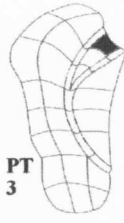
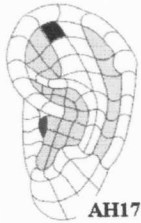
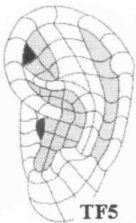
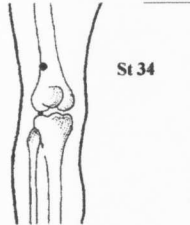
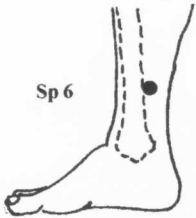
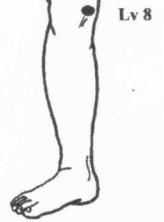
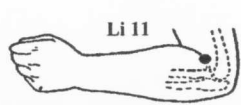
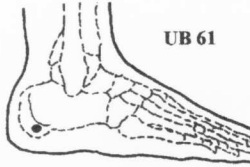
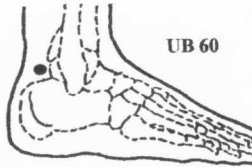
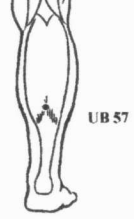
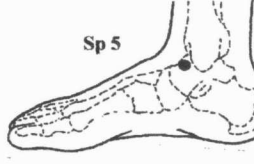
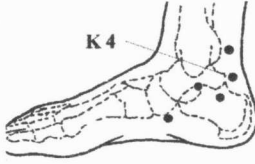


AcuPoint Analysis HEEL PAIN*



- K03** The width of two thumbs above the crown of the inner ankle, still on the inner side of the leg, but almost to the rear of the leg. Do not strongly stimulate this point after the third month of pregnancy.
- K04** Just behind the crown of the inner ankle.
- SP05** 1 cun in front of the inner ankle bone crown.
- UB57** In the center of the base of the calf muscle, midway between crease behind the knee and the heel at the bottom of the calf muscle buldge.
- UB60** In the hollow (or valley) behind the crown of the outer ankle.
- UB61** 1.5 cun directly below the hollow behind the outer ankle crown. At the junction at the change in skin color.
- EAH17** HEEL .C, ANKLE .C
- EPT03**
- ETF05** French Heel and Ankle, Chinese Uterus. Located on the 5th zone of the Triangular Fossa.
- 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.
- LV08** On the inside of the knee, where the crease ends when the knee is bent.
- SP06** The width of one hand (3 thumbs) above the crown of the inner ankle, just behind the shin bone on the front of the leg.
- ST34** 2 Cun above the top of the knee cap with the knees flexed.
- ST35** Just below the kneecap in the outer indentation.
- UB62** In the first indentation directly below the outer anklebone. This hollow is one-third the distance from the outer ankle bone to the bottom of the heel.