AcuPoint Analysis PARALYSIS 12 POINT SYSTEM

Points



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(DESCRIPTIONS)

Point	Description
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.
UB40	3 cun from the spine midline, on the inside border of the scapula, 1.5 cun above the bottom of the shoulder blade.
LU07	On thumb edge of the wrist, 1.5 Cun toward elbow from wrist crease nearest hand. A difficult point to find, but made easier by linking the hands (in picture), find point beneath index finger lying along top of wrist, deep in a small hollow.
L104	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.
ST44	Just behind the separation between the second and third toes.
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.
UB57	In the center of the base of the calf muscle, midway between crease behind the knee and the heel at the bottom of the calf muscle buldge.
LV03	Two cun above the separation between the biggest and second toes, on the top side of the foot.
UB60	In the hollow (or valley) behind the crown of the outer ankle.
GB34	Slightly below the level of the botton on the kneecap, on the outer side of the leg, in the slight depression formed when the knee is completely straight. Forward of a line to the crown of the outer ankle.
GB30	Near the "ball-joint" of the hips. Squeeze the buttocks together tightly, place the Acu-Ki in the depression formed at the hip, relax the buttocks and begin the stimulation.
H05	The width of one thumb above the most prominent crease of the inner wrist, in line with the smallest finger.