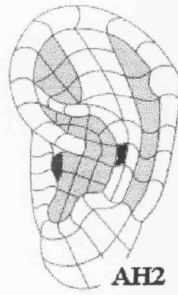
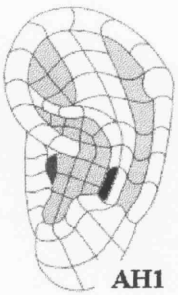
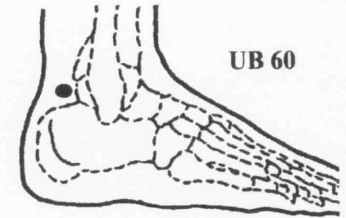
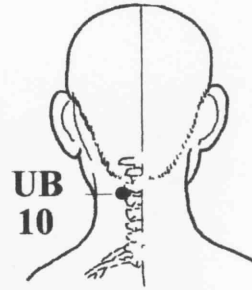
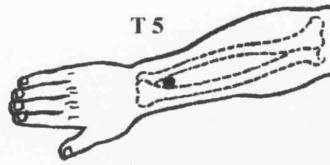
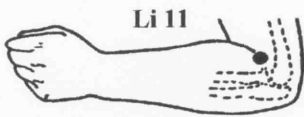
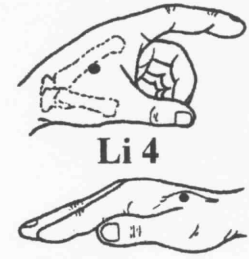
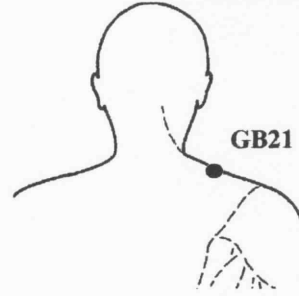
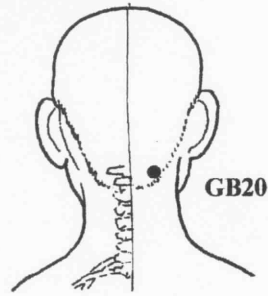
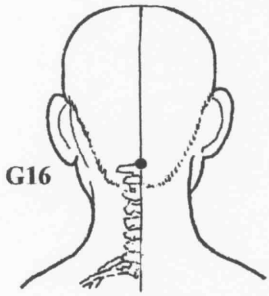


AcuPoint Analysis NECK PAIN*

Points



AcuPoint Analysis

NECK PAIN*

(DESCRIPTIONS)

Point	Description
G16	1 cun below the area where the skull joins the spine (cervical atlas), on the spine.
GB20	This point is right under and against the base of the skull, in the two small muscular grooves at the back of the neck, two to three inches apart depending on the size of the head.
GB21	On the top of the shoulder, one to two inches from the side of the neck.
LI04	On the back of the hand between the thumb and index finger metacarpal bones. Find the spot midway on the bone that connects the index finger to the wrist. Sometimes this point is easy to find by squeezing two fingers together to form a small mound and marking an imaginary point at the peak of that mound. Then probe inward toward the main body of the hand, right on the bone.
LI11	On the extreme end of the outer crease of the elbow. Bend your arm tightly and place your Acu-Ki on the end of the crease. Keep your massager in place while opening the arm and stimulate the point on your relaxed arm downward toward your forearm.
T05	The width of two thumbs above the most prominent crease of the upper wrist, in line with the middle finger. On the outside of the forearm.
UB10	0.5 cun just beneath the base of the skull, on the ropy muscles and 0.5 cun from the spine midline.
UB60	In the hollow (or valley) behind the crown of the outer ankle.
EAH01	UPPER CERVICAL VETERBRAE, CEREBELLUM
EAH02	LOWER CERVICAL VERTEBRAE, TORTICOLLIS
FB36	Neck, side of . Bottom of foot on both sides.
FB56	Spine, neck. Both sides of the bottom of the feet.
FB57	Spine, upper. Both sides of the bottom of the feet.
HI56	Spine in the neck. Between 1st and 2nd joints of thumb.
HI57	Upper spine. Below second joint of thumb.
HI35	Neck and throat. Hand inside.

NECK PAIN*:

The points on the back are found and stimulated most easily with the Stressaway Backeze.