



This gives you a little better feeling on how to find the points for the finger, hand, arm and shoulder. The Scaphoid fossa is the gray section with all the points for these parts of the body.

**Overview of Upper Limb Representation:** The Scaphoid Fossa can be divided into equal thirds. The hand and fingers are represented on the upper third of the Scaphoid Fossa, the forearm and elbow and upper arm are represented on the middle third of the Scaphoid Fossa, and the shoulder is represented on the lower third of the Scaphoid Fossa. Unlike the differences between the Chinese and French auricular Systems for representation of the lower limbs, both systems of auriculotherapy concur with regard to the location of the upper limbs.

**Physical Manipulation and Positioning of the Scaphoid Fossa:** Because the Scaphoid Fossa is a groove on the most peripheral part of the external ear, it tends to flap back and forth when one is scanning the ear for an active reflex point. It is necessary to provide firm

back pressure while the therapist presses the skin with a probe to detect a point for auricular diagnosis or auriculotherapy. The therapist should use his or her own thumb as back pressure while stretching the ear with the therapist's index finger. When detecting a point on the posterior surface of the ear, slightly bend the ear over, revealing the back of the ear. Treat the exact same posterior auricular region which had been detected on the anterior surface of the auricle in order to relieve the muscle spasms that may accompany the sensory aspects of pain in a limb.

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