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March 3, 2021

Acupressure 28 - Foot and Ankle 1

(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 relieve the ankle and foot problems. When it is acute injury of the foot and ankle please DO NOT do the exercises on the injured side. Instead, do the opposite side. It can be done when the symptoms show up, or once a day.

1. UB 60 (Kun Lun Xue) (Figure 1). UB 60 is located on Urinary Bladder meridian, on the lateral aspect of the foot, behind the external malleolus, in the depression between the tip of the external malleolus and tendo calcaneus. Press with the thumb and make small circles for 32 or 64 times.
2. KD 3 (Tai Xi Xue) (Figure 2). KD 3 is located on Kidney meridian, on the medial aspect of the foot, posterior to the medial malleolus, in the depression between the tip of the medial malleolus and tendo calcaneus. Press with the thumb and make small circles for 32 or 64 times.

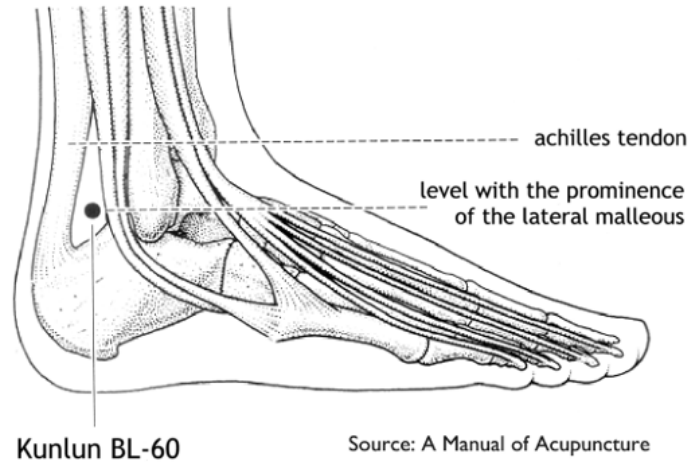


Figure 1

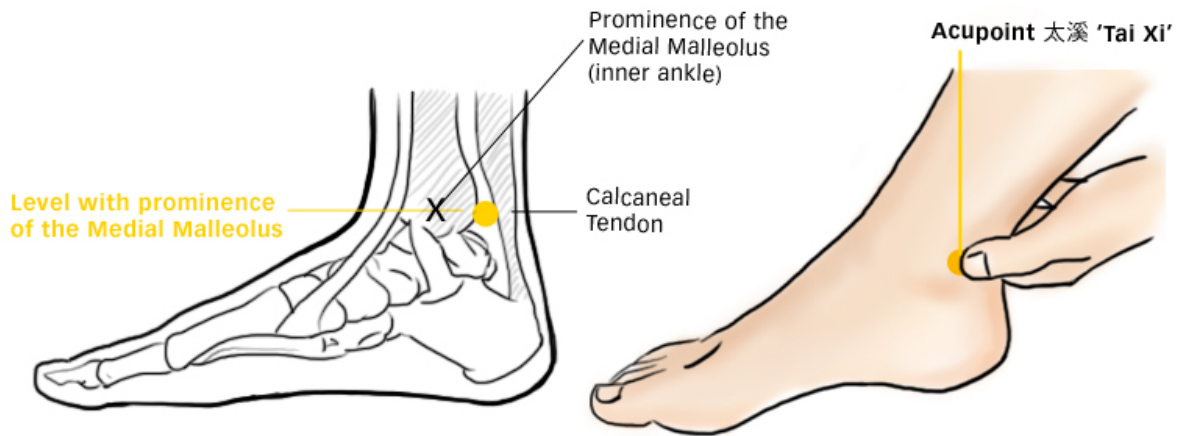


Figure 2