

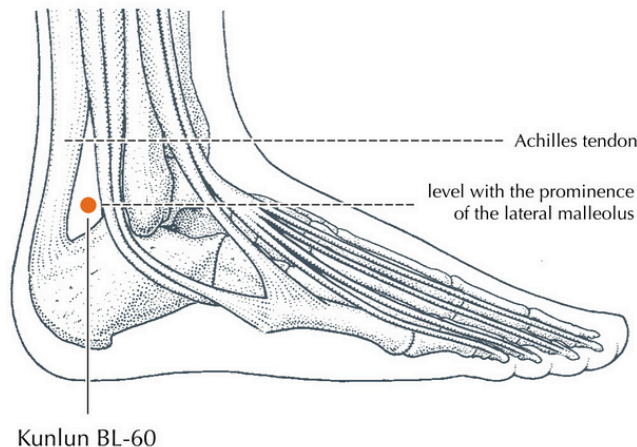
# Acupressure for Ankle Pain and Muscle Problems: 7 Effective Relief Techniques

from <https://www.copperjoint.com/acupressure-for-ankle-pain-and-muscle-problems/>

“Acupressure is an ancient healing technique that involves applying pressure to specific points on the body to ease pain and muscle tension. There are several acupressure points that can be targeted to address ankle pain and muscle issues in the feet.

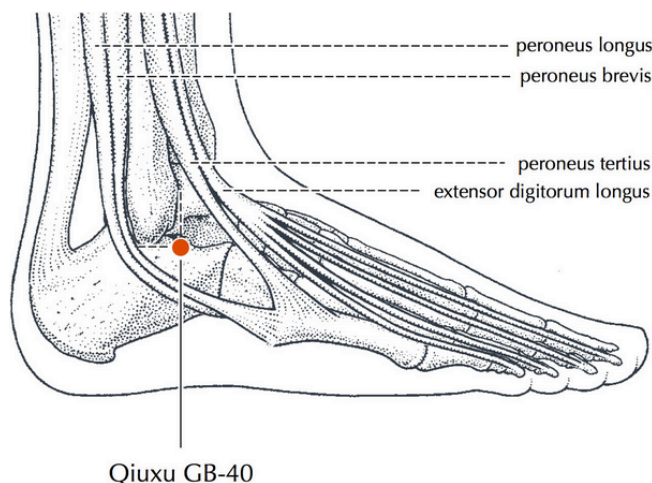
## 1. Kunlun Point (BL60):

Located at the midpoint of the Achilles tendon, between the ankle and the heel, this point is beneficial for relieving muscle tension in the ankle area. To apply pressure, use your fingers or palms and gently press on this point for a few minutes.



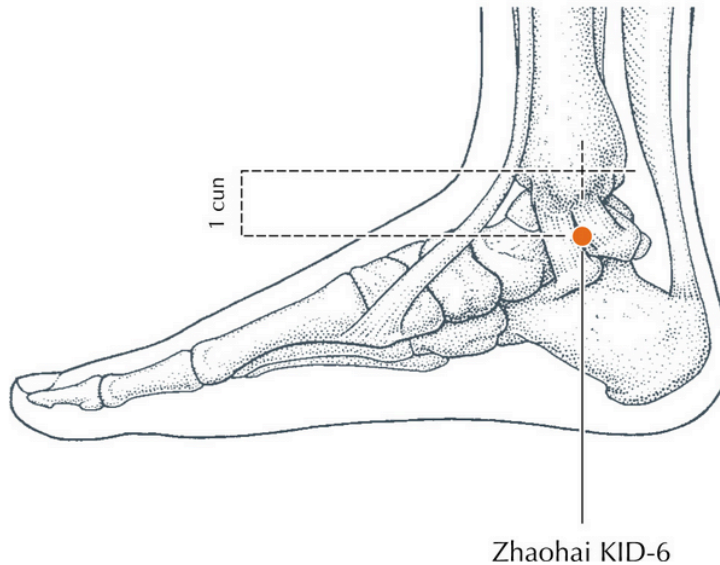
## 2. Qiuxu (GB40):

Found on the outer side of the ankle, just below the outer ankle bone, this point helps alleviate pain and stiffness in the ankle joint. Press with your fingers or palms, maintaining steady pressure for a few minutes.



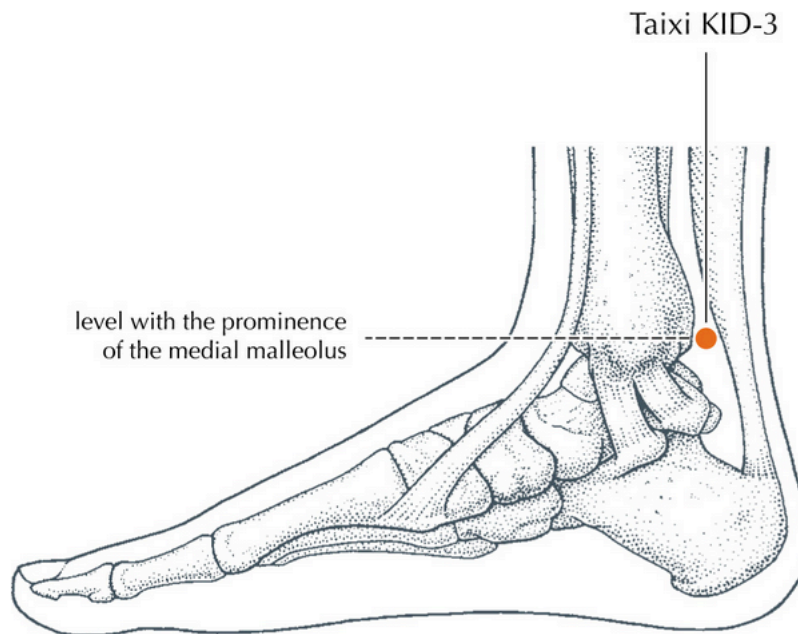
### 3. Zhaohai (KI6):

Located on the inner side of the ankle, below the inner ankle bone, this point is known to alleviate pain and promote relaxation in the muscles of the feet. Apply finger pressure for several minutes, or use a specialized acupressure tool for added precision.



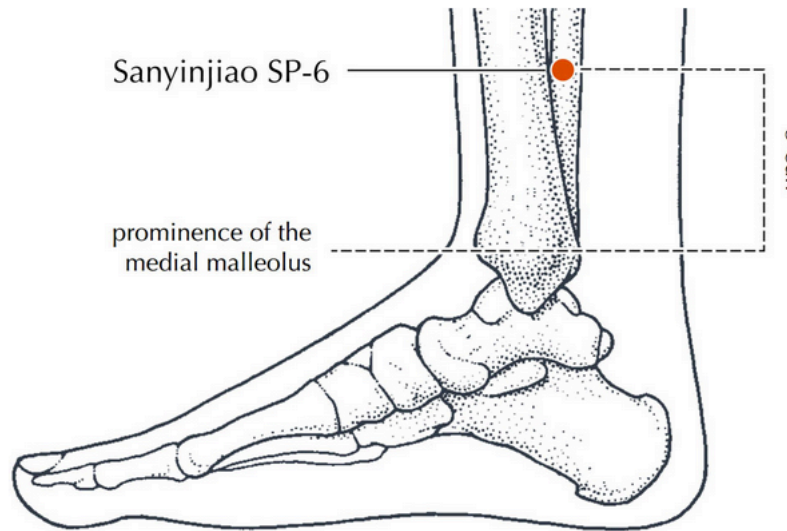
### 4. Taixi (KI3):

Positioned halfway between the inner ankle bone and the heel, this acupressure point helps with ankle pain, swelling, and stiffness. Using fingertips or the palm of the hand, apply firm but gentle pressure for several minutes.



### 5. Sanyinjiao (SP-6) [Incorrect point in article: Yinlingquan (SP9)]:

To locate this point, measure approximately three finger widths above the inner ankle bone.] It is used to reduce swelling and ease discomfort in the lower leg and ankle area. Apply steady pressure with the fingers or palm for optimal results.



Remember to apply pressure on each point for a few minutes on both feet, as targeting both sides helps maintain balance in the body. Before applying acupressure, ensure that you are in a comfortable position and your hands are clean. Regular practice of acupressure on these points may provide relief for those experiencing ankle pain and muscle problems. However, if symptoms persist or worsen, it is essential to consult a healthcare professional.”

#### ADDITIONAL POINT

from [Sports Acupuncture Clinic at Bamboo Family Acupuncture](#)

### Shen Mai (UB-62)

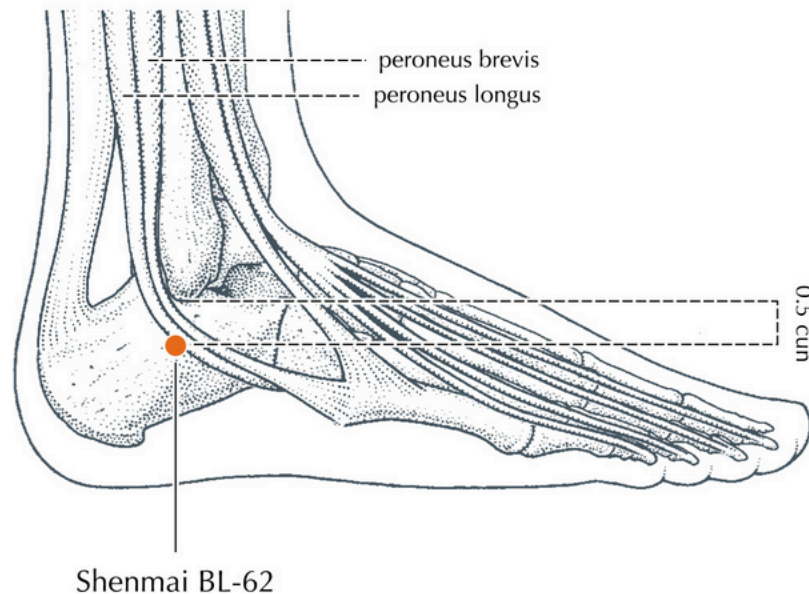
“Ankle pain, whether acute or chronic, can be treated through stimulation of acu-point *Shen Mai* “Extending Vessel” Urinary Bladder 62 (UB 62), located below the lateral malleolus (the outer projection of the “ankle bone” at the base of the fibula).

Acupressure at UB 62 can help in the acute stage (first 72 hours) of mild-to-moderate ankle sprains, as well as with the chronic achiness that can persist from an old or incompletely-healed sprain.

#### Locating Acu-point UB 62

Find the large protruberance (malleolus) at the base of the outer shin bone (the fibula). Slide your fingers down towards the ground and slightly backwards towards the heel, feeling first a cleft, then another smaller bump, below which is a shallow tender

depression. Continuing towards the ground, your finger will move off the heel bone and into another depression where the bottom of the heel bone transitions into the soft tissue (plantar fascia and muscles) of the sole of the foot.”



from Motion Specific Release

### “Contraindications Overview:

To ensure safety, it is crucial to be mindful of contraindications, especially during pregnancy. **Bladder 60 (BL 60)** is strongly contraindicated throughout pregnancy due to its ability to induce labor. **Kidney 3 (KI 3)**, **Liver 2 (LV 2)**, and **Liver 3 (LV 3)** should be used cautiously in pregnancy as they can influence energy flow and may impact uterine activity. Always consult with a healthcare provider if you are pregnant or have pre-existing medical conditions before using these points.

### Caution and Safety Guidelines

When practicing acupressure, be cautious to avoid areas with skin infections, open wounds, or severe skin conditions, as this can worsen the issue. Don't apply pressure to acute injuries, as it may hinder healing. Never push through intense pain during self-treatment, as it may indicate a deeper problem needing professional care. If pregnant, avoid specific points that can induce contractions or affect fetal development. Always consult a healthcare provider if you have concerns or pre-existing conditions before using acupressure techniques.”