

ACUPRESSURE SELF-HELP FOR WRIST PAIN, JAW TENSION, ARTHRITIS, MUSCLE CRAMPS, INSOMNIA AND MORE

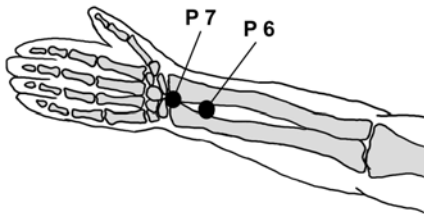
How to Hold Acupressure Points

How do I locate a point? Don't be concerned about the exact location of a point. Think of each point as being at the center of a circle that is the size of a silver dollar (about the width of three fingers). Holding anywhere in that circle will allow you to access and influence the point.

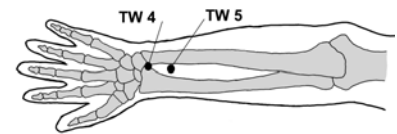
How much pressure should I use? Use only as much pressure as feels good. In acupressure we use an energetic touch, not pressure, to attract energy to the surface. Rest three fingers on a point with a relaxed touch.

How long should I hold a point? Until you feel 1) a softening of the muscle or tissue, 2) an increase in warmth, or 3) a pulse. When holding a series of points, you can hold each point for one minute

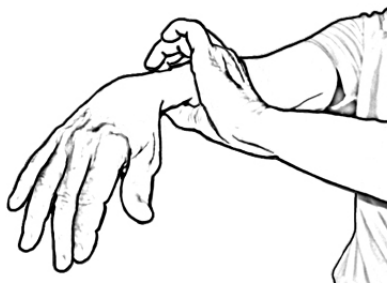
(1) Points for Relieving Wrist Pain



Palm side view of right forearm



Back of right hand and forearm



Step 1

1. TW 5 and P 6 are located two and a half fingers up from the center of the wrist crease (under the third finger), on opposite sides of the forearm. Hold these two points, with your thumb on the palm side of the wrist and your fingers on the back of the forearm, for one minute.

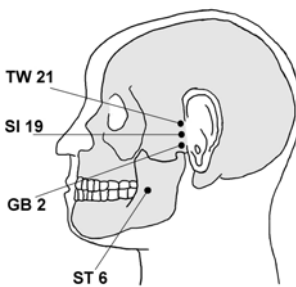


Step 2

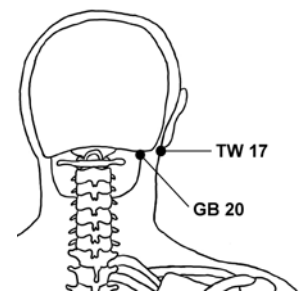
2. TW 4 and P 7 are on opposite sides of the wrist at the center of the wrist crease. Hold as in step 1.

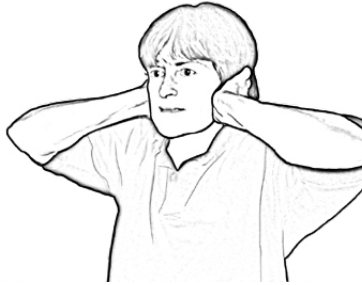
(2) Acupressure Point Sequence for Jaw Tension

Here are the points you will use for this sequence.



To find ST 6, clench your back teeth and feel for your jaw muscle. ST 6 is on the highest point of this muscle. You can find it by starting at the angle at the back of the lower jaw. The point is one thumb width in front of and one thumb width above the angle.





Step 1

1. With your fingertips on your cheeks, clench your back teeth to feel your jaw muscle. Relax the jaw and press directly on the entire jaw muscle with the heels of both hands. Keep your teeth slightly apart. Try moving your jaw from left to right. Hold for one minute and breathe deeply.



Step 2

2. Now use your fingertips to press firmly on ST 6. Gradually increase the pressure. Take deep breaths and release the tension in this muscle. After one minute, hold the point lightly with your fingertips for 30 seconds or until you feel a pulse.



Step 3

3. Place your middle finger behind your lower ear lobe, in the indentation between the bone of the jaw (mandible) and the skull (mastoid process). This area is often quite tender, so apply light pressure. Hold for one minute.



Step 4

4. Open and close your jaw to locate an indentation in front of the cartilage at the front of the ear (the tragus). Place your middle finger at this point, and place your ring finger above and the index finger below your middle finger. Your fingers will be on the points SI 19, TW 21, and GB 2 (from top to bottom). Hold for one minute, paying special attention to the bottom point (GB 2), where you may feel some tenderness.



Step 5

5. Press on ST 6 again, first firmly and then lightly, as in step 2.

6. Hold GB 20 (the little hollow at the base of the outer skull) with your thumbs. Hold for two minutes or until you feel a pulse.



Step 6

(3) Acupressure Point Sequence for General Arthritic Pain



Step 1

Use this sequence of points on a daily basis to reduce joint inflammation and increase mobility.

NOTE: LI 4 is one of the forbidden points during pregnancy. See page 8 for the list of points.

1. Hold the point LI 4 on the right hand. LI4 is located in the webbing between the thumb and index finger. Move your finger up the webbing (towards the wrist) to the area where the bones meet, then press towards the index finger bone. Hold for several minutes, then hold the same point on the left hand.

2. Hold the point TW 5 on the center of the back of the right wrist. The point is located two and a half fingers up from the wrist crease (under the third finger). Hold for one minute, then hold the same point on the left wrist.



Step 2



Step 3

3. Hold the point LI 11 at the right elbow crease. The point is at the end of the elbow crease on the thumb side (hold your palm up). Hold for one minute, then hold the same point on the left arm.

4. Use your thumbs to hold the hollows at the base of the outer skull (GB 20). Hold until you feel a pulse at this point or for at least one minute.



Step 4

(4) Acupressure Flow for Arthritic Pain in the Legs

This flow also relieves tired legs.

1. Place your right hand under your right "sitting" bone.
2. With your left hand, hold both sides of the right ankle, behind the anklebone. Hold both hands on the body for a few minutes or until you feel a pulse.



Step 1

(5) Acupressure Flow for Arthritic Pain in the Legs and Feet

1. Place a soft ball or knotted towel under the tailbone.
2. Place the right hand at the center of the pubic bone.
3. With your left hand, hold both sides of the right ankle, behind the anklebone. Hold both hands on the body for a few minutes or until you feel a pulse.

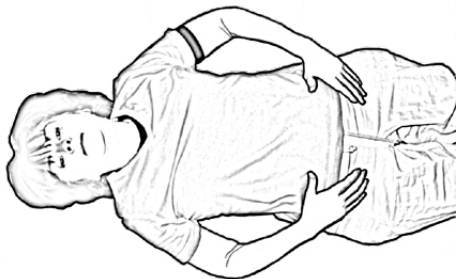


Step 1



Steps 2 & 3

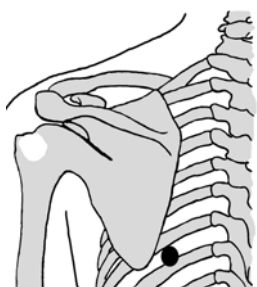
NOTE: The point behind the ankle on the outside (BL 60) is one of the forbidden points during pregnancy.



Step 4

4. Let the fingers of both hands rest on the hip crease, at the groin. If you place the palms of your hands on the front of your hip bones, your fingertips will be in the correct location.

(6) Acupressure Flow for Arthritic Pain in the Arms and Hands



Step 1

This flow is also good for fatigue in the arms and hands.

1. For left side of body, place a knotted towel (or rubber ball) between the spine and shoulder blade at the level of the bottom of the left shoulder blade.
2. With the right thumb and index finger, hold below the knuckle of each finger on the left hand. Hold below each knuckle individually for one minute.



Step 2



Step 3

2. Move your right hand to hold the left inner elbow. Hold for three minutes.

(7) Acupressure Flow for the Eyes

Hold the left Gall Bladder 20 (the little hollow at outer base of skull) with the fingertips of your left hand. Keep your left hand on this point while your right hand holds the following points on the opposite (right) eye:

- 1) the bridge of the nose (BL 1)
- 2) the inner end of the eyebrow (BL 2)
- 3) a finger's width above the center of the eyebrow (GB 14)
- 4) the center of the eyebrow
- 5) the outer end of the eyebrow (TW 23)
- 6) the outer corner of the eye (GB 1)
- 7) the eye socket below the eye in the center (ST 1)

Repeat the flow for the other eye (right hand on right Gall Bladder 20, left hand holds points on the left eye).

To finish the flow, hold Governing Vessel 16 (GV 16) with one hand while the other hand holds between the eyebrows (the "third eye"). GV 16 is at the base of the skull, just inside the hairline, at the center of the back of the skull.

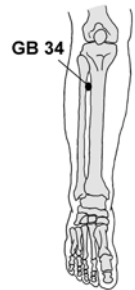


(8) Holding Individual Points for Specific Conditions

For muscle cramps anywhere in the body: Gallbladder 34 (GB 34)

Location: On the outer side of the leg, three fingers below the knee crease, in the depression between the shin bone (tibia) and the outer leg bone (fibula)

Other uses: Spasms, knee pain, any muscle tension/ache/strain, knee swelling, rib pain, sciatica.



For leg and calf cramps, hemorrhoids: Bladder 57 (BL 57)

Location: At the center of the base of the calf muscle, a little less than halfway down from the knee crease to the ankle.

Other uses: Constipation, sciatica, low back pain.



For cramps in the foot: Liver 3 (LIV 3)

Location: Between the bones of the first and second toes. Draw your finger up (from the toes towards the ankles) between the bones of the first and second toes until you encounter resistance. The point is located where the bones meet.

Other uses: Muscle spasms and cramps; headaches (including headaches behind the eyes, on the top of the head, and migraine); calms nervous tension and stress; frustration, agitation, repressed anger, short temper; PMS and other menstrual conditions; allergies; hangovers.

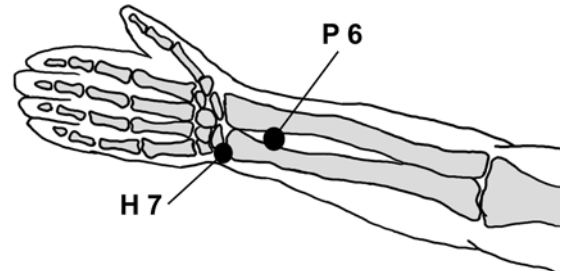


Insomnia

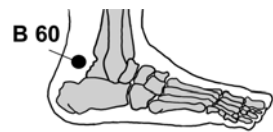
In Chinese medicine, insomnia happens when the spirit (Shen) remains in the head and cannot find rest in the Heart. There are several points you may find helpful. Try them all and see which one works for you.

For insomnia: Heart 7 (H 7) with Pericardium 6 (P 6)

Location: Heart 7 is at the little finger side of the wrist crease. Pericardium is on the inside of the arm, two and a half fingers up from the center of the wrist crease (under the third finger).



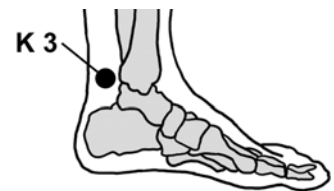
Palm side of right arm



Outside of foot

For insomnia: Kidney 3 (K 3) with Bladder 60 (B 60)

Location: Kidney 3 is in the depression directly behind the inner ankle bone. Bladder 60 is in the depression directly behind the outer ankle. You can hold both these points with the big toe and index toe of the other foot.



Inside of foot

NOTE: BL 60 is one of the forbidden points during pregnancy.

For insomnia: Wrap the fingers of your right hand around your left thumb. The right thumb points towards the wrist and rests on the fleshy pad of the left thumb. Hold for three minutes. Then wrap the fingers of your right hand around your left little finger. Hold for three minutes. Repeat this sequence on the other hand.

If you're still awake, place your right hand on top of your left shoulder, near the neck. Place your left palm on the left hip bone and let your fingertips rest in the hip crease. Repeat on the other side.

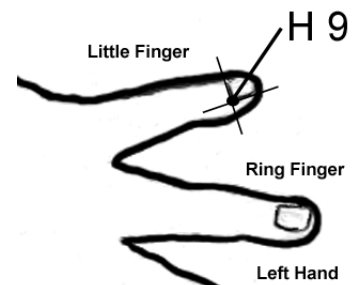
Doing any of the finger holding sequences is also excellent for falling asleep. The handout on Acupressure for the Neck contains the basic directions for holding the fingers. The handout on Acupressure for the Shoulders contains the extended finger holding sequence. The handout from the very first class (Acupressure Self Help) contains instructions for holding the finger mudras.

For stroke: Heart 9 (H 9)

Location: On the little finger, at the base of the nail, on the thumb side of the nail.

Other uses: Palpitations, cardiac or chest pain, emergency point for loss of consciousness and heart attack.

For the prevention of heart conditions, massage the base of each fingernail on a daily basis.



For loss of consciousness, heart attack, Alzheimer's: Governing Vessel 26 (GV 26)

Location: Center of upper lip

Other uses: Clears the brain, alleviates acute lower back pain that is directly on the spine.

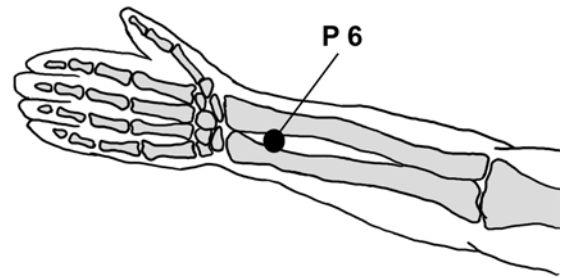
Holding this point for five minutes at the beginning of the day will help an Alzheimer's patient have better memory function during the day



For nausea, morning sickness, sea sickness: Pericardium 6 (P 6)

Location: On the inside of the arm, three fingers up from the center of the wrist crease (under the third finger)

Other uses: Palpitations, cardiac pain, stomach pain, anxiety, calms the mind and balances emotions, clears the brain, opens the chest and diaphragm to free the breath.



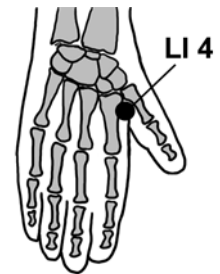
Palm side of right arm

For headache, constipation, toothache: Large Intestine 4 (LI 4)

Location: On the back of the hand, in the webbing between the thumb and index finger. Hold towards the index finger.

Other uses: Upper body pain, arthritis, nosebleed, red/swollen/painful eyes, swelling of the face, sore throat.

NOTE: This is one of the forbidden points during pregnancy.



Back of right hand

For low blood sugar and increased energy: Stomach 36 (ST 36)

Location: On the outer side of the leg, four fingers below the knee and one thumb width out from the crest of the shin bone (tibia).

Other uses: Fatigue, stomach pain, abdominal bloating, indigestion, vomiting, diarrhea or constipation, shortness of breath, dizziness, aching knee, promotes health and fitness of entire body, builds strength and endurance, grounding, sense of security, eliminates worry and fear about the future.

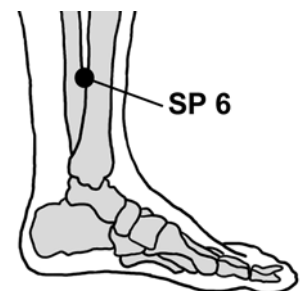


For loose stool and fatigue, insomnia: Spleen 6 (SP 6)

Location: Four fingers above inner ankle bone, between the shin bone (tibia) and the muscle.

Other uses: Poor appetite, abdominal bloating, menstrual irregularities, menopause, alleviates irritability.

NOTE: This is one of the forbidden points during pregnancy.

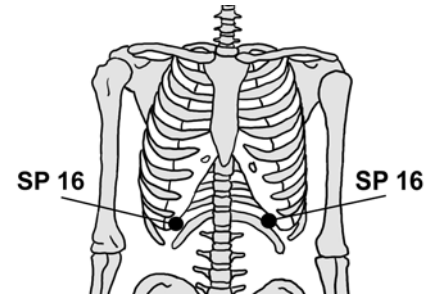


Inside of foot

For hiccups, snoring: Spleen 16 (SP 16)

Location: Measure four fingers above the navel, then move your fingertips straight across the body until you reach the edge of the ribs (approximately five fingers out from the center line of the body).

Other uses: Abdominal pain, indigestion, constipation, ulcer.

**For short term memory:** Gall Bladder 14 (GB 14)

Location: One thumb width above the eyebrow, directly above the pupil when you are looking straight ahead. Feel with the palm side of one finger for a shallow groove above the eyebrow. The point is at the level of this groove.

Other uses: Frontal headache, dizziness, sore eyes, twitching eyelids, nearsightedness, night blindness.

