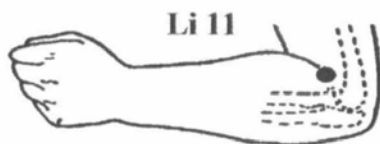
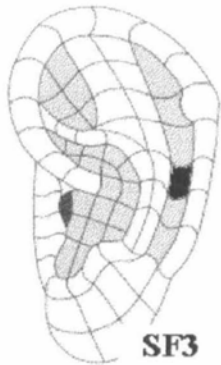


# Elbow



FO17 Elbow. Outside foot.

ESF3 Upper Arm, Chinese Shoulder, Appendix 2. Located on the 3rd zone of the Scaphoid Fossa.

HO3 Arm and shoulder. Outside hand.

Li4 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.