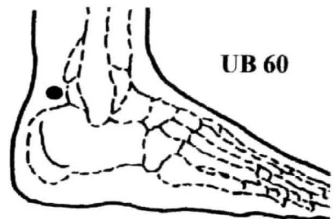
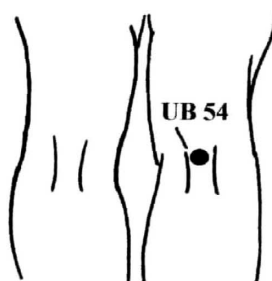
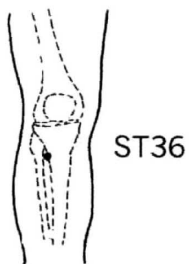
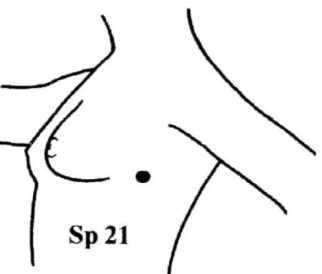
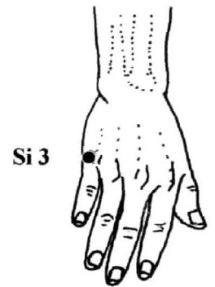
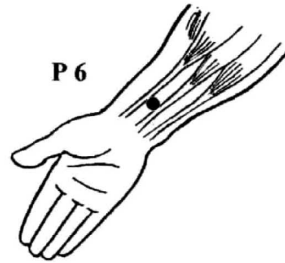
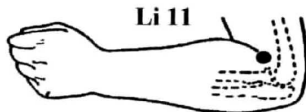
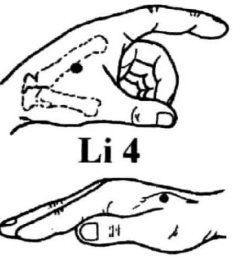
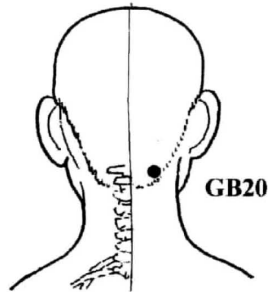
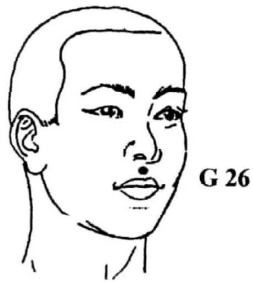
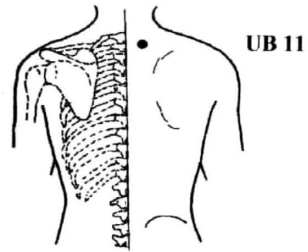
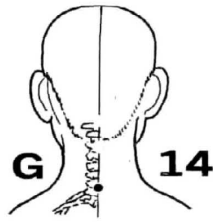
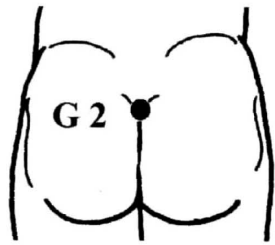


AcuPoint Analysis BACK SPONDYLITIS*



- C06** 1.5 Cun below the navel.
- G02** On the centerline of the back, just above the crease of the buttocks.
- G14** On the spine, in the valley between the lowest cervical and the highest dorsal vertebrae, on an imaginary line drawn between the tips of the shoulders.
- GB21** On the top of the shoulder, one to two inches from the side of the neck.
- UB11** 1.5 Cun from the spine midline, 1 cun below a line level with the top of the shoulder blades. Easily stimulated with the Back-eze.
- G26** Midway between the nose and the upper lip.
- 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.
- K03** The width of two thumbs above the crown of the inner ankle, still on the inner side of the leg, but almost to the rear of the leg. Do not strongly stimulate this point after the third month of pregnancy.
- 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.
- P06** The width of two thumbs (2 Cun) above the most prominent crease on the inner wrist, in line with the middle finger.
- SI03** On the outer edge of the hand, directly behind the knuckle of the littlest finger.
- SP21** 6 cun from the center of the armpit on the side of the chest.
- 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.
- UB54** In the center of the crease at the rear of the knee, between the two ligaments. Do not use this point if you have varicose veins.
- UB60** In the hollow (or valley) behind the crown of the outer ankle.