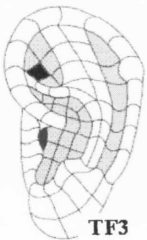
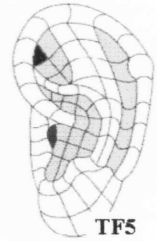
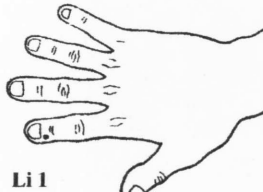
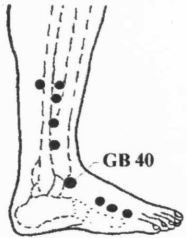
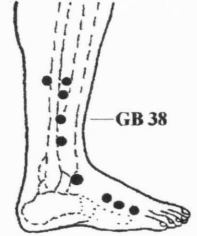
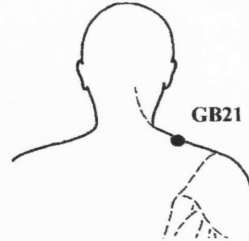
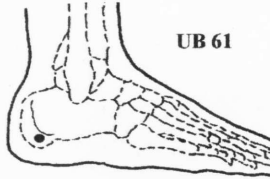
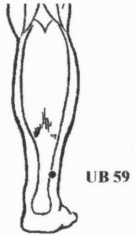
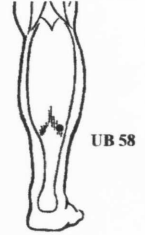
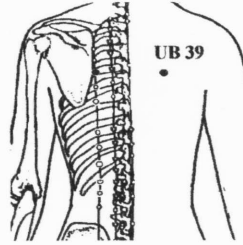
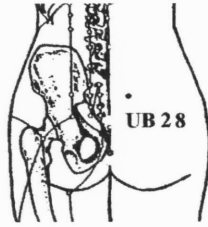


# AcuPoint Analysis LEG CRAMP\*



- ST36** The width of one hand (3 Cun) below the bottom of the kneecap, and the width of one thumb (1 Cun) toward the outside of the leg (direction of the small toe.) Found in the trough or valley where the two most prominent bones of the calf come together.
- UB28** 1.5 Cun from the spine midline, between the lower medial border of the posterior superior iliac spine and the sacrum. 2 cun above the point where the buttocks form a crease. Easily stimulated with the Back-eze.
- UB39** 3 cun from the spine midline, on the middle inside border of the scapula on the level between the 5th & 6th thoracic vertebrae. At about the level of the heart.
- UB58** The width of two hands and one thumb above the crown of the outer ankle; and nearly in line with, but slightly behind, a line vertical to the outer ankle.
- UB59** 3 cun directly above the hollow (or valley) behind the crown of the outer ankle.
- UB61** 1.5 cun directly below the hollow behind the outer ankle crown. At the junction at the change in skin color.
- FO76** Leg. Outside of foot.
- GB21** On the top of the shoulder, one to two inches from the side of the neck.
- GB38** The width of one hand and one thumb above the crown of the outer ankle.
- GB40** The width of one thumb directly in front of the crown of the outer ankle, in the valley that is just ahead of the crown.
- LI01** Just behind the corner of the fingernail of the index finger, on the side closest to the thumb.
- ETF03** THIGH, Chinese Constipation Point, Antihistamine Point. Located on the 3th zone of the Triangular fossa.
- ETF05** French Heel and Ankle, Chinese Uterus. Located on the 5th zone of the Triangular Fossa.