple Energizer Meridian of Hand-Shaoyang, scrape along the treatment~~

~~line from TE3 to TE4 while the patient performs neck rotation and lateral flexion [1].~~

~~2.10.1. Talent scraping on the patient's hand while the patient slowly rotates and bends the neck side to side.~~

2.11. To treat the Triple Energizer Meridian of Hand-Shaoyang, ask the patient to turn the head to the left slowly until the maximum angle and hold for 5 seconds, then turn to the right and hold for 5 seconds [1-TXT].

2.11.1. Patient turning head left and holding the position, turn to the right and holding the position. **TXT: Scrape along the treatment line from TE3 to TE4 five times**
NOTE: 2.11.1 and 2.12.1 are combined and may have been slated as 2.10.1

2.12. Instruct the patient to slowly bend the neck to the left side and hold for 5 seconds, then bend to the right and hold for 5 seconds [1-TXT].

2.12.1. Patient bending neck to the left and right, holding the stretch. **TXT: Repeat this step five times**

2.13. To treat the Small Intestine Meridian of Hand-Taiyang, scrape from SI3 to SI4 on both hands while the patient performs neck flexion and extension [1-TXT].

2.13.1. Talent scraping the patient's hand while they bending the neck forward and backward . **TXT: Repeat this step five times**

2.14. Using gauze, wipe away any excess scraping oil from the treated area [1]. Then, ask the patient to rest for 10 minutes to avoid any adverse reactions [2].

2.14.1. Talent wiping down the patient's neck, upper back, and hands.

2.14.2. Patient seated in a relaxed posture, resting post-treatment.

Results

3. Results

3.1. Treatments were administered on days 1, 5, 9, and 13. Patients were followed up for 4 weeks after the final treatment [1].

3.1.1. LAB MEDIA: Figure 4

3.2. Before treatment on day 1 and after the 5th day's treatment, there was no significant difference in the NDI, VAS (V-A-S), or NPQ scores between the two groups [1].

3.2.1. LAB MEDIA: Table 3 *Video editor: Highlight the rows "before treatment" and "After day 5 treatment" for NDI, VAS and NPQ scores*

3.3. After the 13th day's treatment and at follow-up, the treatment group had significantly lower NDI, VAS, and NPQ scores than the control group, indicating that the treatment group had superior efficacy and better long-term outcomes than the control group [1].

3.3.1. LAB MEDIA: Table 3 *Video editor: Highlight the rows "After day 13 treatment" for NDI, VAS and NPQ scores*

Here is a pronunciation guide for the technical terms identified in your script, following American English standards:

1. Moxibustion

- **Pronunciation link:** <https://www.howtopronounce.com/moxibustion>
 - **IPA:** /ˌmɒk.sɪˈbʌs.tʃən/
 - **Phonetic Spelling:** mok-sih-bus-chun([howtopronounce.com](https://www.howtopronounce.com), [hantrainerpro.com](https://www.hantrainerpro.com))
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2. Scraping

- **Pronunciation link:** <https://dictionary.cambridge.org/us/pronunciation/english/scraping>
 - **IPA:** /'skreɪ.pɪŋ/
 - **Phonetic Spelling:** skray-ping(dictionary.cambridge.org, [youtube.com](https://www.youtube.com), [wordpanda.net](https://www.wordpanda.net))
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3. Governor Vessel (GV)

- **Pronunciation link:** No confirmed link found
 - **IPA:** /'gʌv.ər.nə 'ves.əl/
 - **Phonetic Spelling:** guh-vur-nur ves-uhl([youghlish.com](https://www.youghlish.com))
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4. Bladder Meridian (BL)

- **Pronunciation link:** No confirmed link found
 - **IPA:** /'blæd.ər mə'rid.i.ən/
 - **Phonetic Spelling:** blad-er muh-rid-ee-uhn([tcmwiki.com](https://www.tcmwiki.com))
-

5. Gallbladder Meridian (GB)

- **Pronunciation link:** No confirmed link found
 - **IPA:** /'gɔ:l blæd.ər mə'rid.i.ən/
 - **Phonetic Spelling:** gawl-blad-er muh-rid-ee-uhn([natural-health-zone.com](https://www.natural-health-zone.com))
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6. Triple Energizer Meridian (TE)

- **Pronunciation link:** No confirmed link found
 - **IPA:** /'trɪp.əl 'en.ər dʒaɪ.zər mə'rid.i.ən/
 - **Phonetic Spelling:** trip-uhl en-er-jy-zer muh-rid-ee-uhn(dictionary.cambridge.org)
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7. Small Intestine Meridian (SI)

- **Pronunciation link:** No confirmed link found
- **IPA:** /smɔ:l ɪn'tes.tɪn mə'rid.i.ən/
- **Phonetic Spelling:** small in-tes-tin muh-rid-ee-uhn

8. NDI (Neck Disability Index)

- **Pronunciation link:** No confirmed link found
- **IPA:** /ɛn.diː.əl/
- **Phonetic Spelling:** en-dee-eye

9. VAS (Visual Analog Scale)

- **Pronunciation link:** No confirmed link found
- **IPA:** /viː.əl.əs/
- **Phonetic Spelling:** vee-ay-ess([wordpanda.net](https://www.wordpanda.net))

10. NPQ (Neck Pain Questionnaire)

- **Pronunciation link:** No confirmed link found
 - **IPA:** /ɛn.piː.kjuː/
 - **Phonetic Spelling:** en-pee-kyoo([collinsdictionary.com](https://www.collinsdictionary.com))
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