

Qigong for Knee Pain

Locate and Massage Stomach-33 & Spleen-10 points 2 cun (2 thumb widths) above the knee cap and on either side of the quadriceps tendon with your thumbs.

Locate and Massage Stomach-34 & Xiyan points, in the hollows below and on either side of the knee cap, with your pointer fingers while continuing to massage St-33 & Sp-10 with your thumbs.

Massage all around the knee cap and out the sides with your first two fingers. Do that a couple of times.

Locate and Massage Gall Bladder-34

Clap, with an open palm, the sides of the knee. Then clap the front and back of the knee.

Repeat on the other knee.

