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Acupressure - Large Intestine Meridian

(Wash Hands Before Acupressure)

The Large Intestine (LI) channel/meridian is full of Qi and Blood. It is often used for treating atrophy disorders and painful obstruction, hemiplegia and pain of all kinds, for examples, relieve toothache of lower tooth, arm elbow shoulder pain, tennis elbow, etc., in Chinese medicine. The LI points in this acupressure exercise are more likely to be congested / stuck therefore the exercise is good to maintain the regular energy flow of the channel. The primary LI channel pathway is shown in Figure 1, so are all the acupuncture/acupressure points (20 in total). **Please consult your doctors and acupuncturist when you need medical treatments.**

Each session repeats 32 (4x8) to 64 (8x8) times. The pressure should be gentle but firm.

1. Press LI-4 (Figure 2): LI-4 is located on the dorsum of the hand, between the 1st and 2nd metacarpal bones, at the midpoint of the 2nd metacarpal bone and close to its radial border. Use the thumb to press and make small circles. *Do NOT use this point (LI-4) without consulting your acupuncturist during pregnancy.
2. Press LI-10 (Figure 3): This point is located on the radial side of the forearm, 2/12th of the distance from the cubital crease to the crease of the wrist. Use the thumb to press and make small circles.
3. Press LI-11 (Figure 3): The point is located at the elbow, at the lateral end of the transverse cubital crease. Use the thumb to press and make small circles.

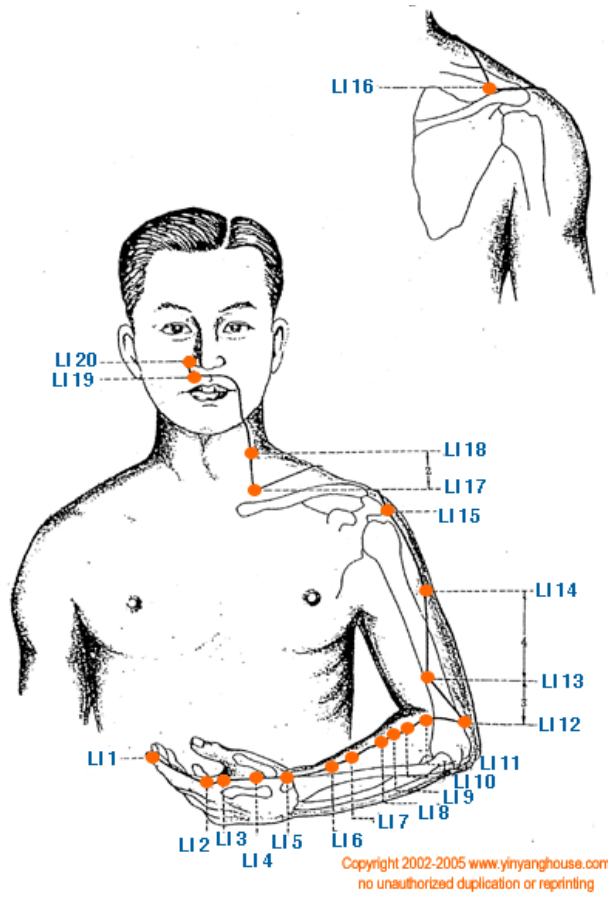


Figure 1

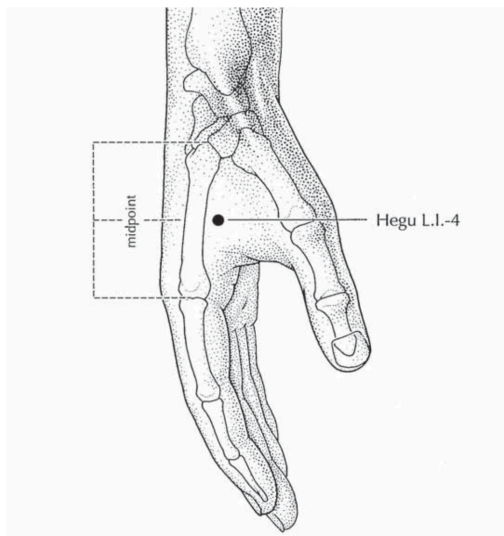


Figure 2

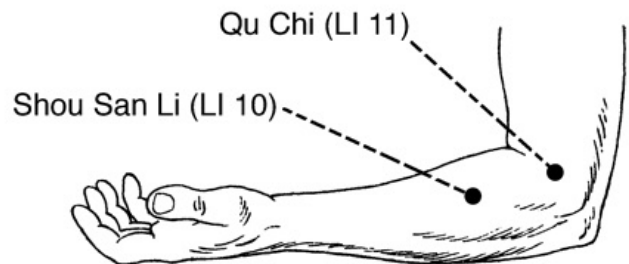


Figure 3