

Acupressure for Knee 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.
- **Follow the 5-point method.** Hold each point for 1 minute.

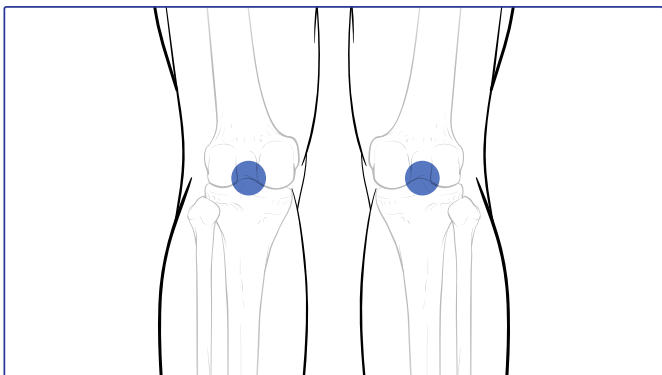
See instructions on [page 2](#).

Notes

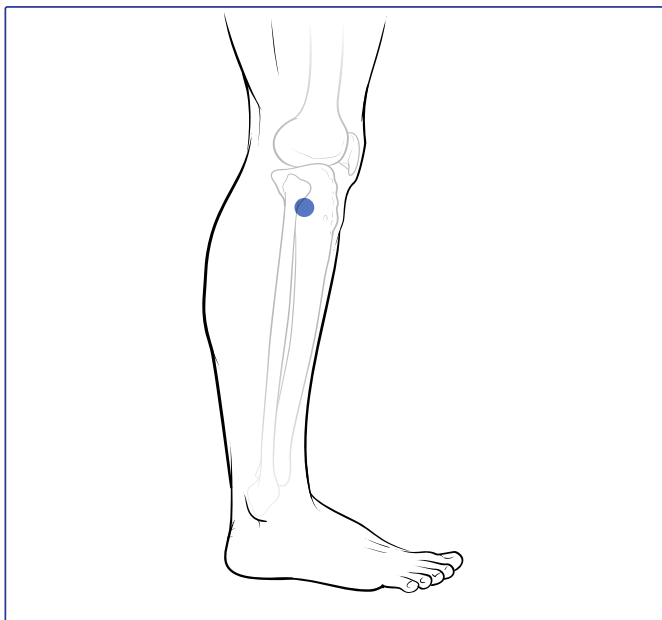
5 points in 5 minutes:

Hold the points on both the right and left sides of the body.

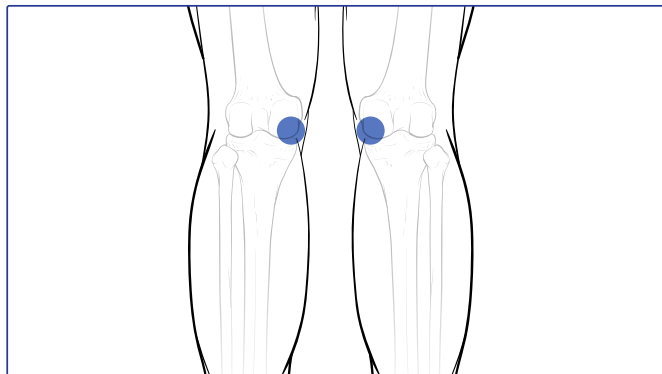
Bladder 40 (Middle of the Crook): Place your index finger or thumb midline on the back of the knee directly behind the kneecap.



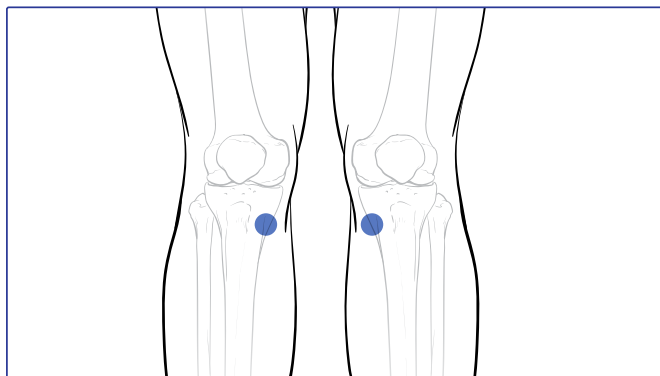
Gallbladder 34 (A Spring of Nourishing Yang Energy): Use your index finger to gently press in front and slightly below the outside head of the tibia (lower leg bone).



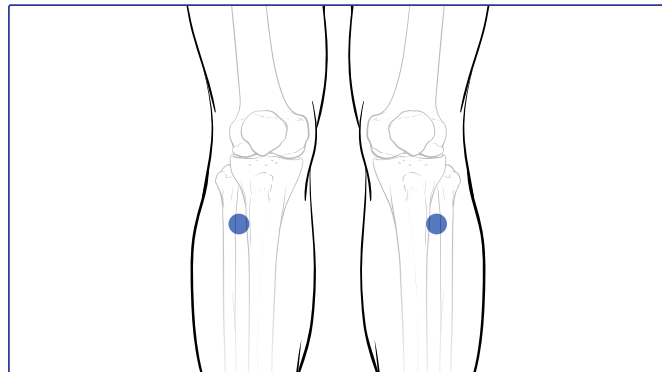
Liver 8 (A Maze of Spring Waters): Use your index finger to gently press on the inner side of the back knee where the knee crease ends.



Spleen 9 (Fresh Inner Mountain Spring Waters): Use your index finger to gently press on the inner side of the front knee just below the head of the tibia (the lower leg bone).



Stomach 36 (Walk in the Great Strength of Stillness): Use your index finger to gently press on the outside of the front knee 4 finger-widths below the kneecap.



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