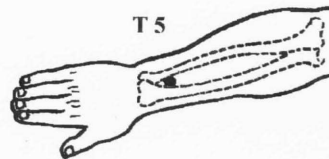
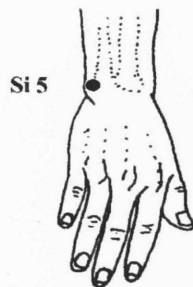
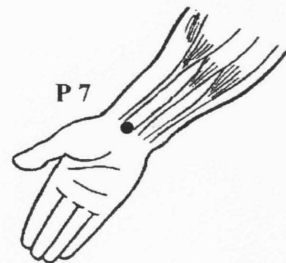
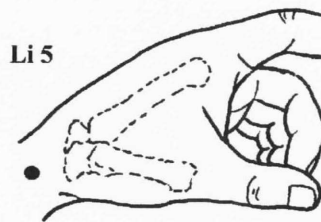
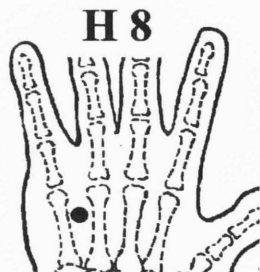


# AcuPoint Analysis ARTHRITIS WRIST



- H04 The width of 1.5 thumbs above the most prominent crease of the inner wrist, in line with the smallest finger.
- 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.
- Li05 Over the wrist joint. In the hole formed when hand is bent toward the face.
- P07 On the most prominent crease of the inner wrist, in line with the middle 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.
- Si05 On the side of the wrist in the groove between the arm and wrist bone.
- T04 Near the center of the skin crease on the top of the wrist. This forms a small hollow.
- 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.