

A New Approach to Ashi Point Acupuncture Based on Subcutaneous Connective Tissue Palpation

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This workshop introduces an innovative approach to Ashi point acupuncture using pulling palpation of the subcutaneous connective tissue (SCT) as a diagnostic entry point. In contrast to traditional methods focusing on deeper muscular layers, this technique addresses superficial tissue tension first, facilitating subsequent assessment and treatment of deeper structures.

Participants will be introduced to a structured, clinically applicable protocol combining theoretical background, live demonstration, and hands-on practice. The method is particularly relevant for sports medicine, injury prevention, acute conditions, and chronic musculoskeletal pain.