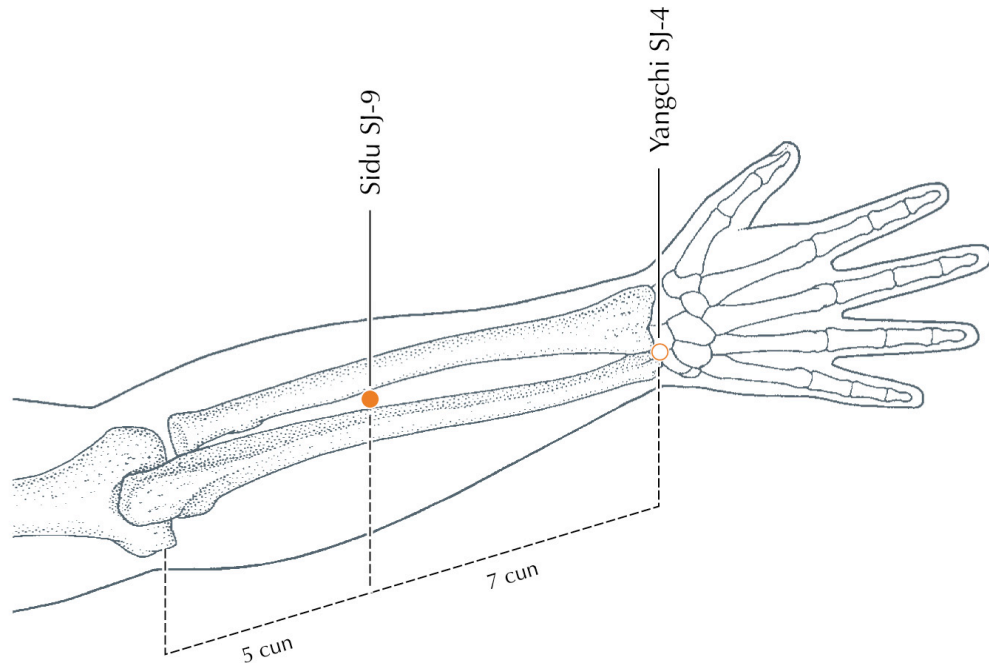


Acupressure for Carpal Tunnel

While Holding TW 9 Palm Down Fingers Forward Move Hand Up & Down



While Holding LI 10 Palm In Fingers Forward Move Hand Side & Side

