




TWELVE GENERAL  
ANTI-INFLAMMATORY  
ACU-POINTS FOR  
MUSCULO-SKELETAL  
PAIN  
AND INFLAMMATION



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- None of this information is to be used instead of care from a competent healthcare provider. Please consult your healthcare provider before trying these protocols. We are just sharing suggestions gathered from the books cited in the next slide
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  - Thank you,
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# ACUPRESSURE'S POTENT POINTS

A Guide to Self-Care  
for Common Ailments



MICHAEL REED GACH

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# ARTHRITIS RELIEF AT YOUR FINGERTIPS




THE COMPLETE SELF-CARE  
GUIDE TO EASING ACHES  
AND PAINS WITHOUT DRUGS

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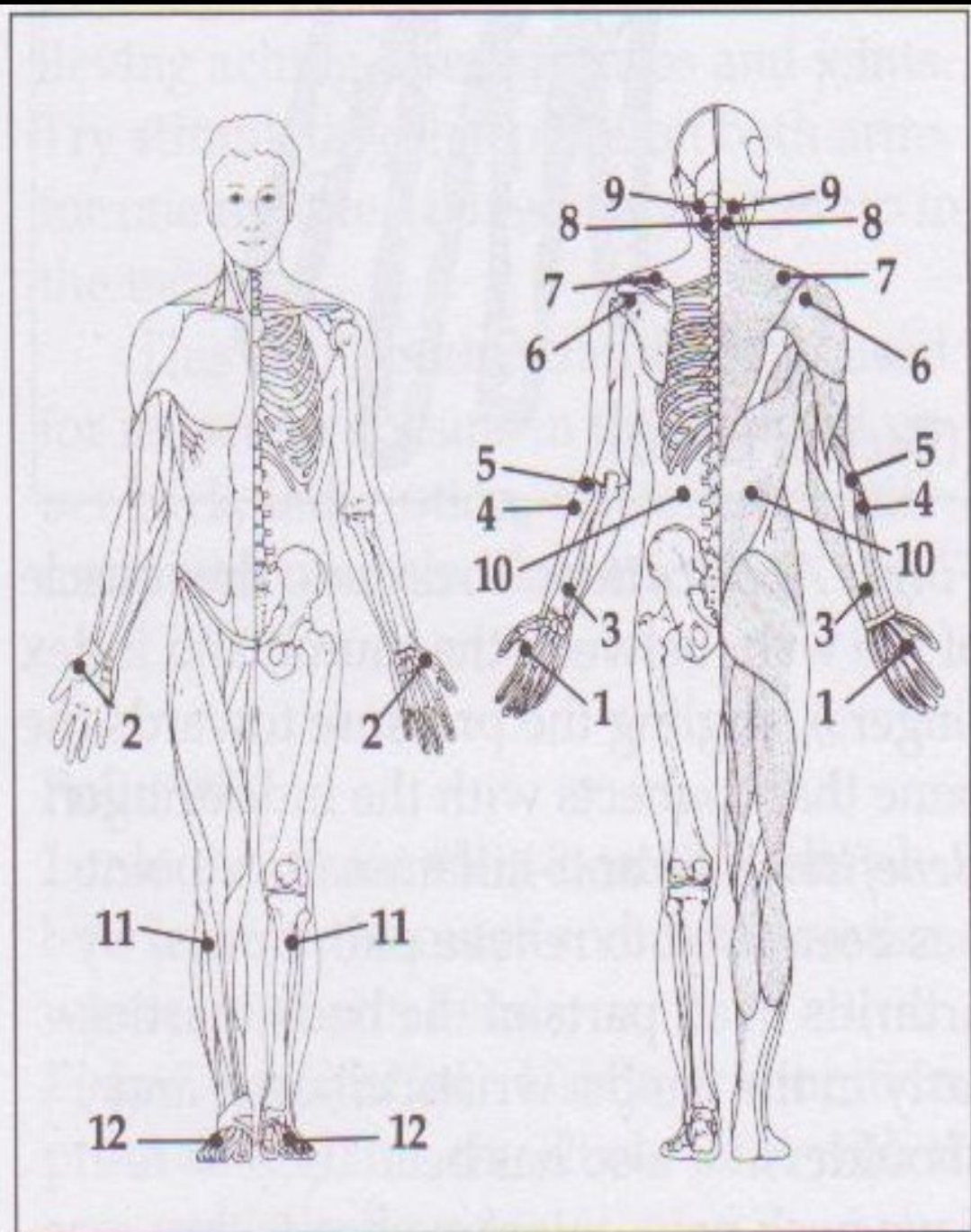


# HOW TO HOLD POINTS

- Points are usually sensitive to touch,
  - Hold them gently but firmly so that they “hurt good”
  - Once contact is made, bio-electricity flows, you do not need to press hard as in reflexology
  - Hold them 1-3 minutes until you feel a “change”-a pulse or a release of: tension, heat or tenderness
  - Avoid broken or irritated skin or stitches until healed- in that case, hold opposite side or just hold over point w/o touching
  - Do not treat serious illness, pregnancy, or pacemakers without consulting your healthcare provider first.
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### THE TWELVE ARTHRITIS RELIEF POINTS<sup>21</sup>

Point 1 is LI 4	Point 7 is TW 15
Point 2 is Lu 10	Point 8 is B 10
Point 3 is TW 5	Point 9 is GB 20
Point 4 is LI 10	Point 10 is B 47
Point 5 is LI 11	Point 11 is St 36
Point 6 is SI 10	Point 12 is GB 41

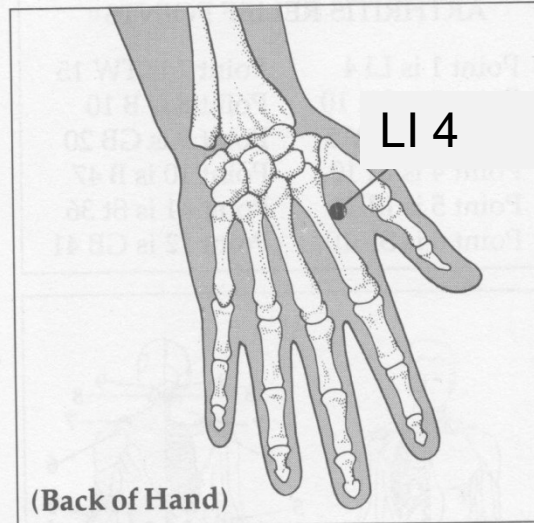


## LI 4: General pain & Inflammation point

**Forbidden for  
pregnant women-  
Labor inducing  
point**

### LI 4

is located at the highest spot of the muscle when the thumb and the index fingers are brought close together. Press in the webbing between the thumb and index finger, closer toward the bone that attaches to the index finger.



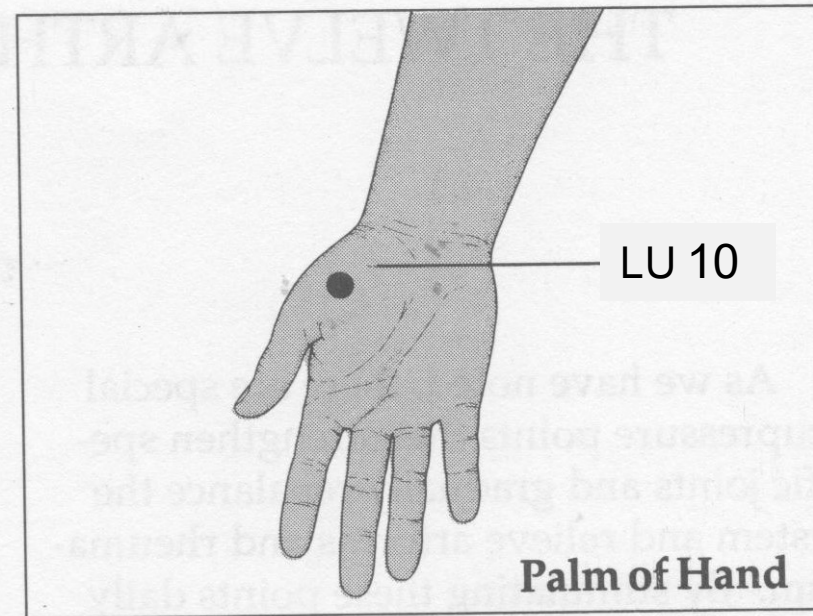
**Finger Application:** Press into the muscle of the web (between the thumb and index fingers), angling the pressure towards the bone that connects with the index finger.

**Benefits:** This anti-inflammatory point has been used to relieve pain caused by arthritis in all parts of the body, particularly in the hands, wrists, elbows, and shoulders. It also has been used to relieve neck pain, migraine headaches, toothaches, constipation, and neuralgia.



LU 10

located on the palm side of the hand in the center of the big mount at the base of the thumb.



***Finger Application:*** Apply firm pressure into the center of the fleshy pad where the thumb joins the palm of the hand.  
***Benefits:*** Relieves arthritis in the hand, coughing, swollen throat, upset stomach,



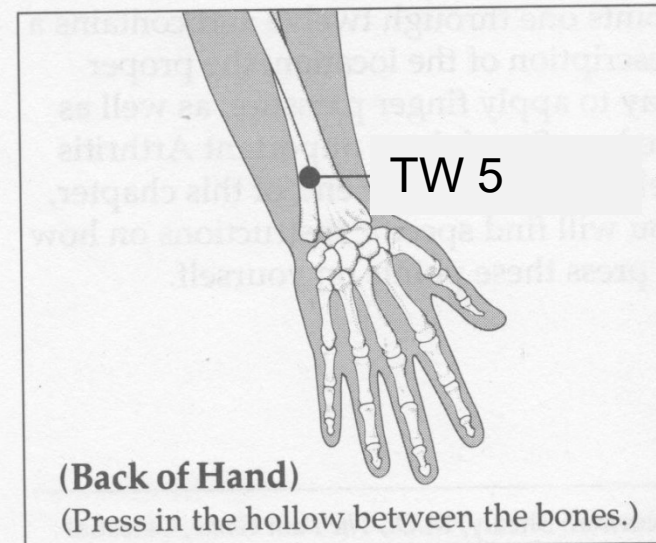
### TW 5:

#### **Indication:**

- Local & distal point for headache from exterior wind as well as migraines and headaches in any area especially with stiffness or pain in the posterior and lateral aspects of the neck.
- Upper limb disorders including the elbow, forearm, wrist and hand.

### TW 5

located by flexing your hand backward. The point is on the outside of the forearm, two finger-widths (approximately  $1\frac{1}{2}$  inches) from the wrist crease. Press in firmly between the forearm bones (radius and ulna).

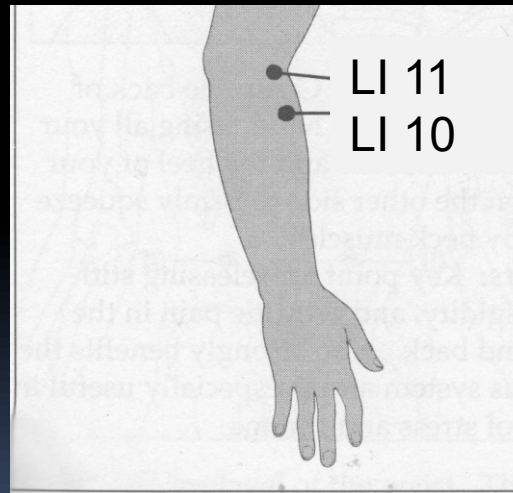


## LI 11

located in the elbow joint at the outer end of the crease where your arm bends.

**Finger Application:** Use your thumb to press deeply into the elbow joint with the arm partially flexed.

**Benefits:** Relieves joint inflammation, particularly in the elbow and shoulder joints. It also relieves constipation, skin problems, fever, high blood pressure, colds, flu, and depression, as well as general aches and pains.



## LI 10

located by bending your arm to form a crease at the elbow joint. The point is located one inch toward your hand from the end of this crease, on a muscle.

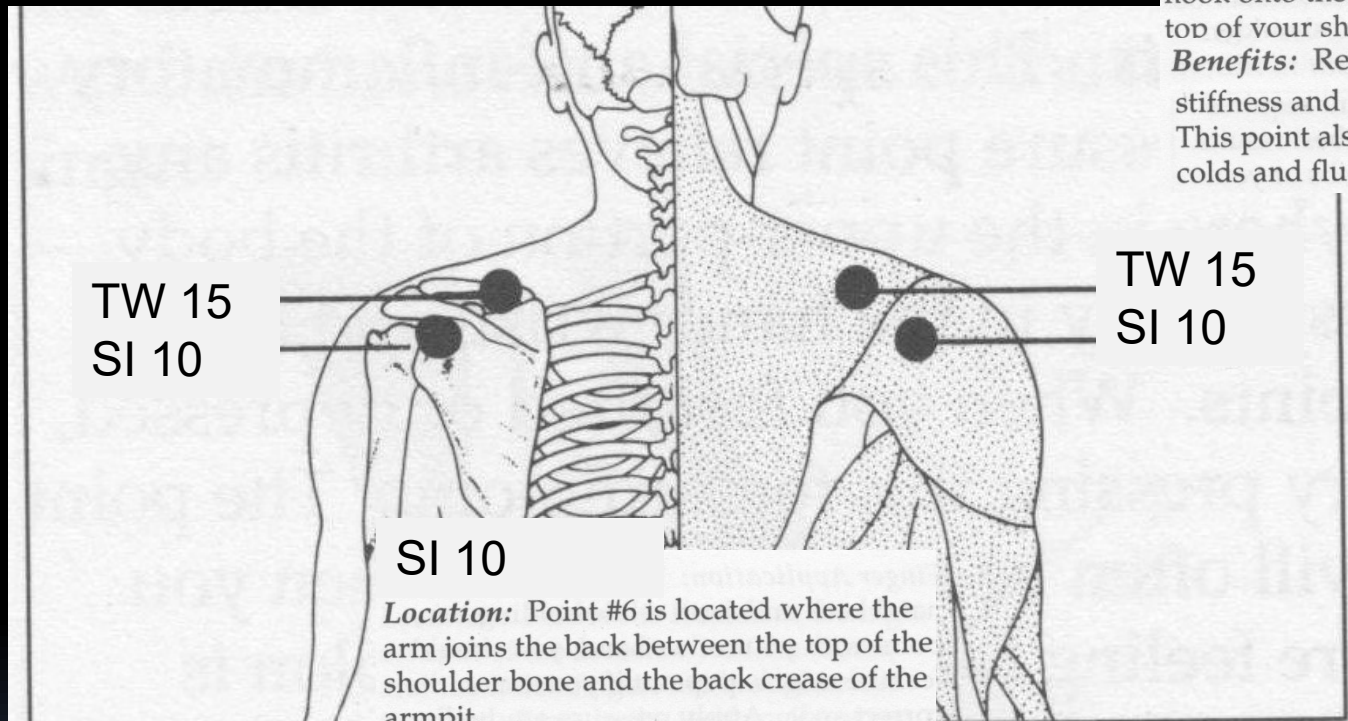
**Benefits:** This special anti-inflammatory acupressure point relieves arthritis anywhere in the upper portion of the body, especially in the hand, wrist, and elbow joints. When you feel tired or depressed, try pressing this forearm point. The point will often be sore, especially when you are feeling low or when your colon is congested. This is a great pain point to press for developing vitality in the upper portion of your body, as well as for relieving aching, tired muscles and joints. Try stimulating this point on both arms for one minute each when you get up in the morning.

This point is also traditionally used for muscular spasms in the arm and upper back, indigestion, a swollen or stiff neck, and poor circulation.

TW 15

**Location:** First find the spot on the top of the shoulder that is midway between the outside of the base of your neck and the outside of your shoulder. Point #7 is located one-half inch directly below this spot. Reach your right hand over your left shoulder, curving your fingers to hook onto the trapezius muscle on the top of your shoulders.

**Benefits:** Relieves shoulder and neck stiffness and pain, including rheumatism. This point also increases the resistance to colds and flu.



TW 15  
SI 10

TW 15  
SI 10

SI 10

**Location:** Point #6 is located where the arm joins the back between the top of the shoulder bone and the back crease of the armpit.

**Benefits:** Relieves arthritis, bursitis, and rheumatism, as well as releasing shoulder and upper back pain. Also, this point is traditionally used for hypertension, spontaneous aches and pains, insomnia, anxiety, nervousness, arm pain or numbness, and cold hands.



GB 20

BL 10

GB 20

BL 10

**BL 10**

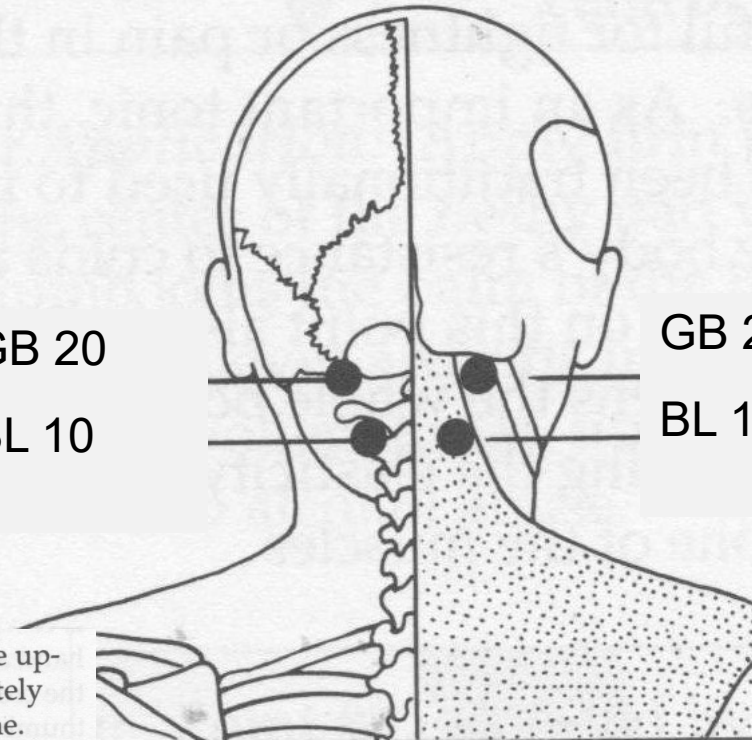
located on the upper portion of the neck, approximately one thumb's width outside the spine. Usually a lump of tension can be felt at this point.

**Benefits:** Key point for releasing stiffness, rigidity, and arthritic pain in the neck and back. Also strongly benefits the nervous system and is especially useful in times of stress and trauma.

**GB 20**

located in the hollow below the base of the skull in between two muscles (the trapezius and the sternocleidomastoid). This point is often used to relieve pain and trauma after injuries.

**Benefits:** Relieves arthritic pains, headaches, hypertension, insomnia, back pain, eyestrain, stiff neck, irritability, nervousness, mental pressures, memory, neuro-motor coordination problems, dizziness, and head colds.



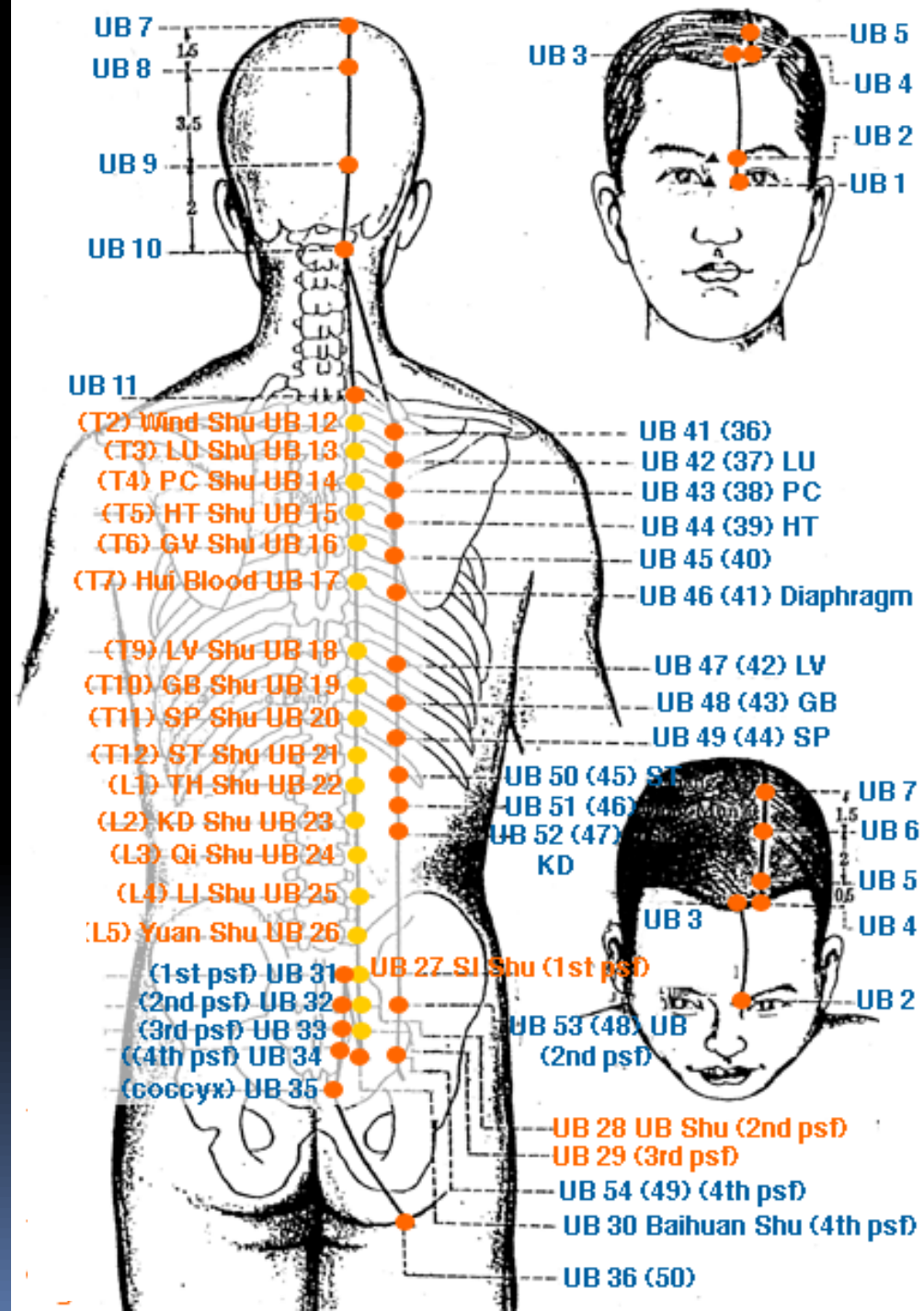
## BL 47 (52)

located in the lower back (between the second and third vertebrae) a few inches out laterally from the spine at the level of the waist. This important lower back point can be found by pressing the outer edge of the large vertical muscles (that run alongside the spine) in toward the center of the vertebrae.

BL 47(52)

BL 47(52)

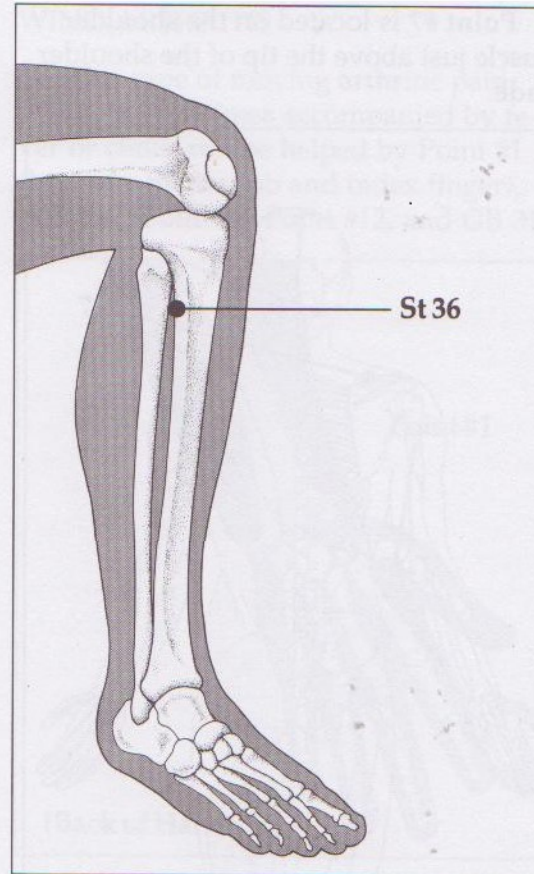
**Benefits:** Relieves lower backaches, fatigue, reproductive problems, impotency, low sexual desire, vaginal discharge, and kidney and urinary problems.





## COLD AND DAMP ARTHRITIS

For the cold and damp types of arthritis, you will find that cold and movement will tend to aggravate the pain, whereas heat will help relieve the pain. Use the Stomach 36 point (St 36), located on the outer side of the lower leg, four finger-widths below the bottom of the kneecap.



This point is underneath a muscle that will pop out when you bend your foot up and down. Stomach 36 helps relieve general muscle pains and is the most widely used point for revitalizing the entire body.

## ST 36

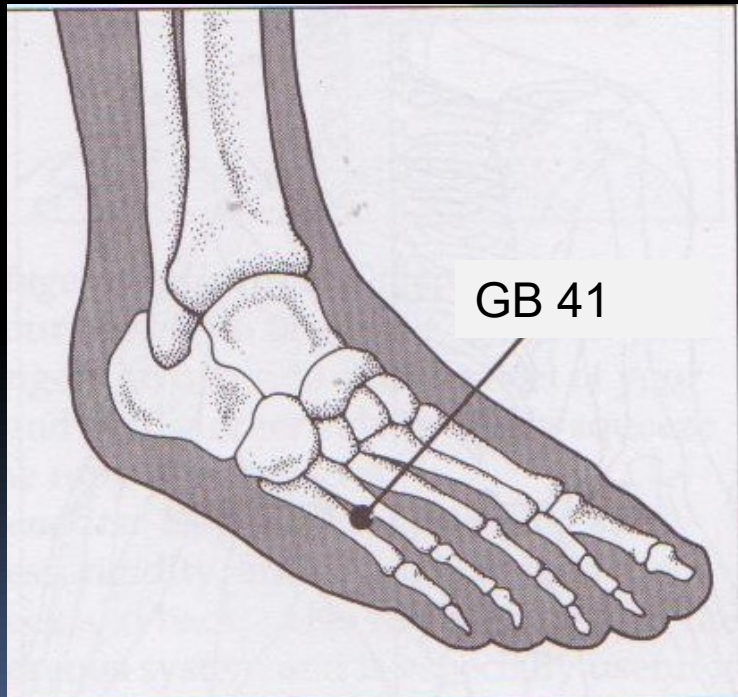
**This point is forbidden for pregnant women because it stimulates strong downward movement of Chi, and is therefore helpful in childbirth**



## GB 41

Local point for foot pain.

Distal point for Pain in head, neck, shoulders, and hips. Opens the waist for energy to flow between upper and lower portions of the body



**GB 41** is located between the 4<sup>th</sup> and 5<sup>th</sup> metatarsal bones on the top of the foot

**Benefits/indications:** Relieves hip and shoulder tension, roving pains, headaches, side aches. Perspiration, rheumatism, excessive water retention (especially in legs) and sciatica

*PAUSE*



# TWELVE ADDITIONAL ACUPOINTS FOR MUSCULO-SKELETAL PAIN AND INFLAMMATION

SP 21

GB 21

GB 30

GB 31

GB 34

GB 40

SP 10

BI 54/40

BL 57

BL 60

KI 3

LV 3

## **SP 21**

**Location:** On lateral side of the chest and on the mid-axillary line in the 6th inter-costal space. (or) 6 cun below the axilla midway between the axilla and the free end of the 11th rib on mid axillary.

### **Indications:**

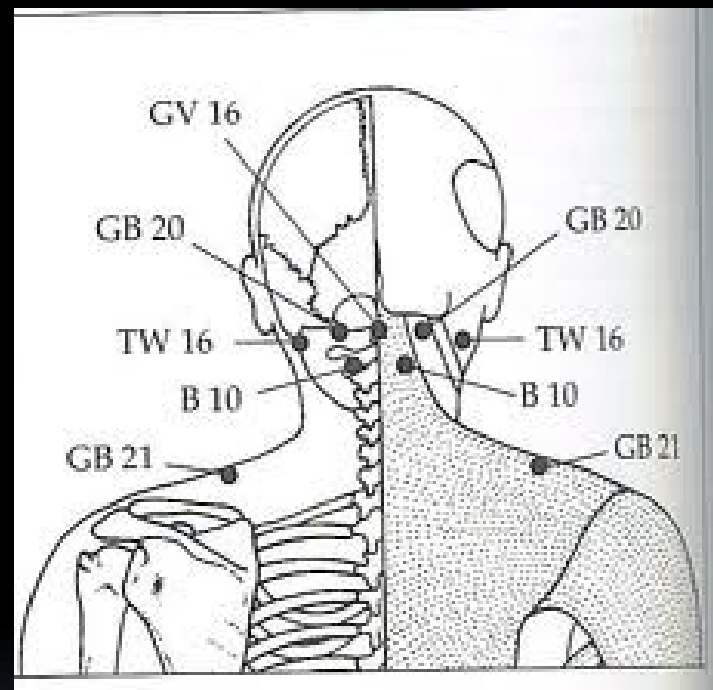
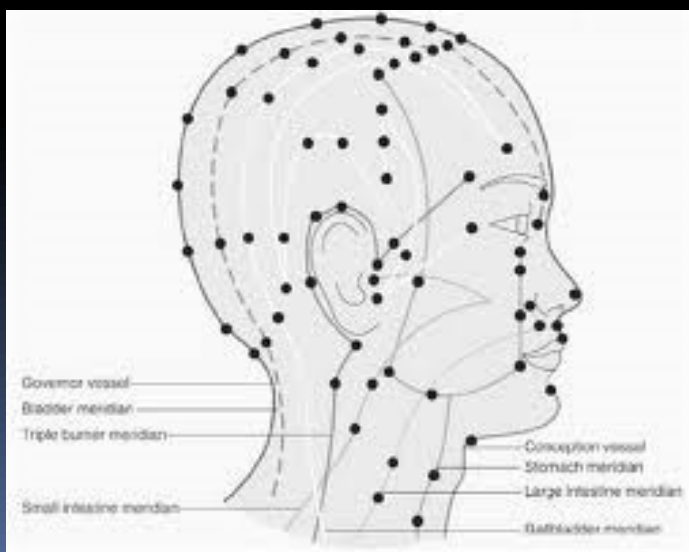
**Mentioned classically that when this point is deficient, all the joints are flaccid, and when excess, pain all over the body.**

**Pain of the thoracic region.**

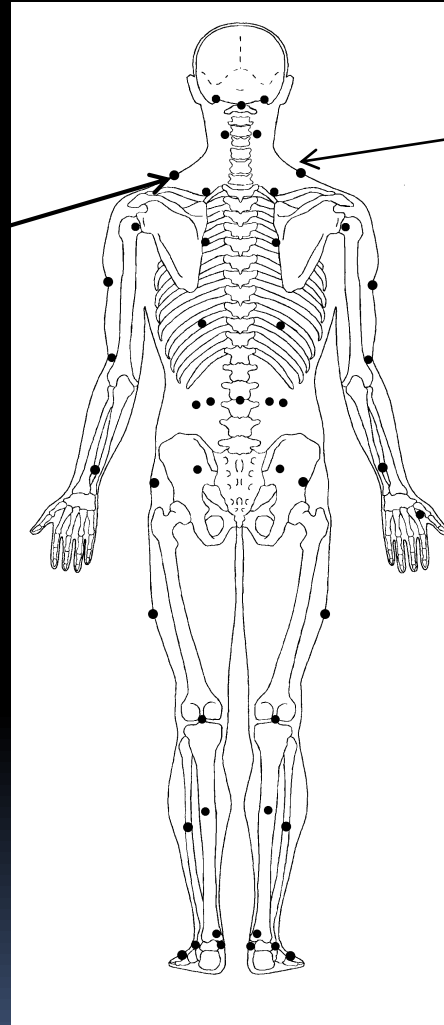
**Descends lung qi - cough, chest oppression, shortness of breath.**



# Points on H/ N/ S



**GB 21**-Midway between spinal column and arcromion-press straight downwards towards feet-  
**Indications:**  
**FORBIDDEN FOR PREGNANT WOMEN**-Good for childbirth  
Local point for occipital headache, tight trapezius muscles and/or neck/shoulder pain.



GB 21



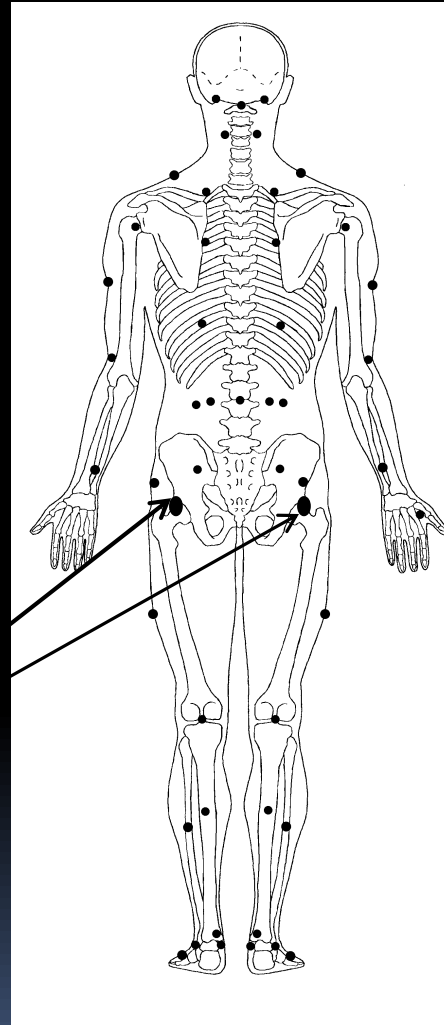
## **GB 30**

### **Location:**

At the junction of the lateral  $\frac{1}{3}$  and medial  $\frac{2}{3}$  distance between the prominence of the greater trochanter and the hiatus of the sacrum

### **Indications:**

**Sciatica, pain, numbness**

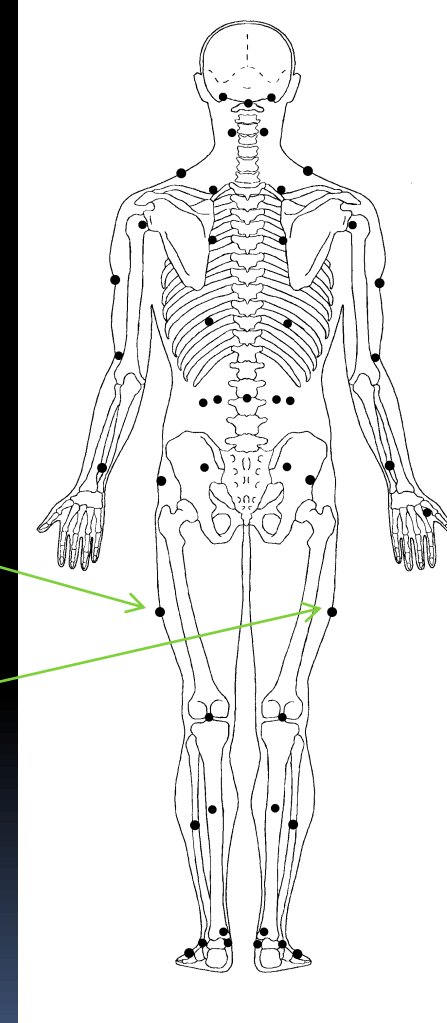


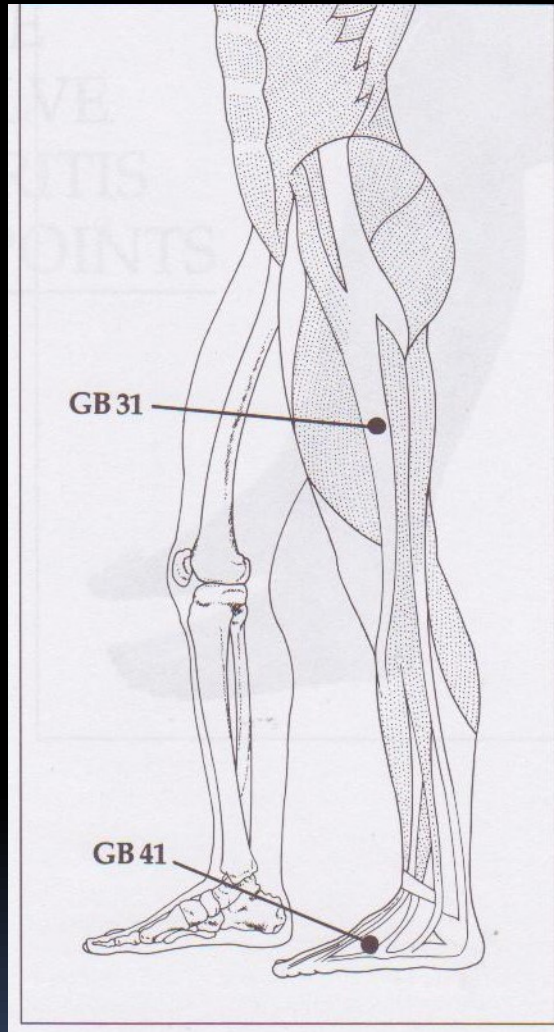
### **GB 31**

#### **Location:**

On the midline of the lateral aspect of the thigh, when patient is standing erect with hands close to sides the point is at the tip of their middle finger.

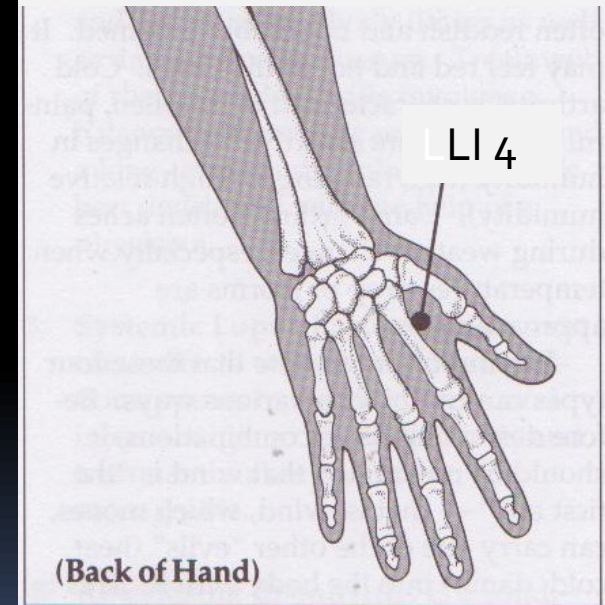
**Indications: wind point to clear moving pains, sciatica and pelvic area discomforts**

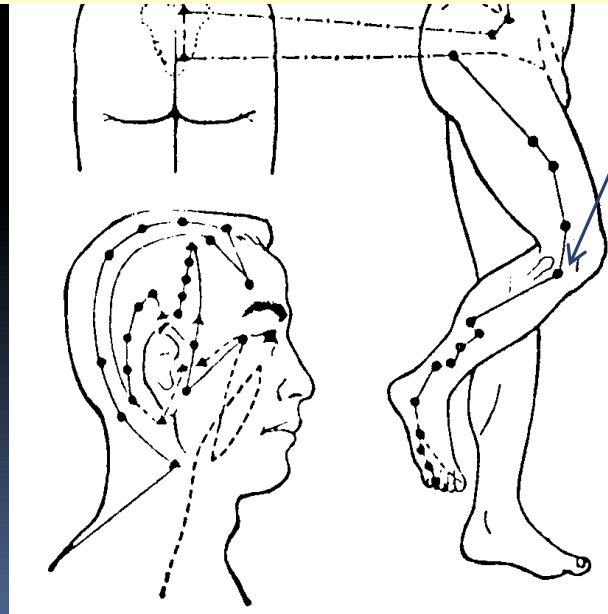
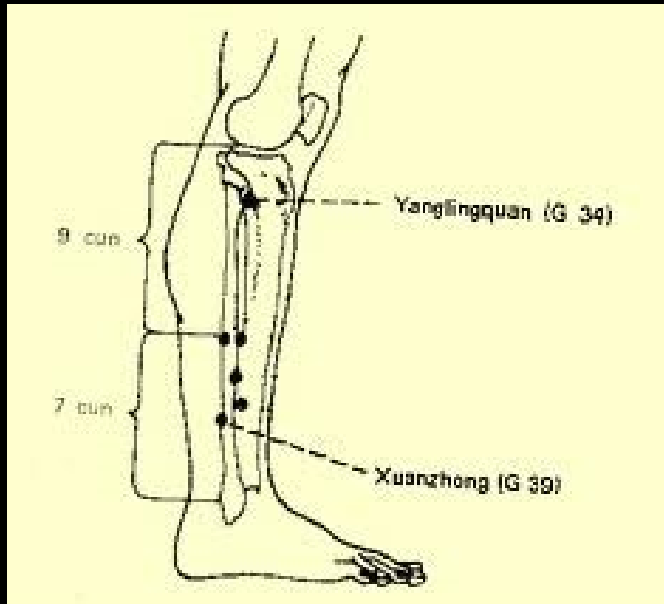




## WIND ARTHRITIS

Moving pain, sometimes  
with chills & fever: use point  
LI 4 (+ GB 20, TW 15,  
GB 31, GB 41)





**GB 34** In a depression anterior and inferior to the head of the fibula

**Useful for treating soft tissue anywhere in the body, contracture, cramping, pain, spasm, weakness, numbness, paralysis.**

**Sciatica and issues with the low back, hip, a/or lower limbs, knees.**

**All disorders of the lateral regions of the body.**

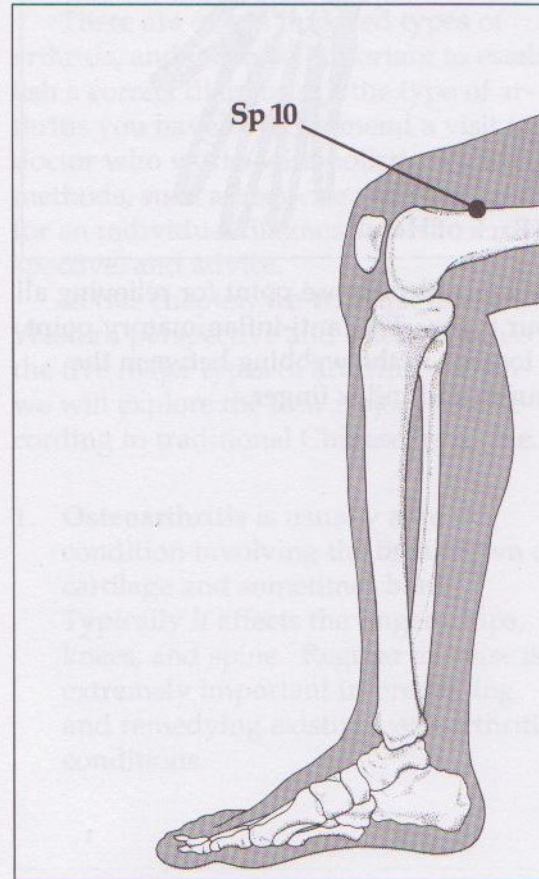
## SP 10

**Location:** With knee flexed, 3 finger widths above the superior medial border of the patella on the bulge of the medial portion of quadriceps femoris (vastus medialis).

**Indication:** Red hot swelling accompanying pain anywhere in body

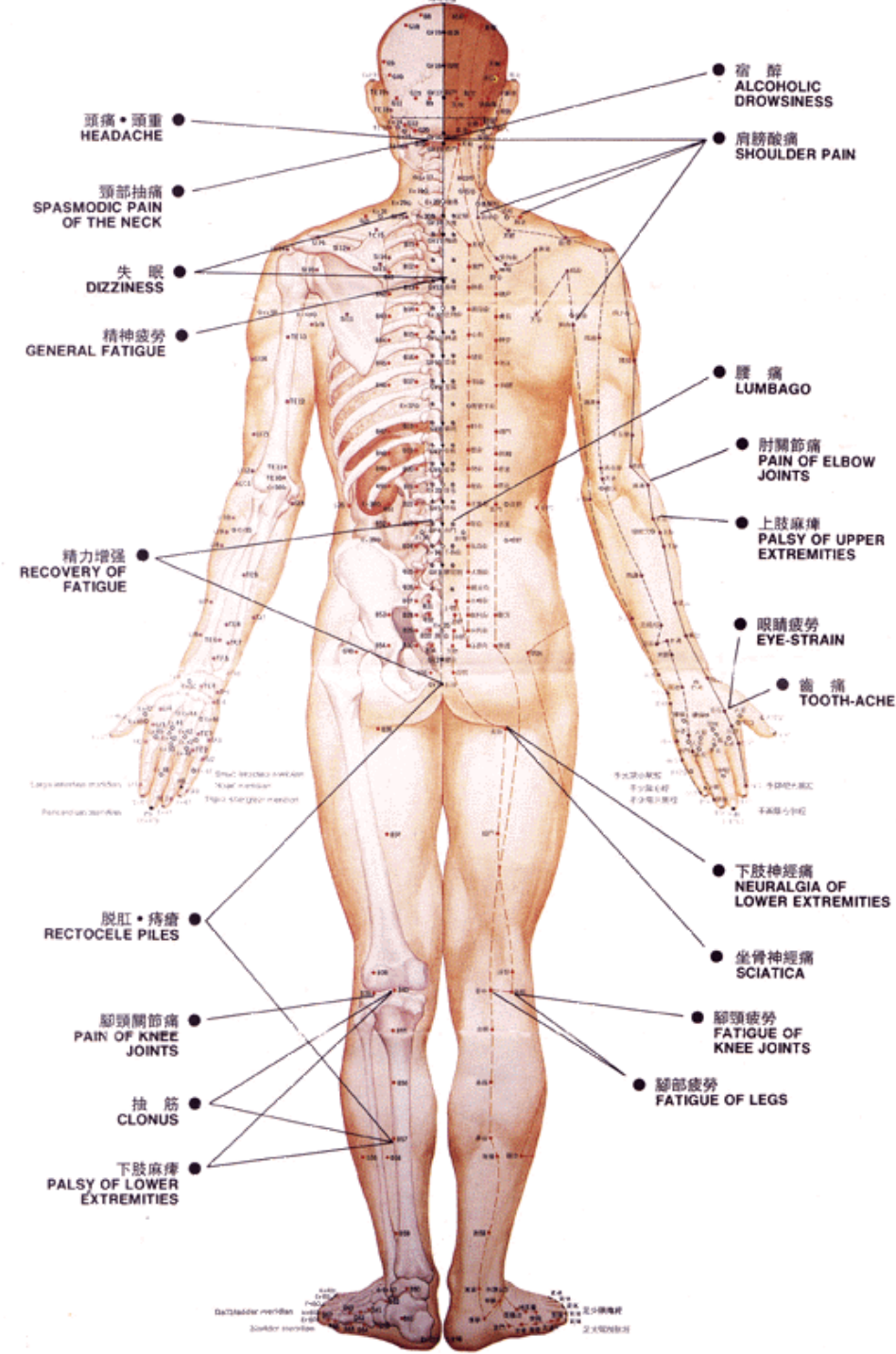
## HEAT ARTHRITIS

The hot, reddish, inflamed type of arthritis can be helped by regularly stimulating the Sp 10 point.<sup>19</sup> This point is located on the inside of the thigh, three finger-widths above the top of your knee-cap. The point will probably be tender upon pressure. Hold with a light but firm pressure until the soreness almost completely subsides.

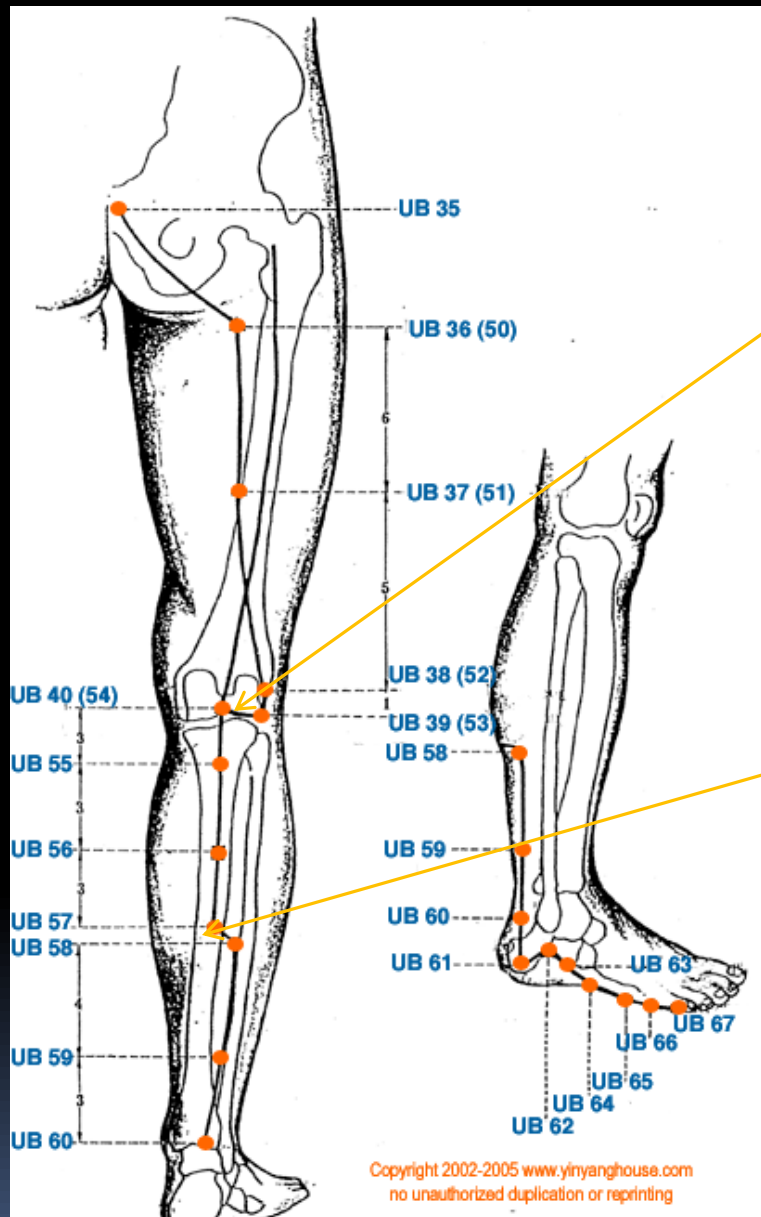




# Back points





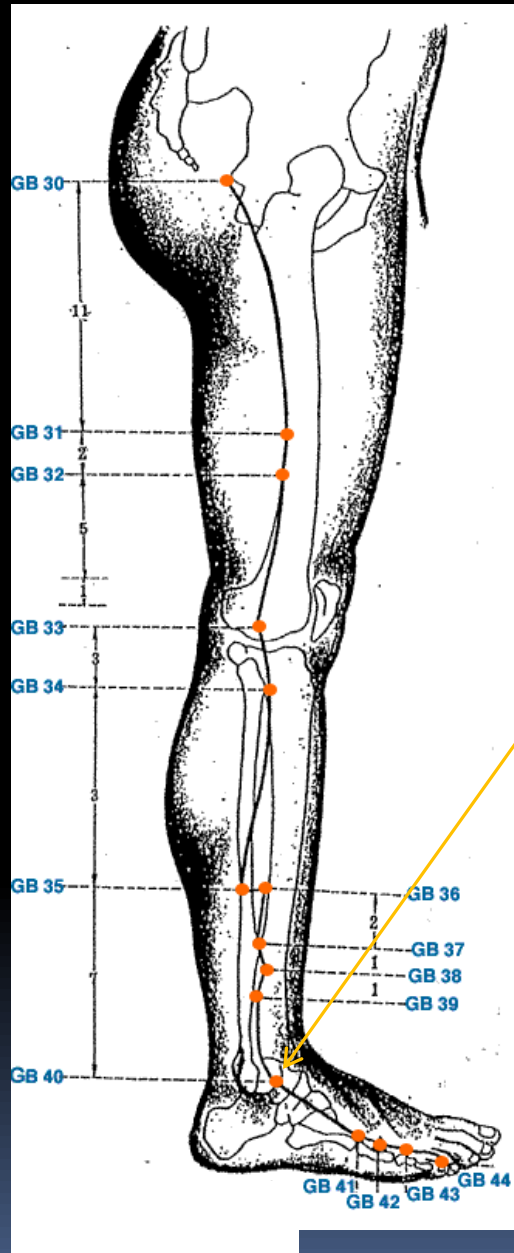


**BL 40(54)Location:** Midpoint of the transverse crease of the popliteal fossa, between the tendons of biceps femoris and semitendinosus.

**Indications:** The Lumbar Command Point, useful for all lumbar related issues: acute low back pain, sprain, muscle spasms, etc. Good local point for leg a/or knee pain.

**BL 57 Location:** 8 cun below UB 40 in a pointed depression below the gastrocnemius when leg is stretched or heel is lifted.

**Indications:** Main point for pain, swelling a/or cramping of the calf. Heel a/or foot pain from trauma but also from paralysis a/or neurological disorders.



### GB 40 Location:

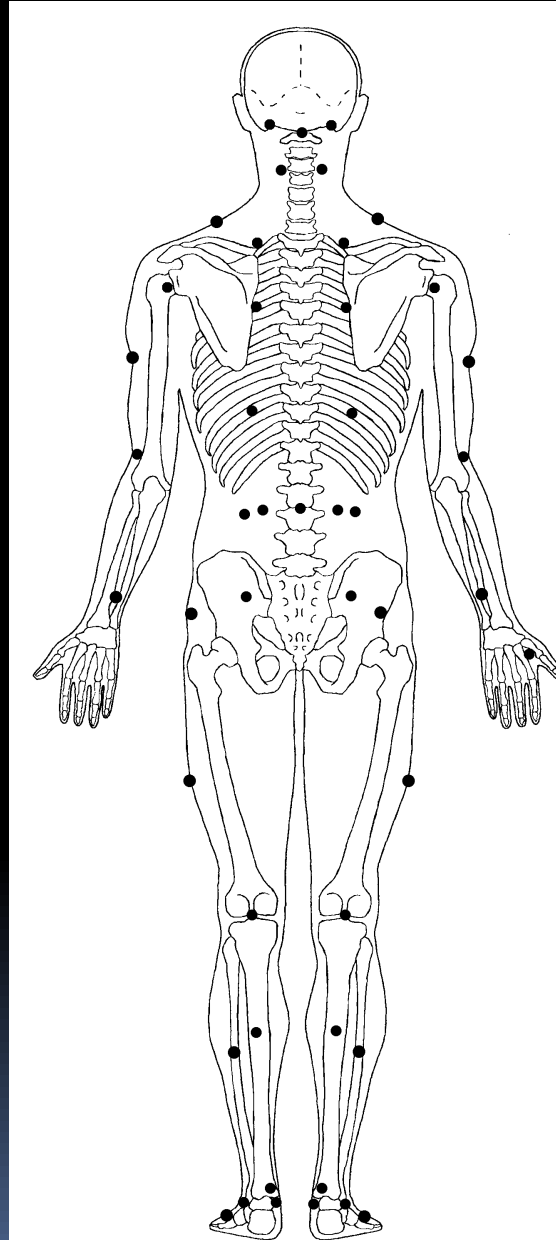
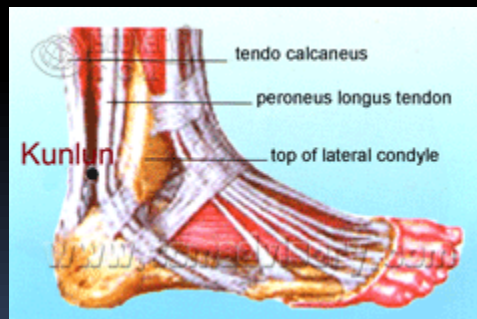
Anterior and inferior to the external malleolus in a depression on the lateral side of the tendon of extensor digitorum longus

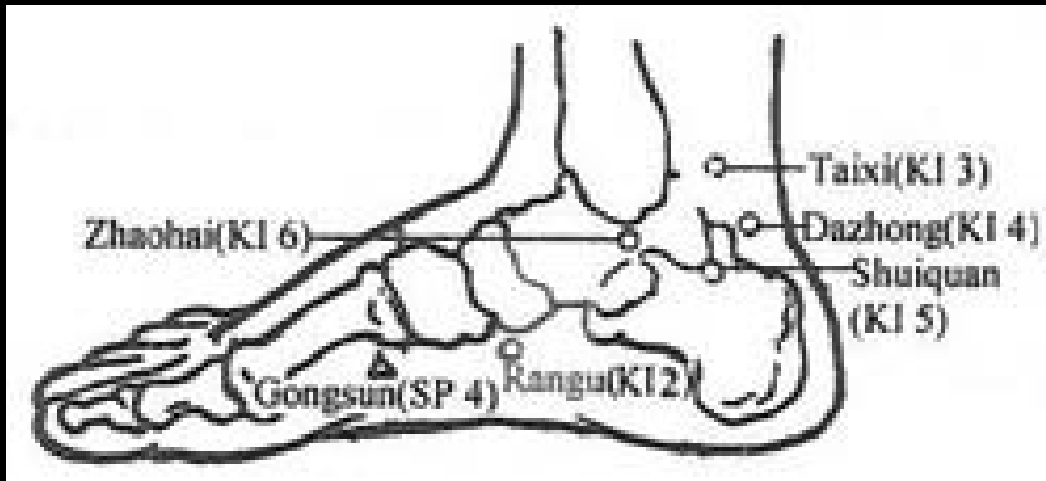
**Indication:** Local point for issues of the lower limbs a/or ankles - weakness, paralysis, atrophy.

## **BL60**

**Location:**Posterior to the lateral malleolus,in the depression between the tip of the external malleolus and Achilles tendon.

**Indications:**Headache  
vertigo,stiffness of the  
nape,epistaxis,pain in  
the shoulder,lumbago  
and painful heels





### KI 3

**Location:** On the medial aspect of the foot, posterior to the medial malleolus, in the depression between the tip of the medial malleolus and tendo calcaneus.

**Indication:** lumbar pain

**Classification:** Yuan-Source point of the Kidney Meridian  
Shu-Stream point of the Kidney Meridian

**Shu-Stream** points are where the qi starts to pour down the meridian. They are known to alleviate heaviness and pain in the joints. On Yin Meridians, Shu-Stream points are identical to the actions of Yuan-Source points.

### LR 3

On the dorsum of the foot in a depression distal to the junctions of the 1st and 2nd metatarsal bones.

**Indications:** Generally, resolves stagnation and tonifies Yin - balancing for all LV pathologies.  
LV Qi Stagnation / LV Yang Rising: headaches  
Stagnation in the middle warmer - subcostal tension, chest/flank pain, swellings in the axillary region  
Calming point - anger, irritability, insomnia, anxiety.

With **LI4**, four gates treatment - powerfully effects the flow of Qi and Blood in the body.

