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February 17, 2021

Acupressure 26 - Backache and Sciatica

(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 relaxed the lower back and buttock to reduce the pain. It can be done when the symptoms show up, or once a day. Note: do not do the acupressure on the acute injured side, instead, only do the opposite side during the acute stage.

1. UB 40 (Wei Zhong Xue) (Figure 1). UB 40 is located on Urinary Bladder meridian, midpoint of the transverse crease of the popliteal fossa, between the tendons m. biceps femoris and m. semitendinosus. Press with the index finger and make small circles for 32 or 64 times.
2. GB 30 (Huan Tiao Xue) (Figure 2). GB 30 is located on Gall Bladder meridian, on the posters-lateral aspect of the hip joint, one third of the distance between the prominence of the greater trochanter and the sacro-coccygeal hiatus. Press with the knuckle of hand and make small circles for 32 or 64 times.



Figure 1

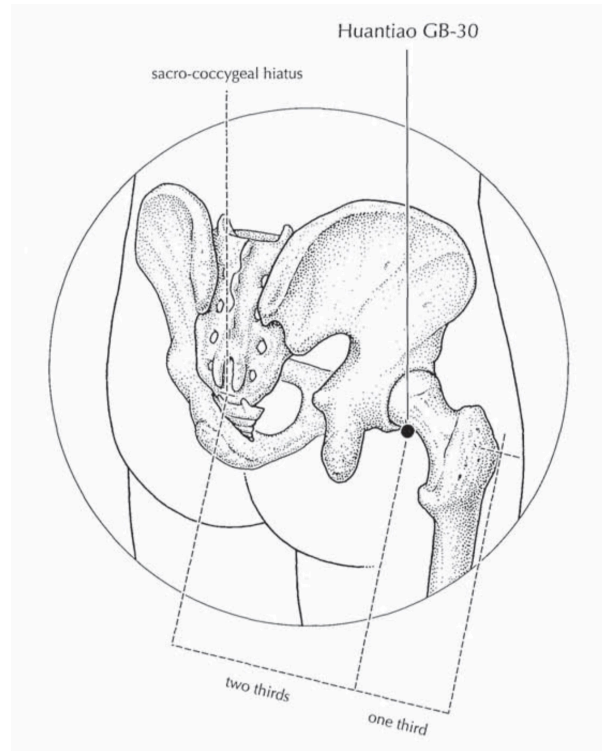


Figure 2