

Knee Acupoint Exercises

Sit comfortably on a rug or mat, up against a wall to support your back. Extend your legs in front of you. Breathe deeply as you stimulate each of the following acupressure points.

Step 1. Use a tennis ball in the middle of the crease behind the affected knee. If you place the tennis ball on a thick pillow it will prevent the ball from slipping and support your knee more comfortably. Keep the ball in this position while completing the rest of the steps.

Step 2. Rub LV 8, Sp 9, K 10, B 53 and GB 34: Place the palms of your hands on both sides of your knees, covering these points. Briskly rub both sides for one minute to create a warming friction.

Step 3. Press around the kneecap and on ST 35: Use the thumbs and index fingers of both hands to press around the sides of your kneecap, directing your pressure underneath the knee bone. This stimulates St 35 as well as other special knee points. Lean your weight forward to apply the pressure for 10 seconds. Then release the pressure, rotate your fingertips one quarter of an inch and gradually reapply the pressure underneath your kneecap. Repeat this several times to thoroughly press around your kneecap for two minutes.

If you have pain when you attempt to rotate your kneecap, skip this step and proceed to the next exercise.

Step 4. Rotate the kneecap: Grasp your kneecap in the palm of your hand, then slowly rotate in one direction 10 times, then in the opposite direction ten times as you breathe deeply.

Step 5. Briskly rub St. 36: Place your knuckles on St. 36, three inches below your kneecap on the outside of your leg. Briskly rub your knuckles over this point, creating heat from the friction for 30 seconds.

Step 6. Leg and knee stretch: Gradually lean forward, flexing your toes toward you and pushing your heel away from you as you slowly count to five, then take a deep breath and let your leg relax. Repeat this stretch two more times.

Step 7. Repeat step 2.

Step 8. Switch legs: Repeat steps 1 through 7 on your other leg. Spend twice as much time on the leg and knee that are giving you the most trouble.

Points for Relieving Knee Pain

Commanding Middle (B 54)

Location: In the center of the back of the knee in the crease of the knee joint

Benefits: Relieves knee pain, stiffness, arthritis, back pain and sciatica

Crooked Spring (Lv 8)

Location: On the inside of the knee where the crease ends when the knee is bent

Benefits: Relieves knee pain, fibroids and swelling in the knee

Nourishing Valley (K 10)

Location: On the inner edge of the knee crease, in the hollow between the two tendons

Benefits: Knee pain, genital disorders and abdominal pain

Shady Side (Yin) of the Mountain (Sp 9)

Location: On the inside of the leg, just below the bulge that is down from the inside of the knee and under the head of the shinbone

Benefits: Relieves knee problems, swelling, leg tensions, varicose veins, edema and cramps

Sunny Side (Yang) of the Mountain (GB 34)

Location: On the outside of the lower leg, below and in front on the head of the shinbone

Benefits: Relieves excessive knee pain, muscular tension, aches and muscle strains

Commanding Activity (B 53)

Location: On the outside of the knee, where the crease ends when the knee is bent

Benefits: Relieves knee pain and stiffness

Mound ((St 34)

Location: 2 thumb widths above the top of the kneecap in line with its outside edge

Benefits: Moves Qi and blood stagnation locally, relieves upper knee pain and stiffness

Blood Sea (Sp 10)

Location: 2 thumb widths above the top of the kneecap and 2 widths toward the inside of the thigh

Benefits: Moves Qi and cools blood, relieves stagnation, leg stiffness and knee pain

Three Mile Point (St 36)

Location: Four finger widths below the kneecap, one finger outside the shinbone

Benefits: Strengthens the whole body, tones the muscles, energizes the legs and relieves knee pain

NOTE: *These next two points together are called the “Eyes (also dimples) of the Knee”*

Calf's Nose (St 35)

Location: Just below the kneecap in the outer indentation

Benefits: Relieves knee pain, knee stiffness, rheumatism of the feet and edema

Xiyan Point (extra point)

Location: Just below the knee in the inner indentation

Benefits: Relieves knee pain, knee stiffness and fluid in the knee

Knee Pain On Bending: Treat St 35 and Xiyan. Dispersing GB 34 is also helpful

Knee Pain On Straightening: Treat Sp 10 and St 34, and Sp 9 and St 36

NOTE: *You do not have to use all of these points. Using just one or two of them can be effective*