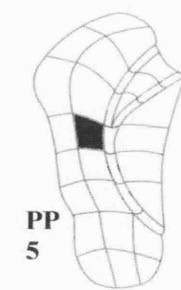
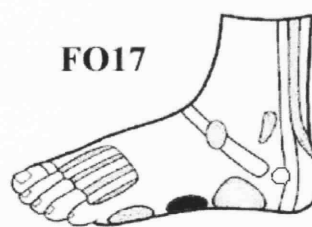
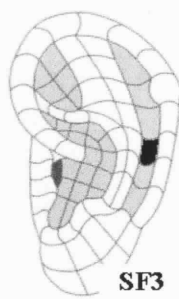
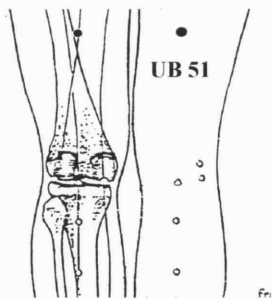
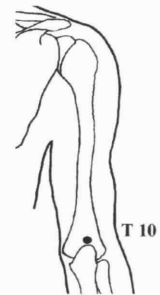
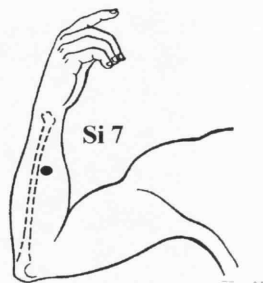
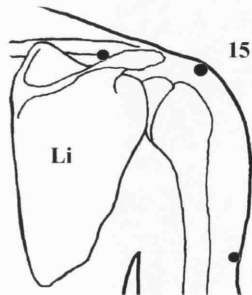
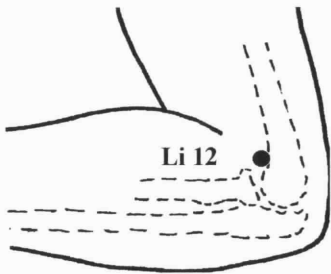
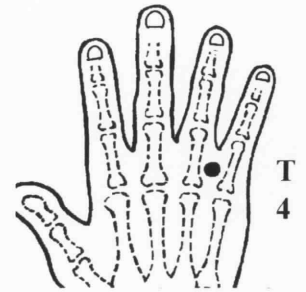
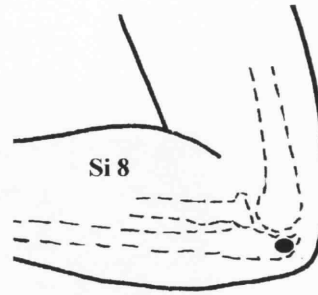
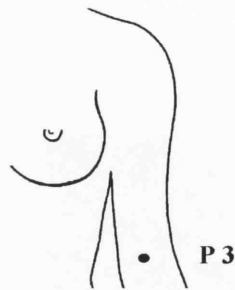
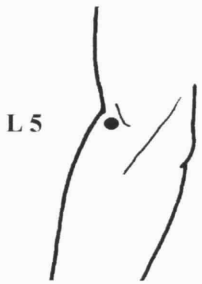
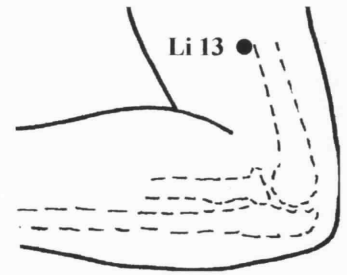
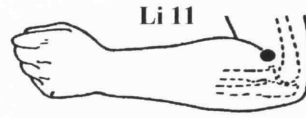
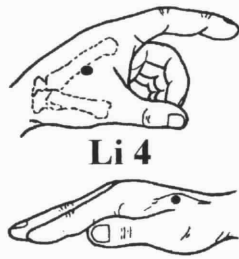
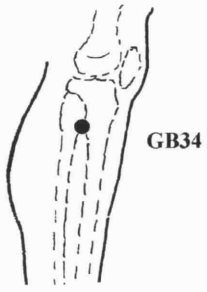


AcuPoint Analysis ELBOW PAIN*

Points



AcuPoint Analysis

ELBOW PAIN*

(DESCRIPTIONS)

Point	Description
GB34	Slightly below the level of the botton 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.
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.
LI13	On the front edge of the humerus (bone on your upper arm), 3 Cun above the elbow crease.
LU05	In the hollow, but more toward the outside (direction of the thumb) of the inner elbow crease.
P03	In the deepest hollow of the inner elbow, along the crease, between the two ligaments.
SI08	At the elbow between the tip of the elbow and the bone tip of the upper arm on the inside of the arm.
T02	On the back of the hand behind the web of the fourth and the fifth finger and in front of the knuckle joints.
LI12	With your arm flexed find a point 1 thumb width past the end of the crease on your elbow when your arm is bent.
LI15	<i>At the point of the shoulders. Raise your arm slightly above the level of your shoulder and place your Acu-Ki in the forward most dimple; then keeping your Acu-Ki in the dimple, lower your arm and begin stimulation.</i>
EPP05	
ESF03	Upper Arm, Chinese Shoulder, Appendix 2. Located on the 3rd zone of the Scaphold Fossa.
FO17	Elbow. Outside foot.
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.
T10	In the depression made when the elbow is flexed, about 1 cun in back of the tip of the elbow bone.
UB51	6 Cun below the gluteal fold of the buttocks and in the center of the back of the thigh.