

CASE REPORT**MULTIPLE ECCHYMOSES IN A FEMALE PATIENT OF CHINESE ORIGIN**Diana Ly-Liu¹ and Juan Domingo Ly-Liu²¹Department of Anaesthesiology, Hospital Universitario Basurto. Montevideo Etorbidea, 18. Bilbao, Vizcaya 48013, Spain²Family Medicine Health Centre, Calle Alcalá 233, Madrid 28028. Spain**ARTICLE INFO****Article History:**

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ABSTRACT

Traditional medicine is highly regarded by many patients of different cultures. It is important for the clinician to be aware of some forms of traditional medicine that may cause lesions that resemble physical abuse with a thorough clinical history.

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INTRODUCTION

A 52-year-old Chinese woman presented in our office with a 4-month history of pain in both shoulders and thighs, despite of treatment with Ibuprofen 400 mg tid.

Physical examination revealed broad areas of ecchymosis in shoulders and thighs (Figure 1, 2 and 3). The patient denied any history of trauma. She explained she had a type of Chinese massage called “Gua sha” on the painful areas.

**Figure 1** Ecchymoses in upper left extremity**Figure 2** Ecchymoses in both thighs**Figure 3** Ecchymoses in both scapular areas

Gua sha is a form of traditional traditional Chinese medicine in which the skin is pressured in strokes, either by hands or round-edged instruments, resulting in the appearance of multiple purpura and ecchymoses that resolve in several days (Yeatman *et al.*, 1980). Although the lesions may be confused with physical abuse or trauma, the practice is not generally harmful, and no major complications are known.

Clinicians caring for patients who are likely receiving traditional Chinese remedies should be aware of these practices for proper diagnosis and management as some cutaneous findings may lead to misdiagnosis, with physical abuse as a common main differential (Braun *et al.*, 2011).

References

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