

Acupressure for Back Pain

Common acupressure points include:

- ★ **Liver 3:** Situated between the big toe and second toe, this point helps stimulate relief from low back pain and stress, and may reduce insomnia and high blood pressure.
- **Ren 6:** Located on the lower abdomen, putting pressure on this point may ease abdominal discomfort and associated problems (eg, diarrhea). Traditional Chinese acupuncturists call the Stomach Point the 'Sea of Energy'. Applying firm pressure to the Stomach Point helps to strengthen the abdominal muscles, which can eliminate lower back problems before they occur. Located approximately two fingers from your naval.
- ★ **Large Intestine 4:** Situated in the web between the thumb and index finger, this acupoint may ease neck pain, headaches, and stress. Although it might seem strange to perform acupuncture on your hand for back pain, the Hand Point is directly connected to stress and stiffness in the back. Consequently, applying firm pressure to the Hand Points is great for reducing this stress and stiffness. Located between your thumb and your index finger. First, lie your hand on a flat surface, and then apply pressure to this area repeatedly, with three second intervals, until the pain is relieved.
- **Stomach 36:** Stomach 36 is one of the most powerful points on your body. It helps strengthen qi and blood, gets rid of damp, strengthens your digestion (spleen and stomach), strengthens the body, relaxes you spiritually, and relieves pain. Located four finger widths down from the bottom of your knee cap, along the outer boundary of your shin bone.
- ★ **Kidney 3:** Located in the inner ankle, this point may be pressed for a wide range of ailments, including low back pain, sleep problems, and bladder dysfunction.
- ★ **Bladder 23** The Lower Back Point is also known as the 'Sea of Vitality'. Like the Stomach Point, applying pressure to this point offers effective pain relief from lower back pain as well as sciatica.
- ★ **Bladder 54** The Hipbone Points are sometimes referred to as the Womb and Vitals. Applying gentle pressure to both these Hipbone Points will help to relieve you of both hip pain and lower back pain, as well as sciatica and pelvic stress. Located approximately two finger widths from the large bony area at the bottom of your spine, midway between the top of your hipbone and the base of your buttocks.

- ★ **Bladder 40** In acupuncture, the Knee Back Points are often referred to as the Commanding Middle. Applying firm pressure to the Knee Back Points is an effective method for reducing stiffness in the back and sciatica, as well as knee and hip pain. Located at the dead centre of the back of your knee. Located between the second and third vertebrae from the bottom of your spine.
- **Gall Bladder 34** The Gall Bladder is interiorly-exteriorly related with the Liver which dominates and nourishes the sinews, and Yánglíngquán GB-34, the he-sea point of the Gall Bladder channel, is an essential point for contraction of the sinews and stiffness and tightness of the muscles and joints, and most especially for disorders of the leg such as knee pain, hip pain, sciatica, hemiplegia, atrophy disorder and painful obstruction. Below the lateral aspect of the knee, in the tender depression approximately 1 cun anterior and inferior to the head of the fibula. To avoid confusing the head of the fibula with the tibial condyle, slide your fingers up the lateral aspect of the lower leg until the soft tissue of the musculature gives way to the bony prominence of the head of the fibula.
- ★ **Bladder 57** For pain and stiffness of the lumbar region, sciatica, difficulty sitting and standing, inability to stand for long, cramps, pain and contraction of the sinews, leg qi with swollen knee, heavy legs, flaccidity and weakness of the leg, pain of the heel, heat sensation in the soles with inability to stand for long. Located on the lower leg, in the depression formed below the bellies of the gastrocnemius muscle when the muscle is flexed. Run your finger upwards from the Achilles tendon along the midline until it falls into the depression formed between the two origins of the gastrocnemius muscle bellies
- **Bladder 62** Treats chills and fever, wind invasion, headache, neck stiffness, eye and ear problems, mania-depression, insomnia and lumbar pain. Located on the lateral side of the foot, approximately 0.5 cun inferior to the inferior border of the lateral malleolus, in a depression posterior to the peroneal tendons. Locate this point directly inferior to the prominence of the lateral malleolus.
- ★ **Yao Tong Xue** For acute lumbar sprain. Low back pain. Located on the dorsum of the hand, midway between the transverse wrist crease and the metacarpalphalangeal joint, between both the 2nd and 3rd and the 4th and 5th metacarpals (2 points on each hand).