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Acupressure - Pericardium Meridian

(Wash Hands Before Acupressure)

The Pericardium (PC) channel/meridian is often used for treating palpitation, irregular heart rhythm, disorder of the chest, disorder of the stomach, disorder of the lateral costal region, stagnation of Qi, treating febrile diseases, treating swelling and pain of axilla. The primary Pericardium meridian pathway is shown in Figure 1, so are all the acupuncture/acupressure points (9 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 PC-2 (Figure 2): This point is located on the anterior aspect of the arm, 2 cun below the anterior axillary fold, between the two heads of the biceps brachii muscle. The point is used for pain of the chest, shoulder, shoulder blade and arm; fullness of the chest and lateral costal region; palpitation. Use thumb to press and make small circles.
2. Press PC-4 (Figure 3): This point is located on the flexor aspect of the forearm, 5 cun proximal to Daling (PC-7), on the line connecting PC-7 and PC-3, between the tendons of palmaris longus and flexor carpi radialis. This points is often used in treating acute pain in the chest. Use the thumb to press and make small circles.
3. Press PC-8 (Lao Gong) (Figure 4): This point is located between the 2nd and 3rd metacarpal bones, proximal to the metacarpi-phalangeal joint, in a depression at the radial side of the 3rd metacarpal bone. It is used in clearing heat from heart and pericardium; calming the spirit. Use the thumb to press and make small circles.

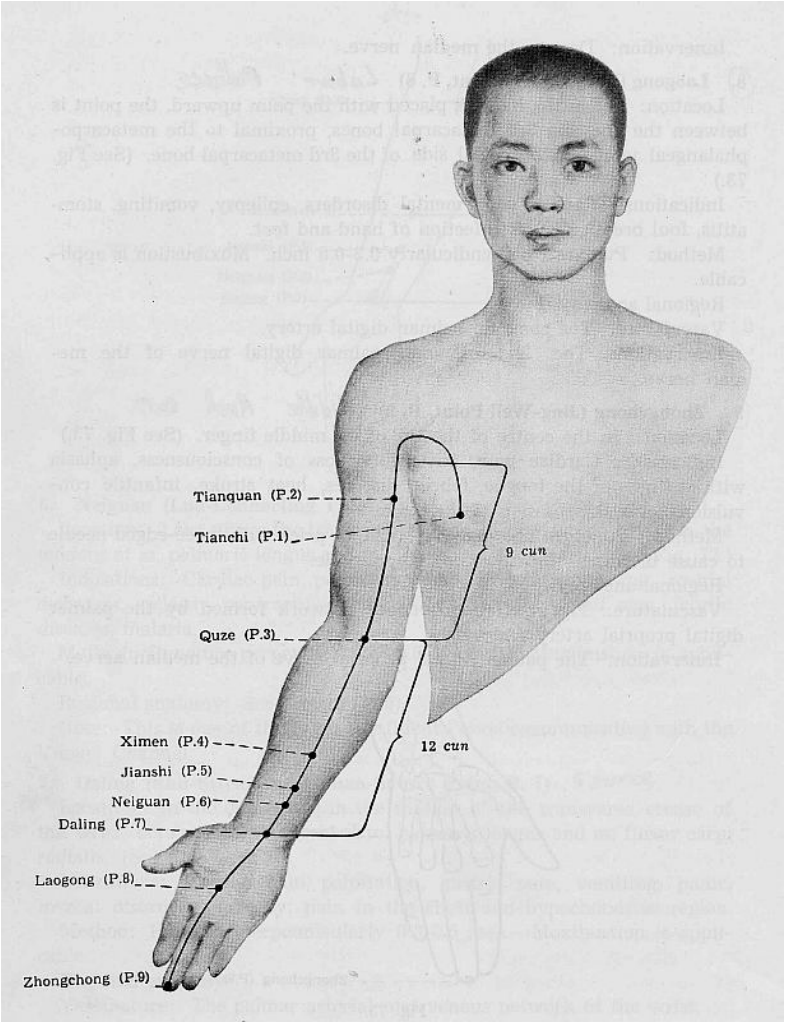

Figure 1

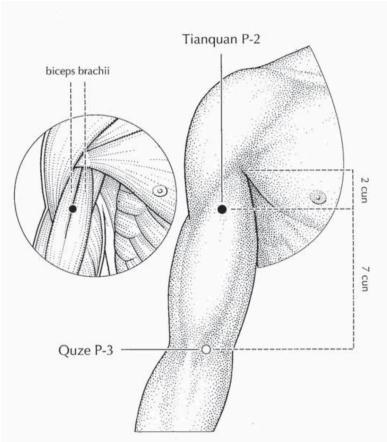

Figure 2

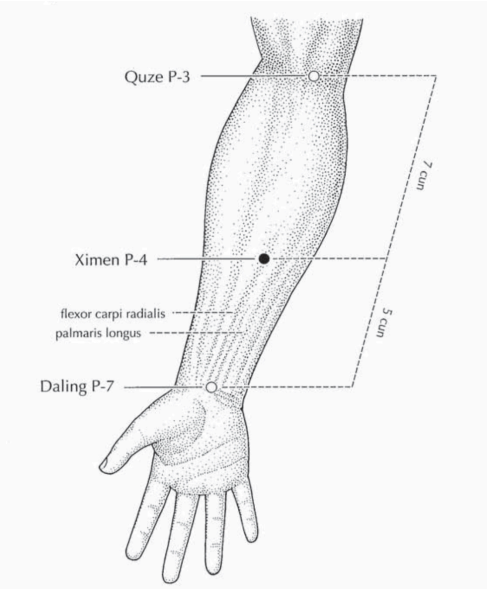

Figure 3

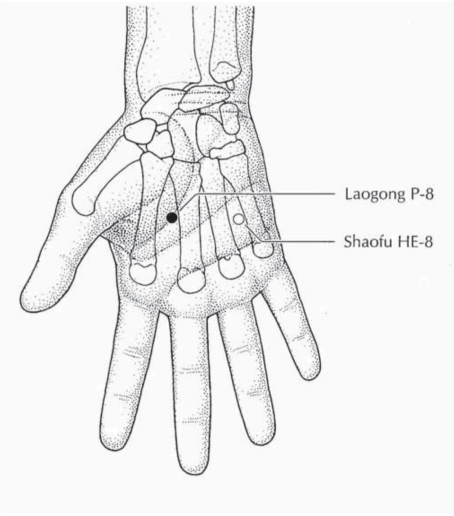

Figure 4