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Acupressure 22 - Wrist 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 attached to the wrist to reduce the pain. It can be done when the symptoms show up, or once a day.

1. PC 7 (Da Ling Point) and SJ 4 (Yang Chi Point) (Figure 1 and Figure 2). PC 7 is located on Pericardium meridian, at the wrist joint, between the tendons of palmaris longus and flexor carpi radialis. SJ 4 is located on Triple Burner (San Jiao) meridian, on the dorsum of the wrist, at the level of the wrist joint, in the depression between the tendons of extensor digitorum communis and extensor digiti minimi. These 2 points can be held at the same time with thumb on PC 7 and index finger on SJ 4. Then press and release repeatedly for 32 or 64 times.

2. PC 6 (Inner Gate Point) and SJ 5 (Outer Gate Point) (Figure 3 & Figure 4). PC 6 is on Pericardium meridian, on the flexor aspect of the forearm, 2 Cun proximal to PC 7, between the tendons of palmaris longus and flexor carpi radialis. Press and make small circles. SJ 5 is located on Triple Burner (San Jiao) meridian, 2 Cun proximal to SJ 4, in the depression between the radius and the ulner, on the radial side of the extensor digitorum communis tendons. These 2 points can be held at the same time with thumb on PC 6 and index finger on SJ 5. Then press and release repeatedly for 32 or 64 times.

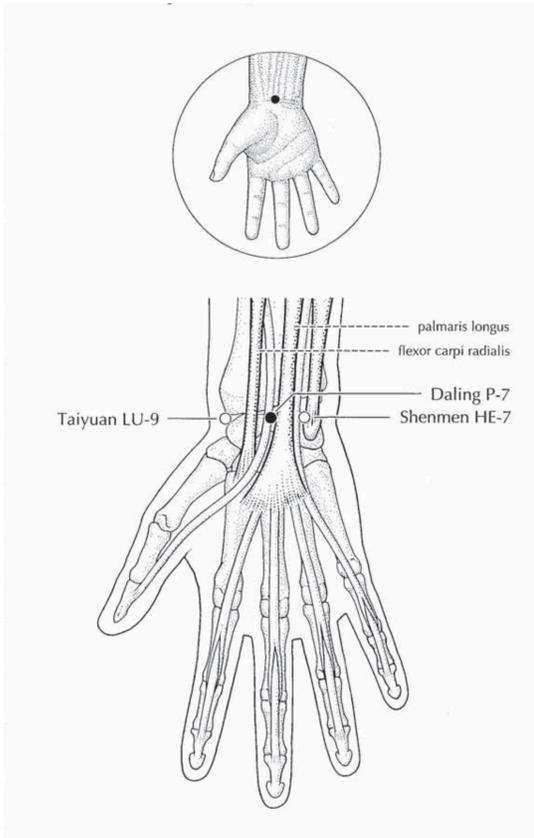


Figure 1

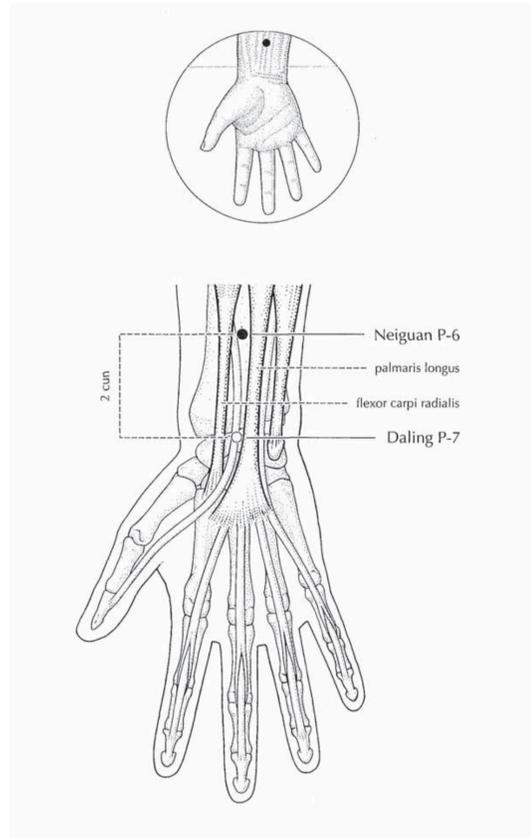


Figure 3

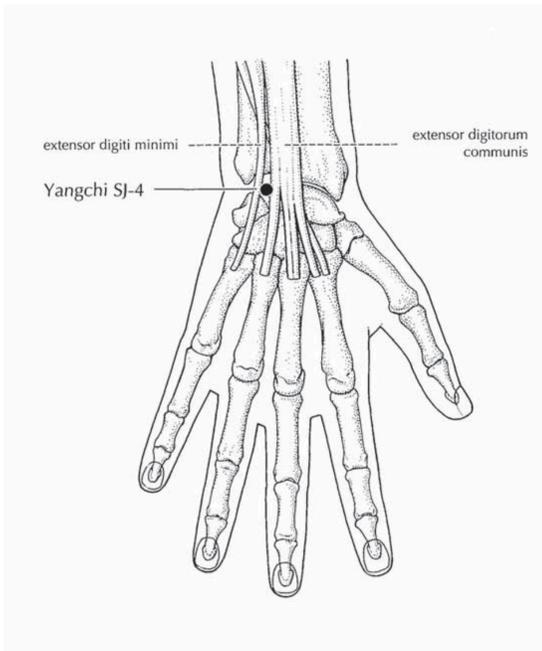


Figure 2

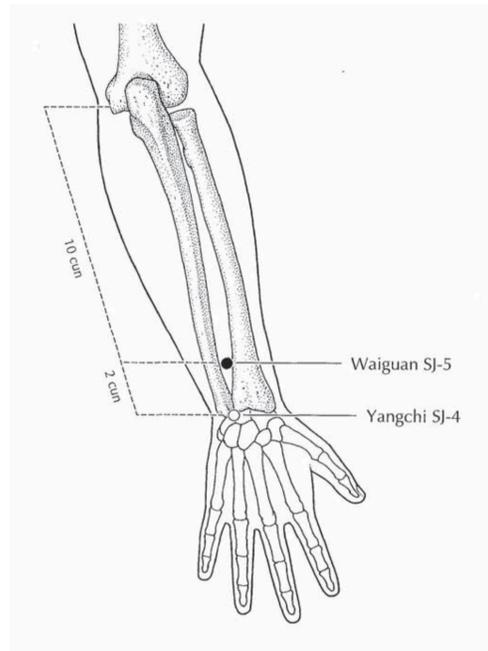


Figure 4

3.