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# Acupressure 21 - Knee Pain

(Wash Hands Before Acupressure)

**Please consult your doctors and acupuncturist when you need medical treatments. Acupressure DOES NOT replace any medical treatments.**

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

This acupressure exercise helps reducing the tightness of the muscles and tendons around the knee to reduce the pain. It can be done when the symptoms show up, or once a day.

1. ST 35 (Du Bi) and Xi Yan (Figure 1). These two points are located on the knee, in the hollows formed when the knee is flexed, immediately below the patella and both medial and lateral to the patellar ligament. Put thumb on one side (Xi Yan) and index finger on the other side (Du Bi). Press and make small circles.
2. He Ding (Figure 2). This point is located in the depression at the midpoint of the superior border of the patella. Press with the thumb and make small circles.

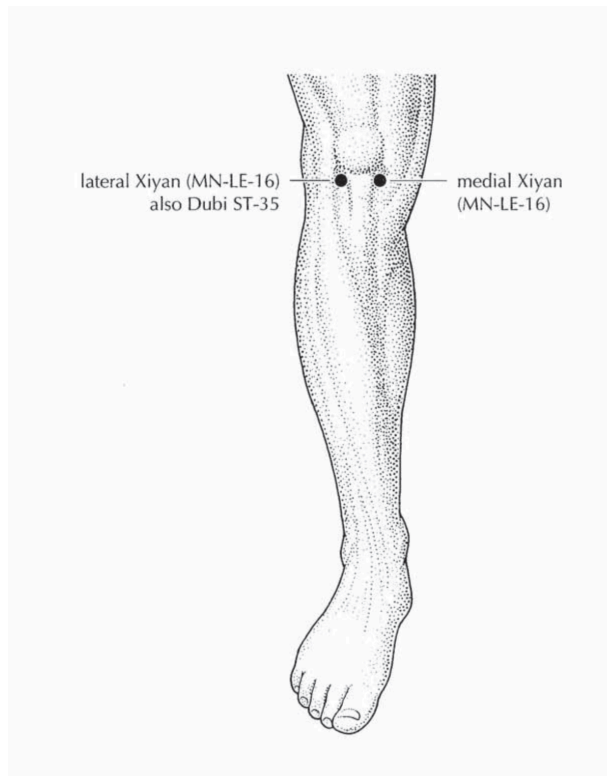


Figure 1

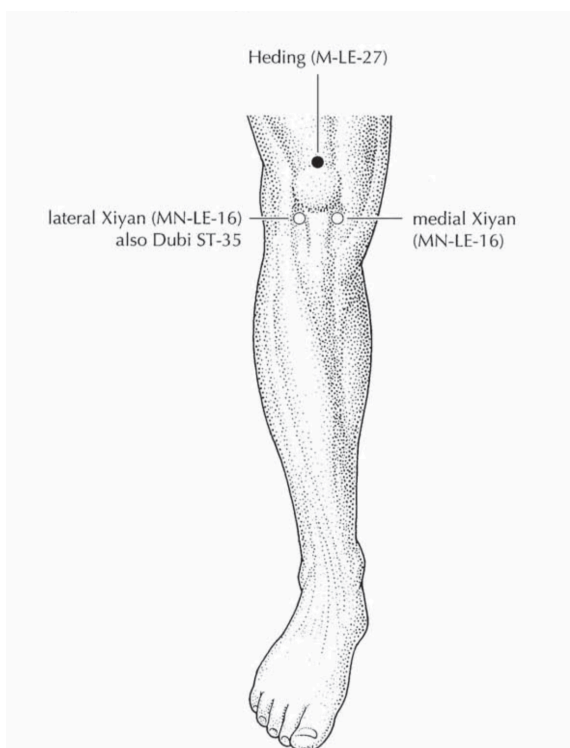


Figure 2