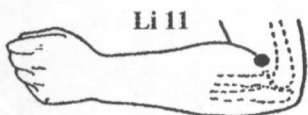
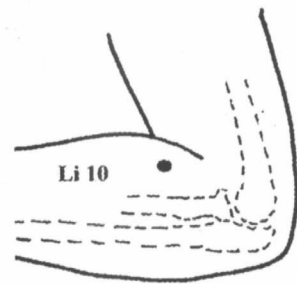
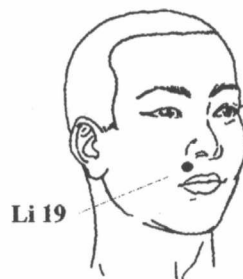
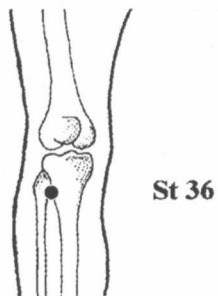
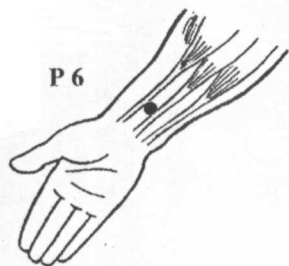


# AcuPoint Analysis

## ARM NUMBNESS



- H02** On the inside groove of the biceps muscle three cun above the inner crease edge when your arm is bent.
- H08** On the first skin crease on the palm between the fourth and fifth metacarpal bones. When a fist is made, the point is where the tip of the little finger rests.
- LI04** On the back of the hand between the thumb and index finger metacarpal bones. Find the spot midway on the bone that connects the index finger to the wrist and probe inward toward the main body of the hand.
- LI10** 2 Cun below LI11 (On the extreme end of the outer crease at the elbow) on a line connecting LI05 and LI11.
- LI11** On the extreme end of the outer crease of the elbow. Bend your arm tightly and place your Acu-Ki on the end of the crease. Keep your massager in place while opening the arm and stimulate the point on your relaxed arm downward toward your forearm.
- LI19** The width of one thumb from the face centerline, midway between the nose and the upper lip.
- P06** The width of two thumbs (2 Cun) above the most prominent crease on the inner wrist, in line with the middle finger.
- ST36** The width of one hand (3 Cun) below the bottom of the kneecap, and the width of one thumb (1 Cun) toward the outside of the leg (direction of the small toe.) Found in the trough or valley where the two most prominent bones of the calf come together.