

Fig. 1

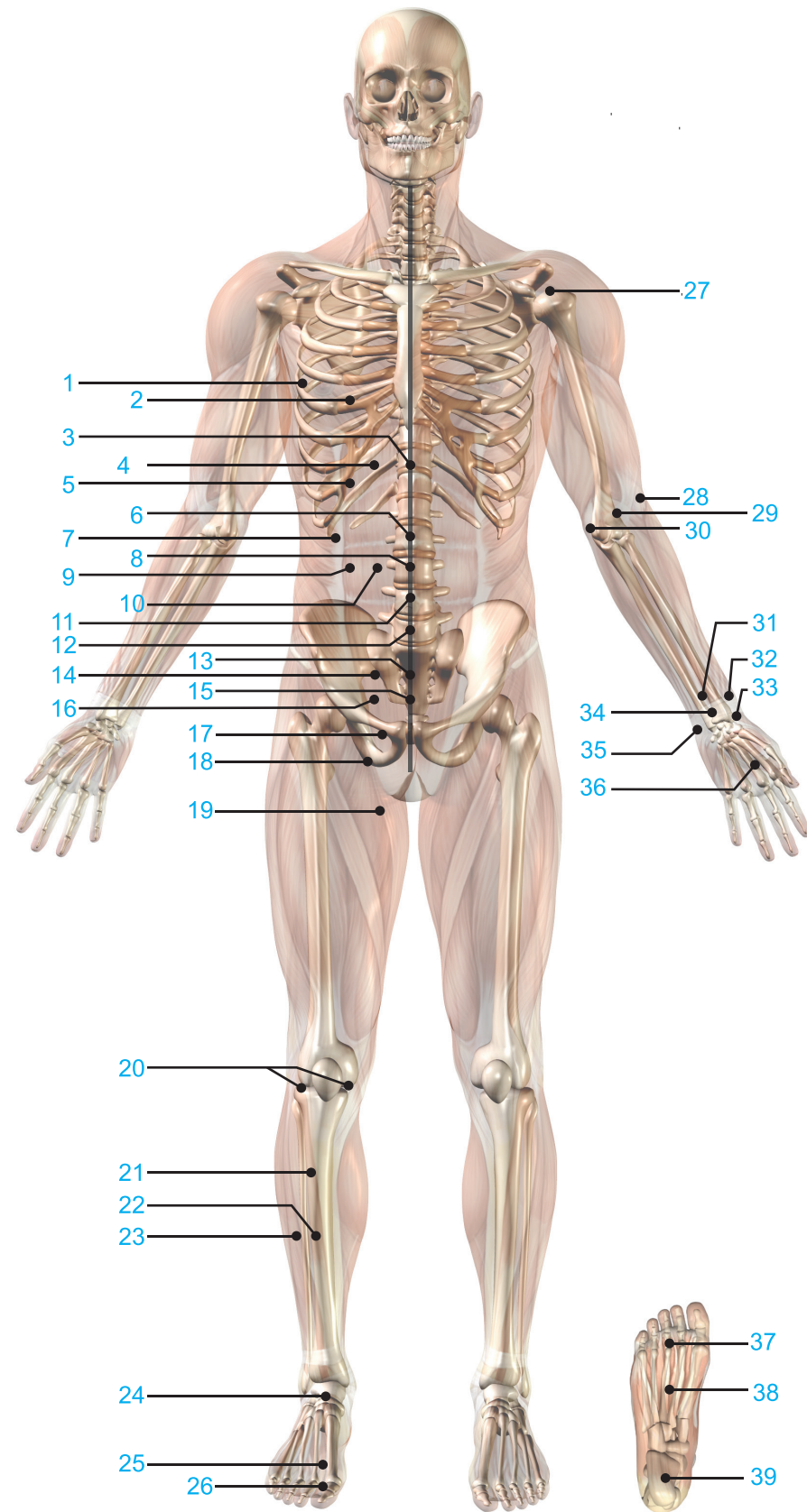


Fig. 2

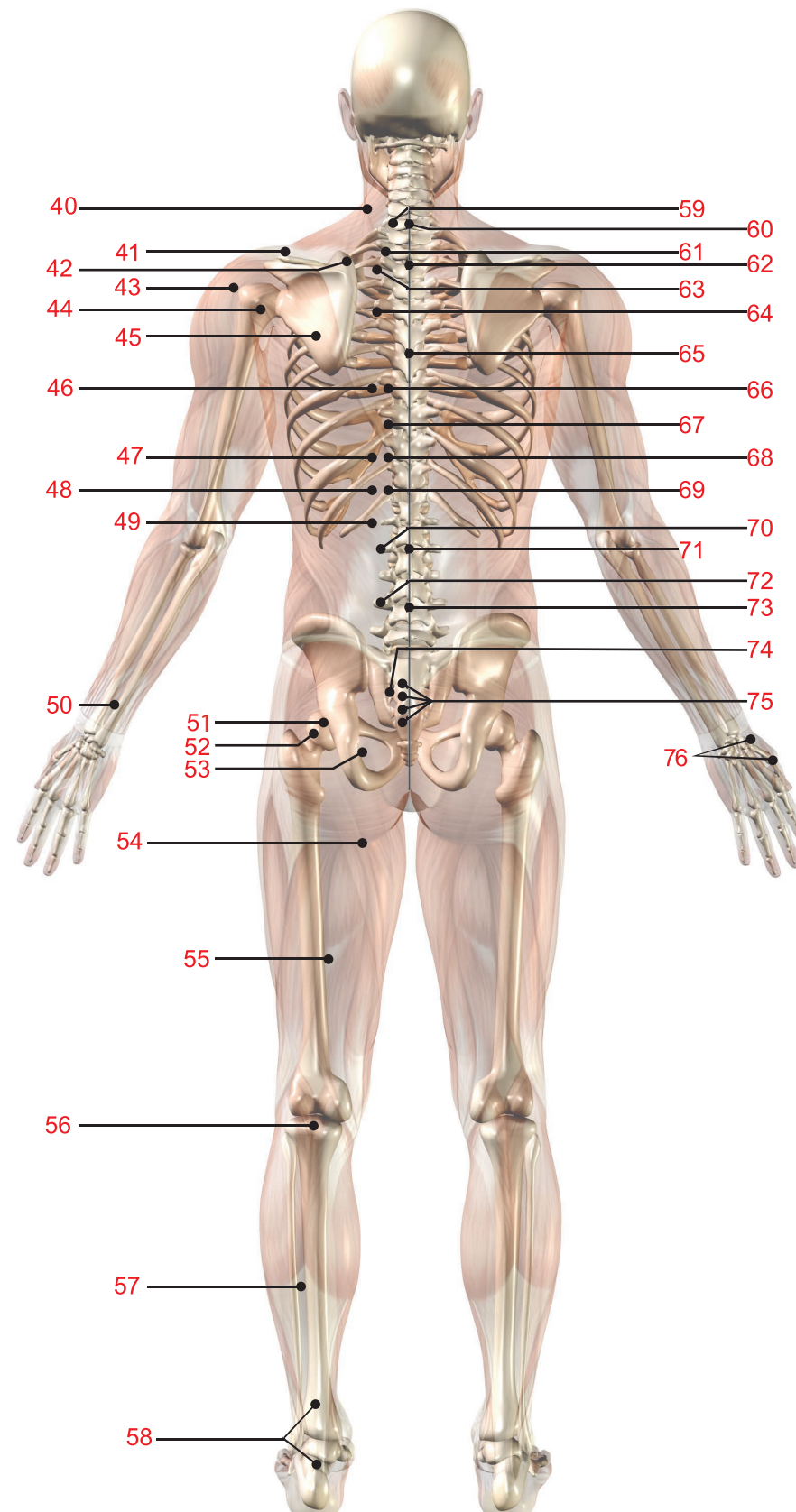
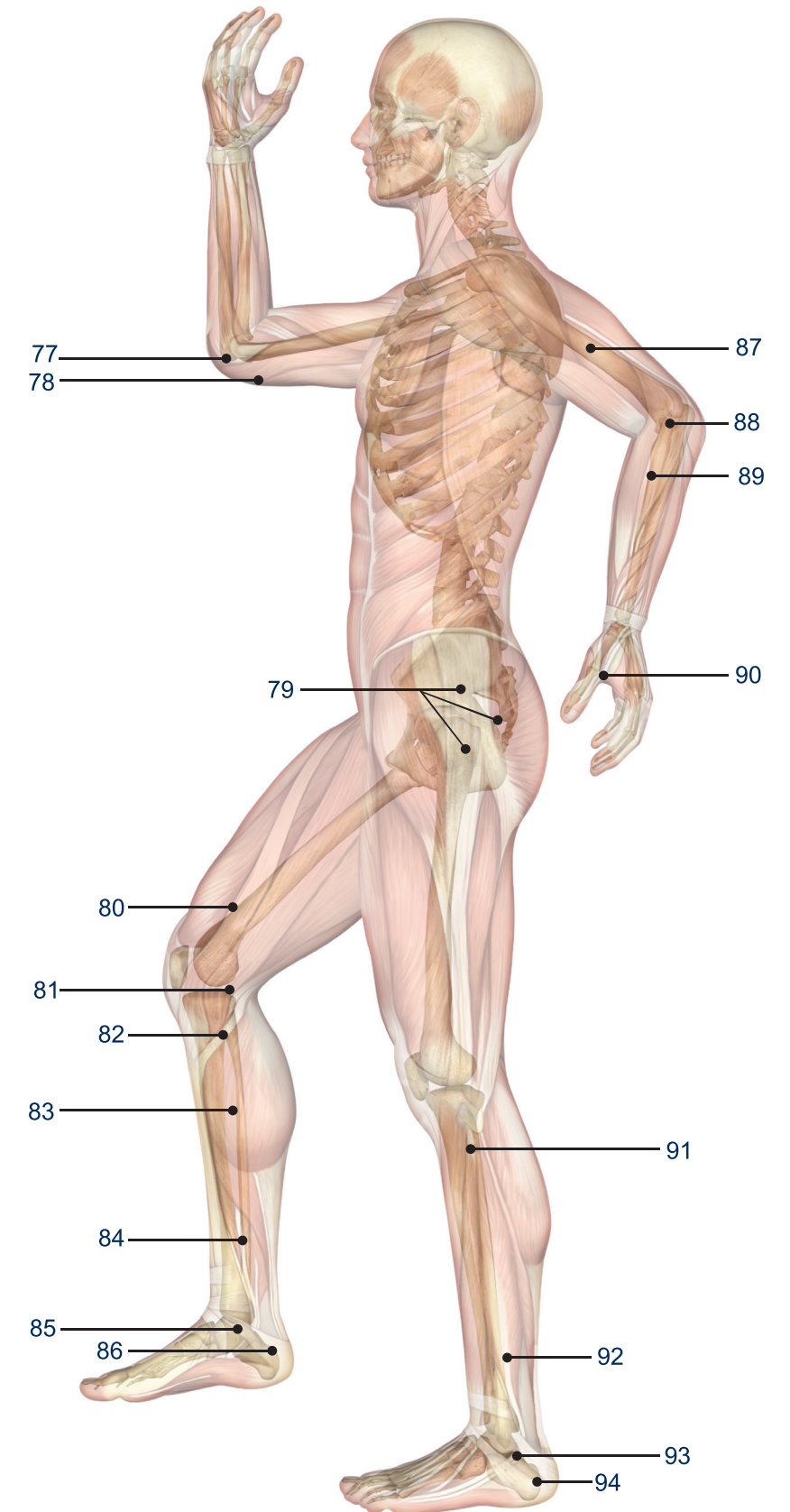


Fig. 3



Acupuncture Treatment Points

Conditions that may be assisted	Guide to treatment points
Abdominal pain	3, 4, 5, 6, 7, 8, 9, 10, 12, 14, 16, 18, 22, 24, 47, 48, 49, 68, 82, 83, 88, 89, 92
Abundant expectoration (cough)	23
Achilles tendon pain	58
ACL injury pain	20, 56, 81
Ankle joint pain	23, 93, 94
Ankle joint weakness	24
Amenorrhea (absence of period by age 16)	16, 80
Amnesia	35, 64
Anorexia	4
Arm pain	41, 43, 44, 87, 89
Arm stiffness	87, 88, 89
Arthritis pain in ankle	24, 93
Arthritis pain in elbow	77, 78, 88
Arthritis pain in hip	51, 52
Arthritis pain in knee	20, 56
Arthritis pain in lower back	72, 73, 74, 75

Conditions that may be assisted	Guide to treatment points
Arthritis pain in neck/cervical area	59, 60
Arthritis pain in shoulder joint	27, 43, 44
Arthritis pain in wrist	33, 34, 35
Back pain	40, 42, 54, 55, 56, 57, 59, 60, 61, 62
Back stiffness	44, 60
Breast pain	1, 2
Buttock/gluteus muscle pain	53
Carpal tunnel pain	31, 32, 34, 33, 35, 36
Cheek/Jaw pain & swelling	45, 84
Chest pain	33
Chest/hypochondrium distention and swelling	25, 46, 91, 92
Cold and pain from cold	41, 42, 61, 63
Constipation	3, 5, 9, 10, 14, 21, 23, 49, 54, 72, 74
Crus ache (between knee & foot)	22
Cough relief	1, 2, 23, 28, 32, 33, 40, 59, 61, 62, 63
Disc disease pain (rupture, herniation, degeneration)	59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75

Conditions that may be assisted	Guide to treatment points
Dislocated shoulder pain	27, 41, 43
Dizziness	24, 25, 26, 88, 93
Diarrhea	3, 4, 5, 6, 7, 8, 9, 13, 21, 45, 72, 74, 88, 89
Elbow & arm swelling and pain	28
Fever and headache	61
Fibromyalgia pain	directly on the painful area
Foot pain	25, 26, 37, 38, 39
Golfer's elbow pain	77, 78, 88
Hamstring pain and stiffness	54, 55, 56
Headache	23, 24, 25, 26, 32, 37, 38, 39, 59, 60, 71, 78, 90, 93
Heat stroke	38
Heel pain	39, 94
Hemiplegia	21, 43, 50, 56, 84, 87, 88, 90, 91
Hernia	17, 18, 81
Hip pain	51, 52, 79
Indigestion	3, 5, 21, 69

**Please note that this pressure point chart is for recommendation and reference purpose only. Do not discontinue your treatment prescribed by the doctor*

Conditions that may be assisted	Guide to treatment points
Insomnia	35, 38, 64, 85
Knee pain/ knee joint pain	20, 22, 91
Leg pain	52, 56, 57, 93
Lower back pain (lumbago)	49, 52, 70, 71, 72, 94
Lower limb paralysis/ numbness	20, 52, 73
Lumbosacral pain	73, 74, 75
Meniscus injury pain	20, 56, 81
Menstruation irregularity	11-14, 17-19, 70, 73, 75, 80-83, 85, 86
Menstruation pain	11, 13-16, 23, 73, 80, 83, 84, 86
Migraine	92
Nausea	47
Neck and pain pain/ stiffness	32, 40, 41, 42, 44, 60, 92
Nerve pain - intercostal, radial	30, 65, 66
Neurasthenic (fatigue, weakness)	12, 66, 84, 90
Neuropathic foot pain	37, 38, 39, 58, 93, 94
Paralysis	43, 57
Paralysis of lower limbs	51, 55, 73
Paralysis of upper limbs	27, 89
Plantar fasciitis foot pain	38, 93, 94
Rotator cuff pain	27, 41, 42, 43, 44, 87
Scapula (shoulder blade) pain	42, 45, 64

Conditions that may be assisted	Guide to treatment points
Scelagia (leg pain)	52
Sciatica (pain from back to leg(s))	51, 52, 53, 54, 55, 56, 74
Skier's thumb pain	76
Shin splints pain	21, 22, 23, 24, 82, 83, 84
Shoulder pain/ frozen shoulder	22, 27, 40, 41, 42, 43, 44, 59, 89
Spasm	22
Spine and back stiffness	48, 60, 62
Stomach ache	4, 21, 29, 31, 34, 48, 65
Tendinitis pain	20, 27, 30, 31, 43, 56, 77-79, 88, 93, 94
Tennis elbow pain	77, 78, 87, 88, 89
Throat pain and swelling	28, 31, 82, 88, 90
Tinnitus	50, 84
Turf toe pain	25, 26
Unconsciousness	38
Upper arm joint pain	43
Upper arm numbness	42
Vertex pain	38
Vomiting	1, 4, 29, 31, 36, 46, 47
Waist pain	54, 55, 56, 57, 93
Weight reduction	9
Wrist pain	33, 34, 35



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**Acupuncture
Treatment
Points
Guide**