

What is acupressure?

- Acupressure has been used in traditional Chinese medicine (TCM) for more than 2000 years.
- Acupressure is a method to send a signal to the body (by needle or other means) to “turn on” its own self-healing or regulatory mechanisms.
- Acupressure helps to correct functional imbalances and restore the Qi flow, thus returning the body to a more natural state of well-being.

What is Qi?

- Qi (vital energy) circulates through natural pathways in the body called meridians. Blockage of this flow or an imbalance in Yin and Yang can cause illness and pain.

Self care with acupressure

- Be patient and consistent when practicing acupressure on the points.
- Press firmly with a finger in a rotatory movement or an up-and-down movement for several minutes at a time.
- When massaging, try to relax in a comfortable position, close your eyes, and breath deeply.

It is recommended that you use this information under the guidance of your physician.

For more information

Visit Explore IM at exploreIM.ucla.edu. Explore IM is a web-based portal designed to be an interactive resource for integrative East-West medicine. It is part of the UCLA Center for East-West Medicine’s ongoing effort to facilitate the integration of biomedicine and Chinese medicine.

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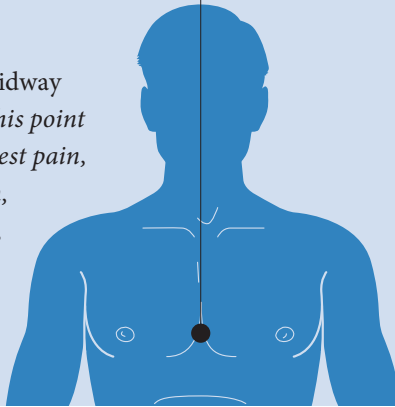
Eight Essential Acupressure Points

UCLA OWNED
(122592770)
EFFECTIVE PPI: 996



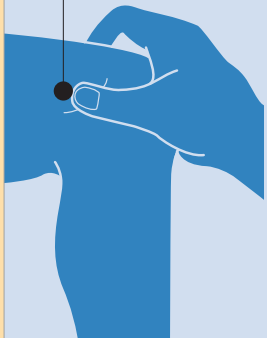
Shanzhong
(CV 17 or REN 17)

This point is located midway between the nipples. *This point is useful for asthma, chest pain, breast pain, palpitation, acid reflux, indigestion, and anxiety.*



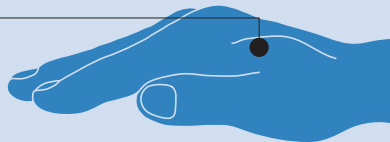
Xuehai (SP 10)

This point is located in the inner thigh, 3 finger widths above the knee cap in the muscle depression. *This point is excellent for skin diseases, PMS, increasing blood circulation, knee pain, and irregular menstruation.*



Hegu (LI 4)

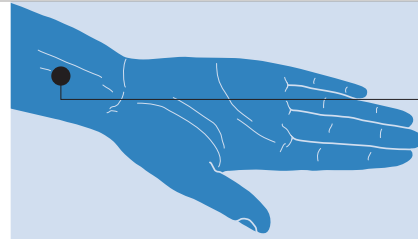
This point is located at the highest spot of the muscle when the thumb and the index fingers are brought close together. *This point is good for stress, headaches, toothaches, facial pain, and neck pain. However, as a word of precaution, it can induce labor and must never be used during pregnancy.*



Neiguan (P 6)

Turn your hand over so that your palm is facing up to the ceiling.

Locate the crease where your wrist and hand connect. *This is the point located about three fingers breadth above that crease, and is midway between the two large bones in your arm. This point can help provide relief for nausea, anxiety, carpal tunnel syndrome, upset stomach, motion sickness, and headaches and is even used for regulation of heart palpitations.*



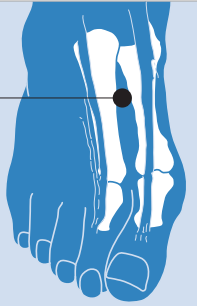
Zusanli (ST 36)

Find the point by measuring four finger widths down from the bottom of your knee cap. Then, cut across towards the outside of your leg. You'll find it about one finger breadth from the outer boundary of your shin bone. If you are in the right place, a muscle should pop out as you move your foot up and down. *You can find this point useful for fatigue and depression as well as knee pain and gastrointestinal discomfort. This point is frequently stimulated for health promotion and longevity.*



Taichong (LIV 3)

You need to take off your shoe to find this point. It is located about two finger widths above the place where the skin of your big toe and next toe join. *This is an excellent area to stimulate for stress, low back pain, high blood pressure, limb pain, insomnia, and emotional upset.*



Shousanli (LI 10)

Bend your arm 90 degrees at your elbow. This point is located three fingers below the elbow crease on the outer surface of the forearm. *This point is for neck and shoulder pain, abdominal pain, diarrhea, and tennis elbow.*



Sanyinjiao (SP 6)

Find the bony mound on the inside of your leg close to your ankle. From the top of this bump measure four finger widths up your leg, and push at the area just slightly behind the leg bone. *This point is for menstrual cramping, fatigue, insomnia, and menopausal symptoms, such as night sweats and hot flashes. Avoid during pregnancy.*

