



Effects of Jin Shin Jyutsu Acupressure on Pain and Stress

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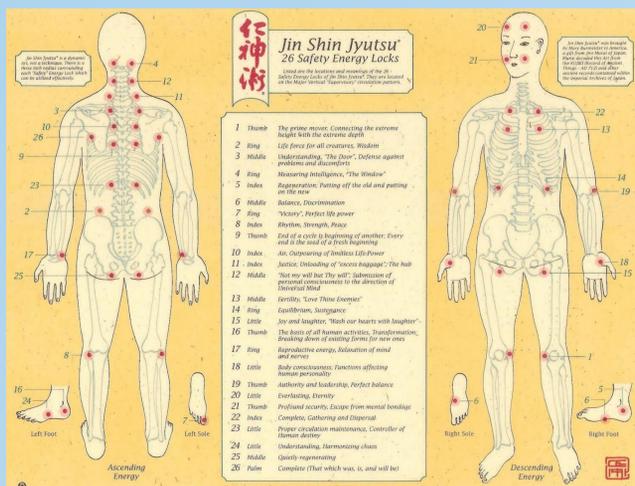
UC San Diego
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PURPOSE

- Pain, both acute and chronic, is a significant public health problem that costs between \$560-\$635 billion annually due to loss of work productivity and increased health care costs.¹
- Integrative therapies such as Jin Shin Jyutsu (JSJ) can effectively help address the challenges of pain in our society.

JIN SHIN JYUTSU TREATMENT

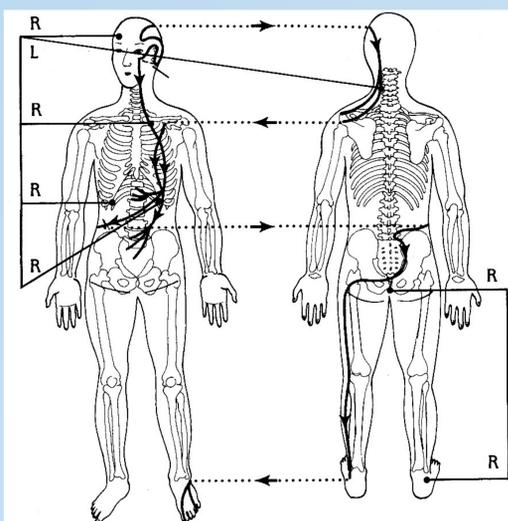
- Jin Shin Jyutsu is a Japanese acupressure therapy that promotes self-healing by using light touch to stimulate 52 anatomic sites called “Safety Energy Locks”.
- The practitioner uses oriental pulse diagnosis and oral reporting to determine an individualized treatment plan that uses a combination of Safety Energy Locks in particular sequence patterns called “flows.”



HYPOTHESES

Jin Shin Jyutsu “flows” facilitate the movement of energy through the meridian system, which when restricted can lead to pain and stress. JSJ promotes proper circulation throughout the body and strengthens the vital life force.

- It was hypothesized JSJ treatments reduce levels of pain and stress.
- It was also hypothesized that patients receiving weekly treatments would have decreased levels of pain and stress due to an accumulative benefit.



Gall Bladder Meridian

METHODS

Participants

- 108 patients (Women N=84 (78%), Men N=24 (22%)).
- Age Range 21 to 95 years; mean age 56 years.
- No exclusion criteria for this study.
- Patients were self referred or referred by UCSD staff.

Procedure

- Patients completed an assessment form prior to treatment collecting data on their medical history.
- A survey collecting data on pain and stress levels using a scale of 0 to 10 was given immediately before and after a JSJ treatment.
- Treatments were 50-60 minutes in length. Patients remained clothed with shoes off and laid face up on a standard treatment table.

Statistical Analysis

Data were analyzed by two-way repeated measures analysis of variance / co-variance (ANOVA/ANCOVA).

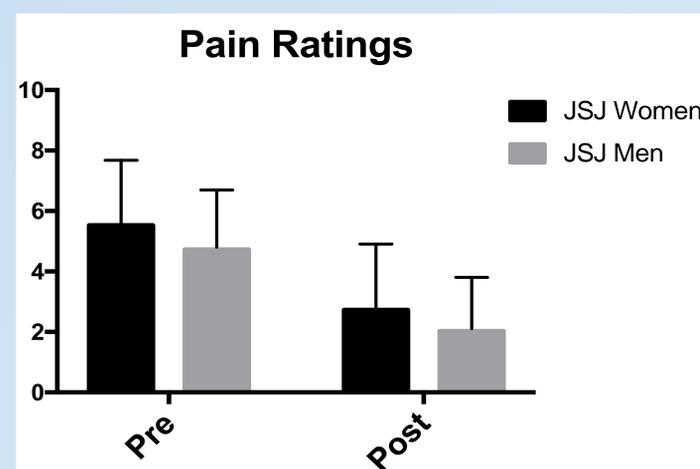
DEMOGRAPHICS

Diagnosis	Top 10 Complaints
Shoulder/Neck Pain	34%
Back Pain	32%
Arthritis/Joint Pain	20%
Migraine/Headache	18%
Fibromyalgia	9%
Radiculopathy/Sciatica	6%
Neuropathy	6%
Abdominal Pain	6%
Cancer	6%
Limb/Hand/Foot Pain	5%

RESULTS

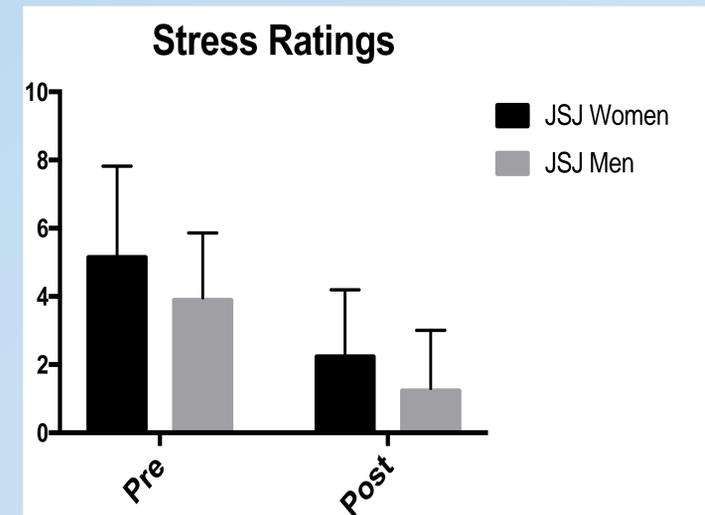
Changes in Pain 1st treatment

- Jin Shin Jyutsu treatment led to a significant decrease in **pain ratings** ($p < 0.001$) in men and women with mean ratings from 5.41 to 2.66.



Changes in Stress 1st treatment

- Stress ratings** dropped significantly in men and women ($p < 0.001$) with mean ratings from 4.96 to 2.11.



- For patients who received weekly treatments, **pain and stress ratings** were lower at the start of subsequent visits ($p < 0.05$), suggesting carryover effects from initial treatment.

DISCUSSION

Conclusions

- Jin Shin Jyutsu helps relieve pain and stress from a variety of pain diagnoses.
- JSJ is gentle, non-invasive, and not dependent on pharmaceuticals; therefore, patients could possibly avoid many of the common side effects of drug therapy treatment for pain.
- The statistical data strength warrants further research into the use of Jin Shin Jyutsu as an adjunct therapy for managing patients' pain and stress.

Future Directions

- Research grants to support studying the effects of JSJ therapy on migraines and fibromyalgia are currently being pursued.
- An added benefit of JSJ therapy is teaching self-care. Patients can learn how to do self-acupressure to help alleviate specific physical and mental symptoms. Self-care seminars are in the process of development.

REFERENCES

- Institute of Medicine Report. *Relieving Pain in America: A Blueprint for Transforming Prevention, Care, Education, and Research*. June, 2011.

ACKNOWLEDGEMENTS

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