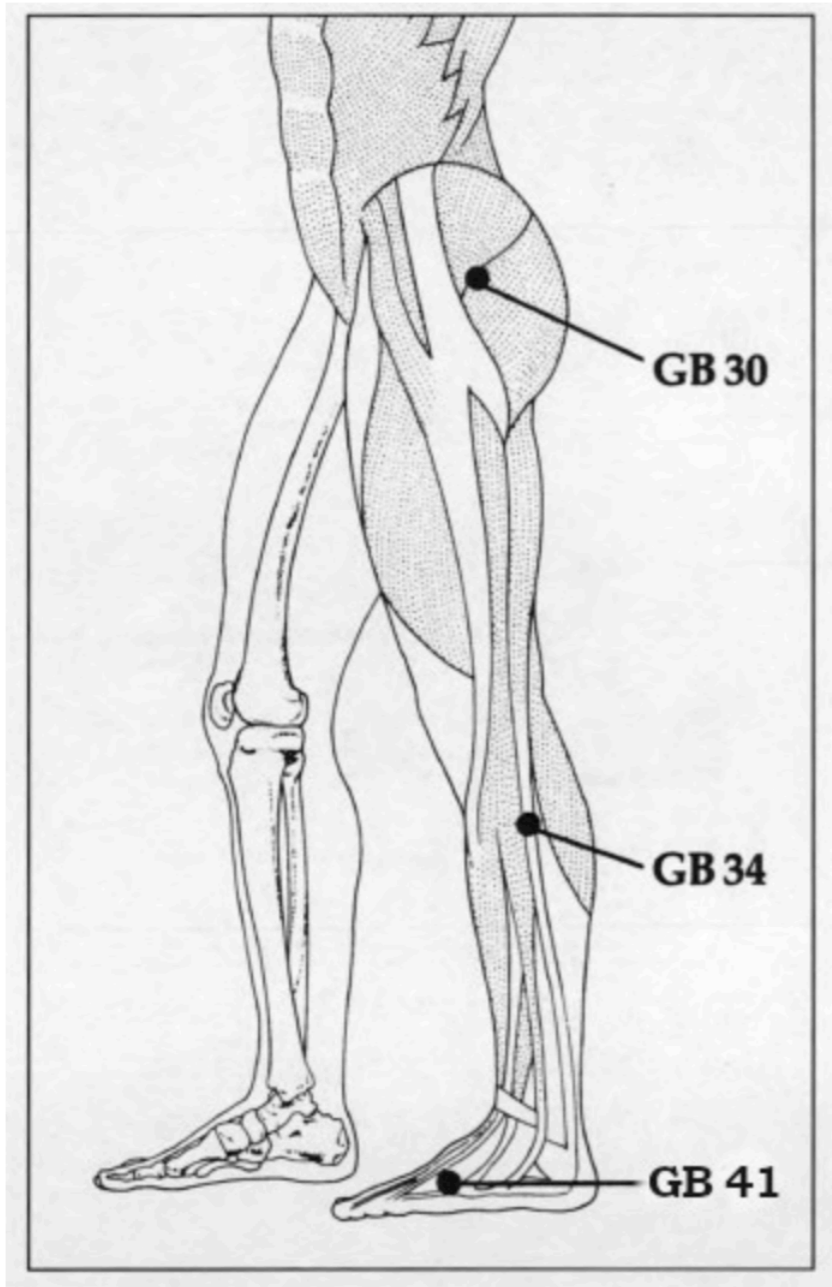


Self-Acupressure Points for Relieving Knee & Hip Pain



GB 30 is located in the center of the hip for relieving sciatica or hip pain. The pressure on this point should create a pain that hurts good. Close your eyes and breathe deeply for several minutes.

GB 34 is a muscle relaxant point located on the outside of the lower leg, below and in front of the head of the fibula. This point can be stimulated with your knuckles. Hold the point with your fingertips.

GB 41 is a general pain relief point which is located between the fourth and fifth metatarsals, below the juncture where the bones begin to narrow on top of the foot.

St 35 is in the indentation between the kneecap and the shinbone when the knee is bent. This point can also be stimulated with your knuckles. Hold the point with your fingertips.

B 53 is a trigger point for relieving hip and back pain, located on the outside of the crease behind the knee. Energy tends to get blocked at this point.

