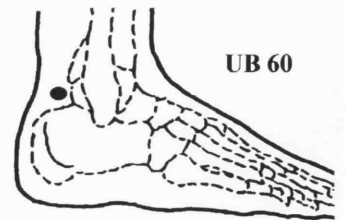
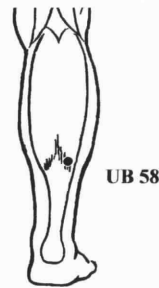
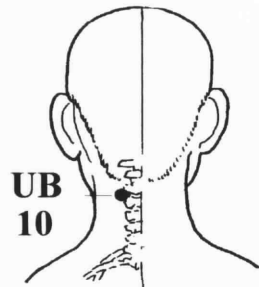
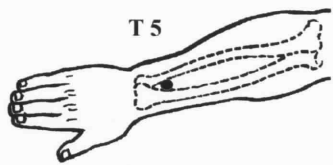
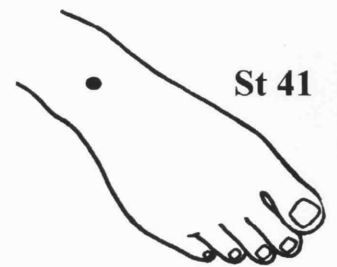
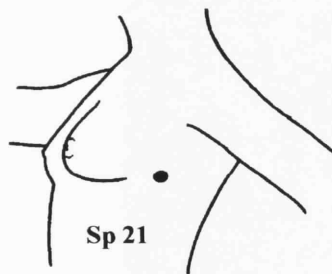
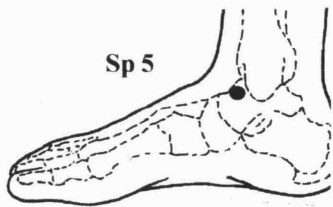
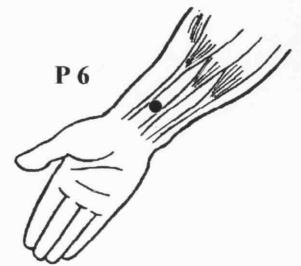
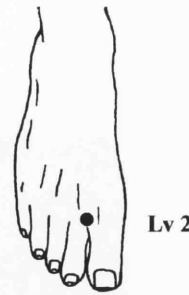
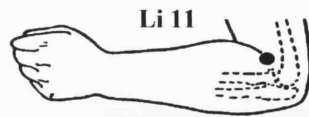
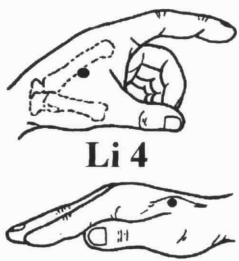
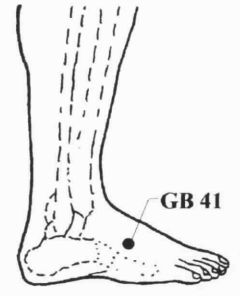
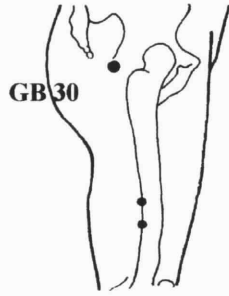
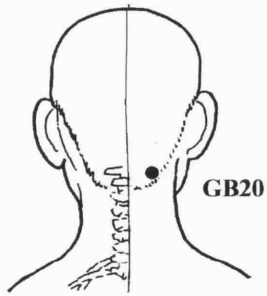


AcuPoint Analysis ARTHRITIS*

Points



AcuPoint Analysis

ARTHRITIS*

(DESCRIPTIONS)

Point	Description
GB20	This point is right under and against the base of the skull, in the two small muscular grooves at the back of the neck, two to three inches apart depending on the size of the head.
GB30	Near the "ball-joint" of the hips. Squeeze the buttocks together tightly, place the Acu-Ki in the depression formed at the hip, relax the buttocks and begin the stimulation.
GB34	Slightly below the level of the bottom on the kneecap, on the outer side of the leg, in the slight depression formed when the knee is completely straight. Forward of a line to the crown of the outer ankle.
GB41	On the top of the foot, in the valley between the smallest and fourth toes, midway between the separation between the toes and where the foot joins the leg.
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.
LV02	On top of the foot slightly behind the separation between the biggest and the second toes.
P06	The width of two thumbs (2 Cun) above the most prominent crease on the inner wrist, in line with the middle finger.
SP05	1 cun in front of the inner ankle bone crown.
SP21	6 cun from the center of the armpit on the side of the chest.
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.
ST41	Where the foot meets the leg, in line with the separation between the second and third toes.
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.
UB10	0.5 cun just beneath the base of the skull, on the rosy muscles and 0.5 cun from the spine midline.
UB58	The width of two hands and one thumb above the crown of the outer ankle; and nearly in line with, but slightly behind, a line vertical to the outer ankle.
UB60	In the hollow (or valley) behind the crown of the outer ankle.