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Acupressure 30 - Arthritis 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 relieving the muscle aches and arthritic pain, increasing the mobility of the joints and strengthening them. Most people with arthritic condition will need to practice 2-3 times a day for 6 months and continue once a day for prevention and maintenance. This acupressure is especially effective for relieving non-articular rheumatism, which is soft-tissue condition that often has the symptoms of morning stiffness, muscle tenderness, fatigue, etc.

1. LI 4 (He Gu Xue) (Figure 1). LI 4 is located on Large Intestine meridian, on the dorsum of the hand, between the first and second metacarpal bones, at the midpoint of the second metacarpal bone and close to its radial border. . Press with the thumb and make small circles for 32 or 64 times.
2. SJ 5 (Shang Qiu Xue) (Figure 2). SJ 5 is located on Triple Warmer (San Jiao) meridian, 2 Cun proximal to the dorsum wrist crease between the radius and the ulna, on the radial side of the extensor digitorum communism tendons. Press with the thumb and make small circles for 32 or 64 times.

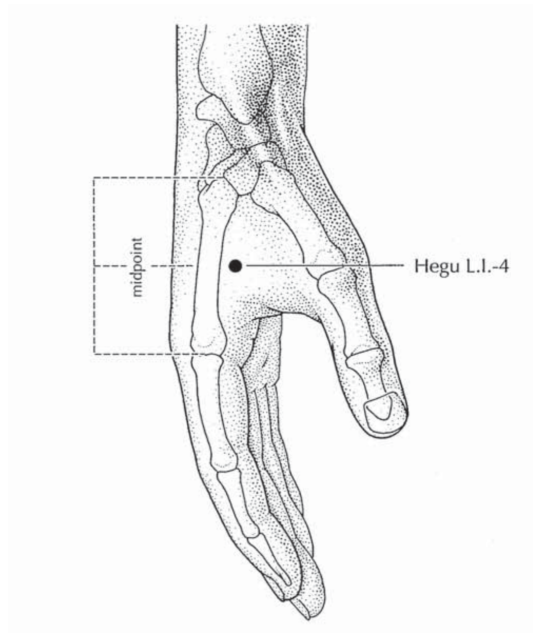


Figure 1

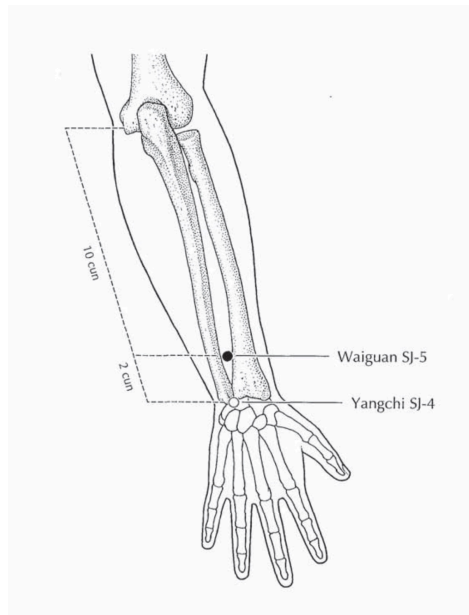


Figure 2