

Points and Areas to Work On

Here is a complete list so that when you want to work on any condition you can easily see the areas to work and also the points and their locations.

STRESS RELIEVING POINTS

Use these points when there is pain associated with stress such as neck pain and headaches.

CV 17 Sea of Tranquility

This point is often considered to be the best point to relieve worry and anxiety. It helps to deepen your breathing and stimulates your thymus gland.

This area is located four finger widths up from the base of the breastbone, almost directly at the center of the chest. Basically between the nipples for most people.

Here's how to locate the CV 17, also known as the Sea of Tranquility in Chinese medicine. Use your fingertips to slowly rub up and down the center of the breastbone. You are feeling for a small indent in this area.

Yintang

Yintang is one of the best acupressure points for calming and also sleep apnea treatment that calms the mind, clarifies ideas and stimulates restful sleep. This point is also called the Third Eye Point, and it is located directly between the eyebrows, in the bend where the bridge of the nose meets the forehead.

Heart 7:

At the ulnar end of the distal wrist crease when the palm faces upward, on the radial side of flexor carpi ulnaris tendon.

NECK PAIN

Work the head and neck and shoulder areas

Points

Gallbladder 20 :

(GB20) is located by feeling for the mastoid (ear) bone and following the groove back to where the neck muscles attach to the skull.

Bladder 10:

About 1/2 inch out from the spine on the trapezius muscles right next to GB 20

Gallbladder 21 :

This is an easy acupoint to locate. If you have ever massaged someone's shoulder area, you have definitely contacted GB 21. It is at the half-way mark between the side of the neck and the edge of the shoulder, just slightly toward the back side.

Small intestine 3:

On the little finger side of the hand, on the crease when you make a soft fist.

Large Intestine 4

(LI4) is located on the highest spot of the muscle when the thumb and index fingers are brought close together and press towards the finger

It is contraindicated for use in pregnancy

If stress is a component add:

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Heart 7:

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SHOULDER/ROTATOR CUFF PAIN

Do the same treatment as the neck treatment except for small intestine 3. Work all shoulder area and all arm

Points

Gallbladder 21 :

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Large Intestine 15

When you lift up your arm to the side there will be an indentation on the top/front of the shoulder

Triple Warmer 14

On shoulder, posterior to LI 15, in a depression inferior and posterior to the acromion

when arm is abducted.

Large Intestine 14

On the upper outer arm, at the bottom of the deltoid muscle

Distal Points

Large Intestine 11

On the end of the crease at the outer elbow when the elbow is bent

Large Intestine 4

(LI4) is located on the highest spot of the muscle when the thumb and index fingers are brought close together and press towards the finger

TENNIS ELBOW PAIN

Work the neck, shoulder and arm. Work the lower aspect of the trapezius and search for painful ashi points there. Do Gua Sha all down the large intestine channel. Work the Ashi points in the forearm

Points

Large Intestine 11

On the end of the crease at the outer elbow when the elbow is bent

Large Intestine 10

About an inch further down the forearm from Large intestine 11 towards the Large intestine 4 point

Large Intestine 4

(LI4) is located on the highest spot of the muscle when the thumb and index fingers are brought close together and press towards the finger

It is contraindicated for use in pregnancy

CARPAL TUNNEL/WRIST PAIN

Work the neck, shoulder, arms and hands.

Points

Large Intestine 4

(LI4) is located on the highest spot of the muscle when the thumb and index fingers are brought close together and press towards the finger

It is contraindicated for use in pregnancy

Pericardium 7

On the center of the wrist on the wrist crease.

Triple warmer 4

On the opposite side of the forearm, on the pinky finger side of the tendons on the wrist crease

Heart 7:

At the ulnar end of the distal wrist crease when the palm faces upward, on the radial side of flexor carpi ulnaris tendon.

Lung 9:

On the indentation on the wrist crease on the thumb side of the wrist

LOWER BACK

Work the lower back, hip region and all down the back and sides of the legs

Points

Bladder 40

Press in the center of the back of the knee on the knee crease

Liver 3:

The point is located between the big toe and the second toe. Slide your finger along the space between the first and second toe to the tip of the joint. The point is located in the depression before your finger touches the bone (metatarsal joint).

KNEE PAIN

Work the complete leg and if you have time, include the lower back as well. Work all around the knee joint itself.

Points

Bladder 40

Behind the knee on the knee crease in the center of the knee crease

Bulls nose points

The two points either side of the patella tendon below the knee cap. Press up into the knee.

Trigger point in the inside thigh muscle about an inch or two above the knee

Points on the end of the knee crease on each side of the knee

GB 34

On the outside of the shin just below the bony fibula head

Stomach 36:

4 finger widths below the kneecap one finger width out from the shin bone

ANKLE PAIN

Work from the lower back, hips, legs and ankle and foot.

Gallbladder 40

In front of the outside ankle bone, there will be a depression

Work all of the depressions in front of the ankle.