

Xin Tian, L.Ac.

<https://xintianacupuncture.weebly.com>

224-707-0998

February 24, 2021

# Acupressure 27 - Leg Cramps

(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 relax the muscles to relieve and prevent leg cramps especially in the calf muscle. It can be done when the symptoms show up, or once a day. You can do only the cramping side when it is happening to relieve the cramps.

1. UB 57 (Cheng Shan Xue) (Figure 1). UB 57 is located on Urinary Bladder meridian, directly below the belly of muscle gastrocnemius, on a line joining Wei Zhong (UB 40) and tendo calcaneus, about 8 cun below Weizhong (UB 40). Press with the thumb and make small circles for 32 or 64 times.
2. UB 58 (Fei Yang Xue) (Figure 2). UB 58 is located on Urinary Bladder meridian, on the posterior aspect of the lower leg, 1 cun inferior and lateral to UB 57. Press with the thumb and make small circles for 32 or 64 times.

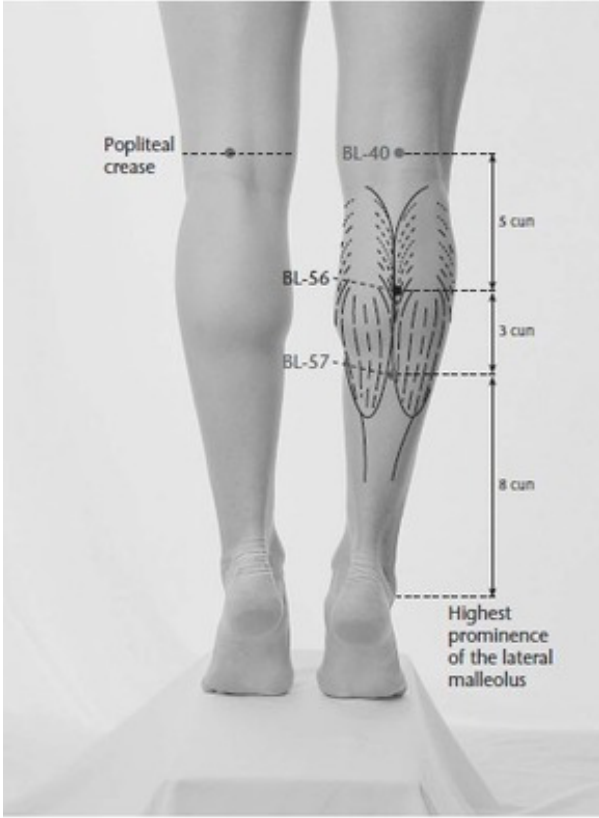


Figure 1

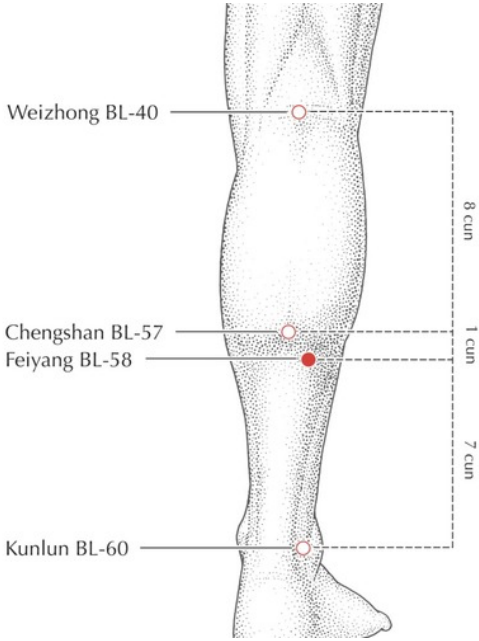


Figure 2