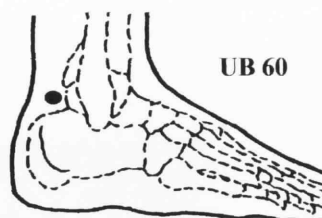
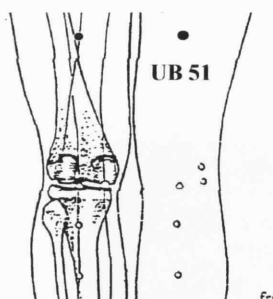
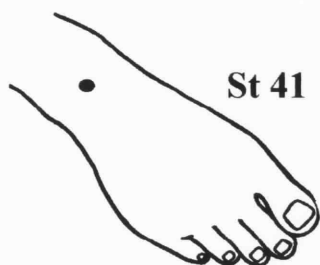
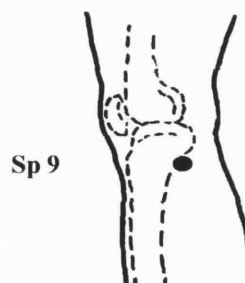
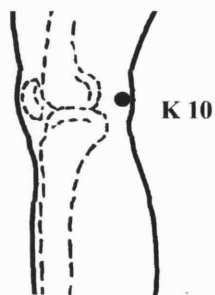
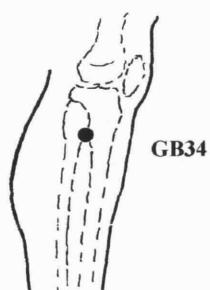


AcuPoint Analysis HAMSTRING PAIN*

Points



- 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.
- K10** On the crease at the rear of the knee, toward the inner side of the leg. Do not use this point if you suffer from varicose veins.
- SP09** On the inner portion of the leg, just below the level of the kneecap, in the concave depression just above the calf, in line with the crown of the inner ankle.
- ST31** Just below the level of the pubis on the front of the upper thigh.
- ST41** Where the foot meets the leg, in line with the separation between the second and third toes.
- UB51** 6 Cun below the gluteal fold of the buttocks and in the center of the back of the thigh.
- UB60** In the hollow (or valley) behind the crown of the outer ankle.