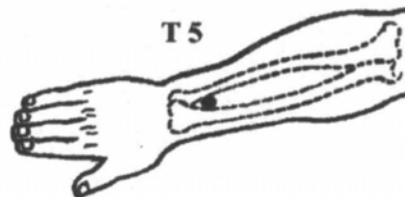
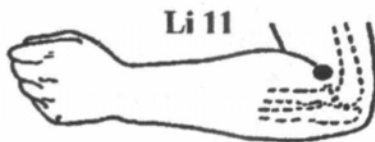
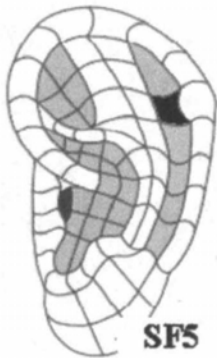


Wrist



ESF5 Wrist, Hand, Urticaria Point, Minor Occipital Nerve. Located on the 5th zone of the Scaphoid fossa.
 ESF4 Elbow, Forearm, Sleep Disorders, Insomnia.F Located on the 4th zone of the Scaphoid Fossa.
 FO76 Leg. Outside of foot.

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.

T5 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.