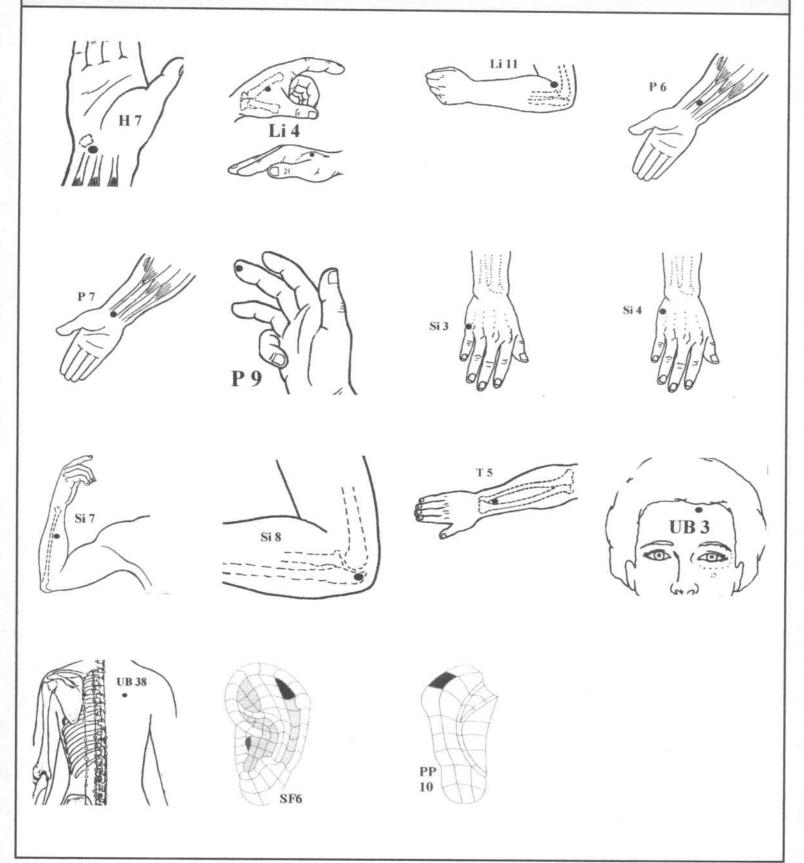
## AcuPoint Analysis FINGER PAIN\*

## **Points**



| Point | Description  |
|-------|--|
| H07   | Palm facing you, on the wrist crease closest to the hand, in the hollow directly in line with the inside of the little finger.   |
| 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. Sometimes this point is easy to find by squeezing two fingers together to form a small mound and marking an imaginary point at the peak of that mound. Then probe inward toward the main body of the hand, right on the bone. |
| 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.   |
| P06   | The width of two thumbs (2 Cun) above the most prominent crease on the inner wrist, in line with the middle finger.  |
| P07   | On the most prominent crease of the inner wrist, in line with the middle finger.   |
| P09   | 0.1 Cun from the nail bed on the middle finger toward the thumb or at the midpoint of the tip of the middle finger. Whichever is sorest.   |
| SI03  | On the outer edge of the hand, directly behind the knuckle of the littlest finger.   |
| SI04  | On the outer edge of the hand just about on the first crease of the wrist. It is in the depression between the last bone of the hand and the bone in the wrist.  |
| SI07  | The width of one hand and two thumbs above the most prominent crease of the wrist, along the bottom of the forearm, in line with the smallest finger.  |
| S108  | At the elbow between the tip of the elbow and the bone tip of the upper arm on the inside of the arm.  |
| T05   | The width of two thumbs above the most prominent crease of the upper wrist, in line with the middle finger. On the outside of the forearm.   |
| UB03  | Directly above the inner extremity of the eyebrow, 0.5 cun within the hairline. Easily found and stimulated with the Stressaway massager just by rolling in this area until you find a sore spot.  |
| UB38  | 3 Cun from the spine midline, level with the fourth thoracic vertebra. Between the shoulder blade and the spine 4 cun below a line drawn between the tips of the shoulders.  |
| EPP10 |  |
| ESF06 | Fingers, Appendix 1. Located on the 6th zone of the Scaphoid Fossa.  |