

Acupressure for Myofascial, Neuropathic, or Radicular Pain

What is acupressure?

Acupressure has long been used in traditional Chinese medicine. It is like acupuncture, but without needles. During acupressure, the caregiver puts gentle pressure on certain areas of the body to relieve symptoms such as pain, nausea, and anxiety. Acupressure does not replace your regular medical treatment plan or emergency care, but can be safely used with your current therapies.

The names of the points don't always match the location on the body. For example, some acupressure points are named after organs (such as the stomach and liver).

Is it safe?

Yes. There are very few risks to using acupressure on a child or adult. **Certain acupressure points should not be used during pregnancy.** See the instructions for specific sites for more information.

What are the risks?

There are very few risks to using acupressure on a child or adult. **Hard or deep pressure is not needed and not recommended.** Pressing too hard may bruise the skin and cause pain.

How is it done?

You can do acupressure on yourself, or on someone else. Don't worry about hitting the exact location. You can still get relief if you are close to the desired acupressure point.

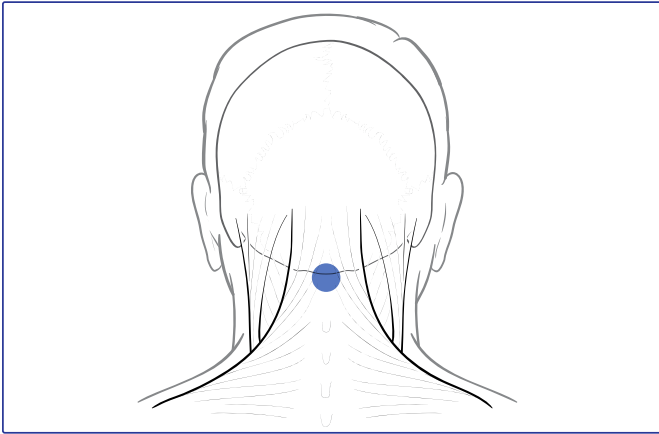
- **Relax your body.** Try to get rid of distractions. Take a few deep breaths.
- **Apply gentle pressure to the points.** If you feel pain, lighten pressure to avoid bruising.
- **Hold each point for 1 minute.**

See instructions beginning on [page 2](#).

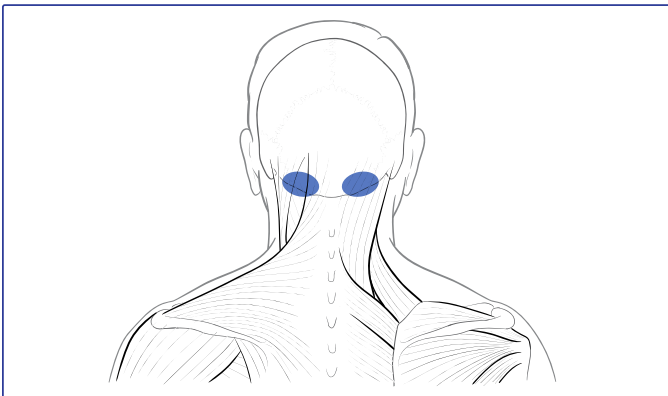
Notes

HEAD

Governing vessel 16 (Palace of the Wind): Place the index finger at the center of the base of the skull



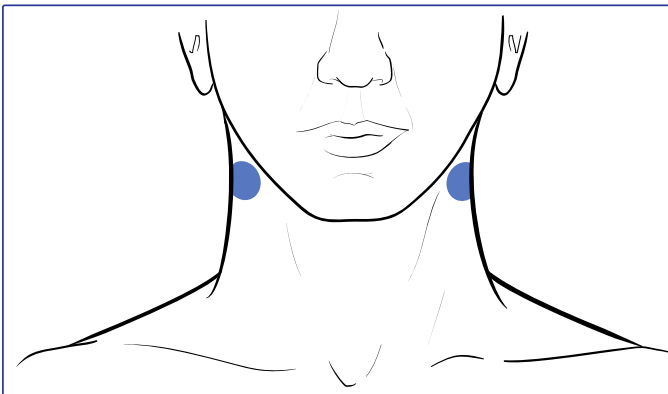
Gallbladder 20 (Reserves of the Wind): Place the thumb or index finger at the base of the head on either side of the muscle that attaches to the base of the skull.



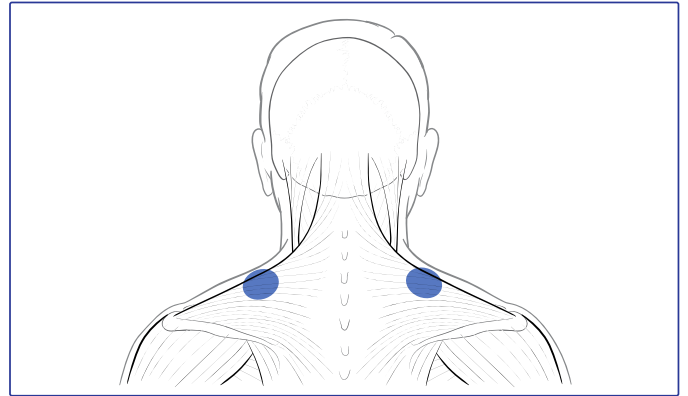
For the following treatments, hold the points on both sides of the body.

NECK

Large intestine 18 (Supported Rushing Forward): Place the index finger at the base of the head on either side of the muscle that attaches to the base of the skull.

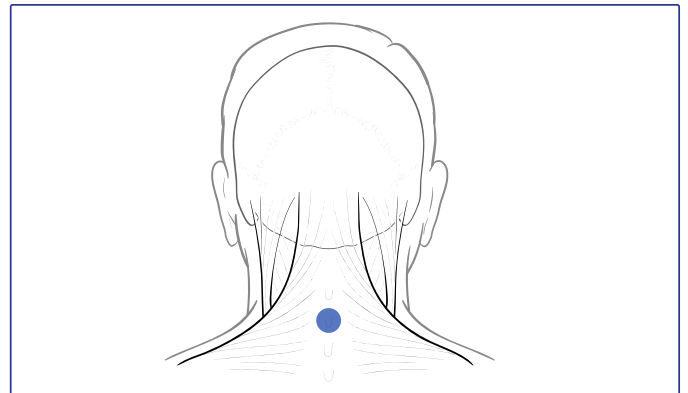


Gallbladder 21 (Shoulder Well): Place your thumbs midline at the base of the neck where it meets the top of the shoulders. **Do not do this acupuncture point during pregnancy.**

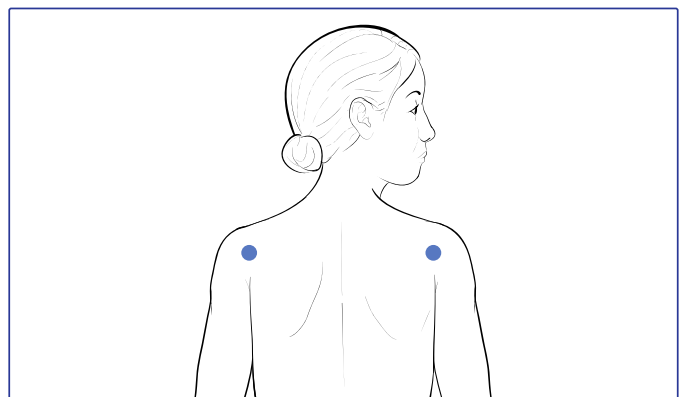


UPPER BACK

Governing vessel 14 (Strike the Great Vertebrae with Importance): Place your thumb or index finger on the spine at the base of the neck.

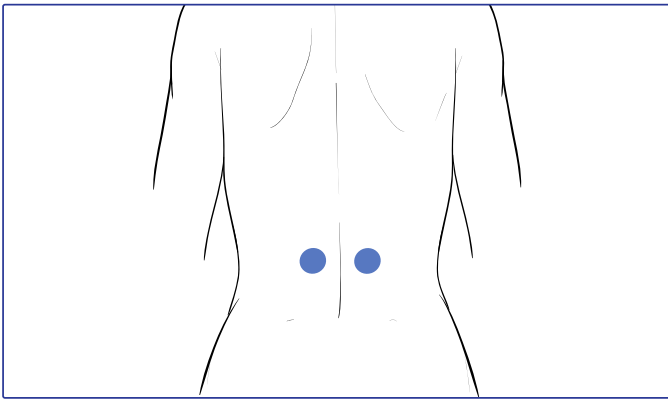


Small intestine 9 (True Shoulder): Place your index finger 2 finger-widths above the rear crease of the armpit.

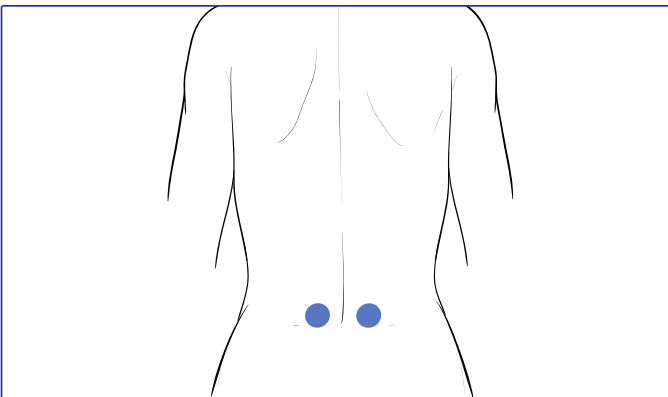


LOW BACK

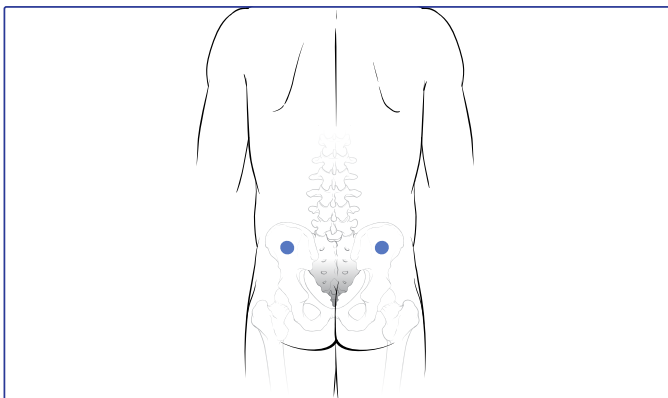
Bladder 23 (Vital Transfer to the Kidneys): Use your fingers to gently press on either side of the spine at the waist.



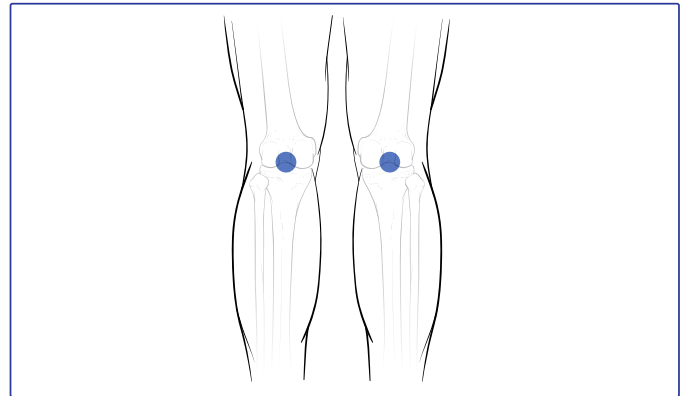
Bladder 25 (Vital Transfer to the Large Intestines): Place your thumbs 4 finger-widths below the Bladder 23 point.



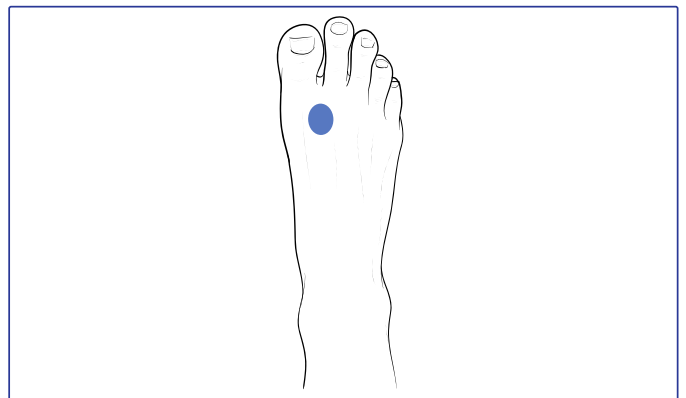
Bladder 53 (Serve and Balance the Dynamic Yang Movement): Place your thumbs 4 finger-widths on either side of the sacrum (tailbone).



Bladder 40 (Middle of the Crook): Place your index finger or thumb midline on the back of the knee directly behind the kneecap.

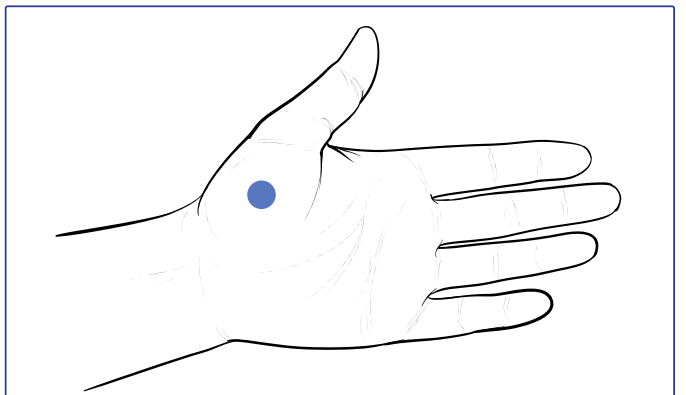


Liver 3 (Supreme Surge Forward): Use your thumb and index finger to gently squeeze 1 finger-width below the webbing between the big and second toes.



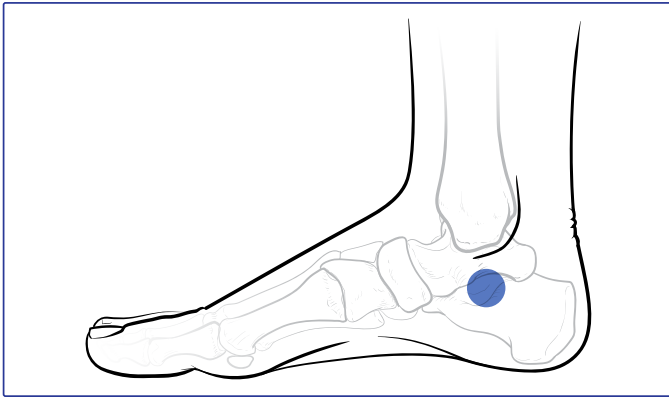
ARM OR HAND

Lung 10 (Place of the Great Fire Fish Spirit): Use your thumb and index finger to gently squeeze the fleshy mound at the base of the thumb, midway down the bottom bone of the thumb (first metacarpal).

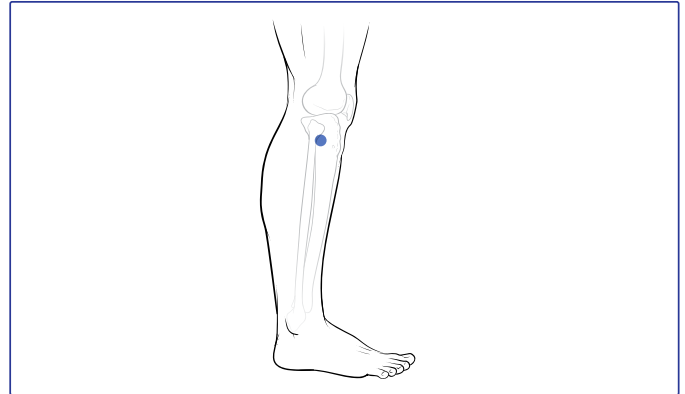


LEGS AND FEET

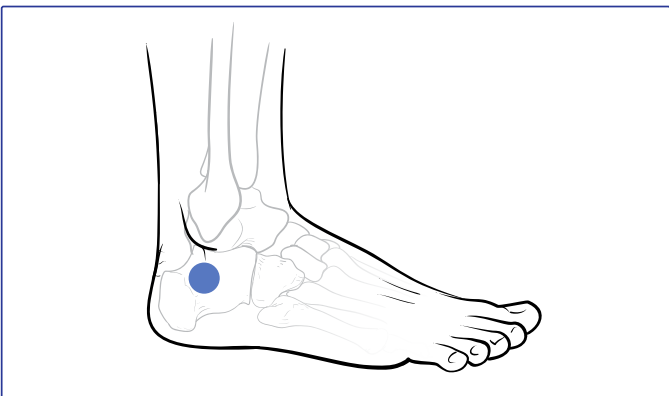
Kidney 6 (Shining Sea of Illumination): Use your index finger to gently press 1 finger-width below the inner ankle bone.



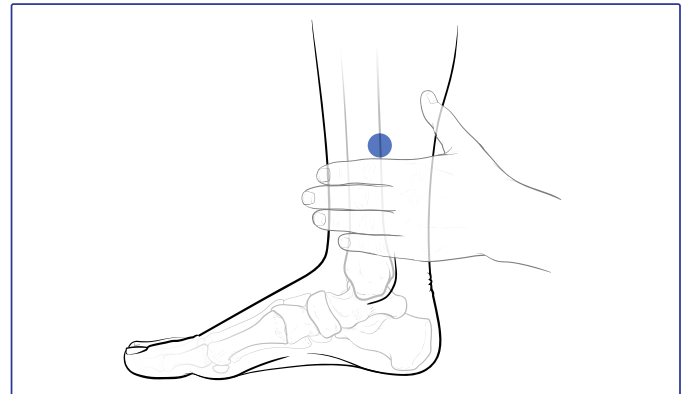
Gallbladder 34 (A Spring of Nourishing Yang Energy): Use your index finger to gently press in front and slightly below the outside head of the lower leg bone.



Bladder 62 (Ordering of the Vital Circulations): Use your index finger to gently press 1 finger-width below the outer ankle bone.



Spleen 6 (United Crossing of the Three Yins): Use your index finger to gently press 4 finger-widths above the inner ankle bone. **Do not do this acupressure point during pregnancy.**



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