

# ACUPRESSURE FOR RHEUMATOID ARTHRITIS



With Steve Knobler  
Licensed Acupuncturist

# INTRODUCTION

Acupressure is highly effective for several types of arthritis, including rheumatoid

Stimulating the following points on each side of your body daily will reduce inflammation, increase circulation, and improve mobility

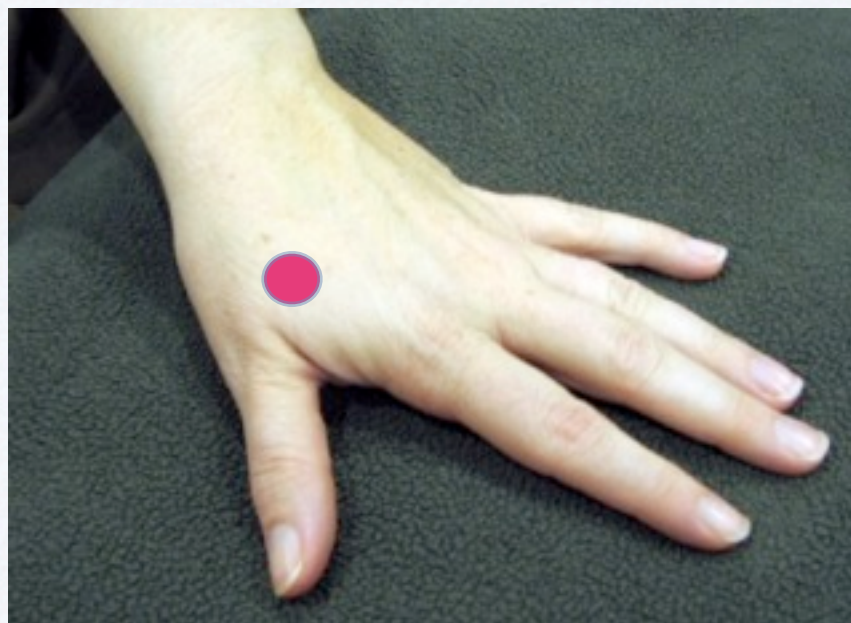
# ACUPRESSURE GUIDELINES

- Press and hold each point for a few minutes, 2-3 times each day
- Never be abrupt, forceful or jarring. The points should ache a little, not a lot!
- Don't press heavily on lymph areas, such as the armpit or spleen
- Do not massage burns, infections, ulcers or new scars

# LARGE INTESTINE 4

## LI4 (Joining Valley)

Location: on the back of the hand, halfway up the hand bone that leads to the first (index) finger. Press toward the pinkie finger.



Benefit: Relieves pain and inflammation in the hand, wrist, elbow, shoulder, and neck. (caution during pregnancy)

# TRIPLE WARMER 5

## TW5 (Outer Pass)

Location: on the back of the arm, between the two arm bones. Two thumb widths up from the wrist.



Benefit: Relieves rheumatism, tendonitis, wrist pain, and shoulder pain

# LARGE INTESTINE 11

LI11 (Pool at the Crook)

Location: with the elbow flexed, at the end of the crease on the outer side of the elbow



Benefit: Relieves arthritic pain, especially in the elbow and shoulder

# GALL BLADDER 20

## GB20 (Wind Pool)

Location: below the base of the skull, in the hollows between the two large, vertical neck muscles on the back of the neck.



Benefit: Relieves arthritis, as well as the following common complaints that often accompany arthritic pain: headaches, insomnia, stiff neck, neck pain, fatigue, and general irritability

# STOMACH 36

## ST36 (Three Mile Point)

Location: four finger widths below the bottom edge of the kneecap, one finger width outside the shin bone.



Benefit: Strengthens the body, benefits the joints, and relieves the fatigue that often results from the drain of dealing with arthritic pain



# GALL BLADDER 34

GB34 (Yang Mound Spring)

Location: below and on the outside of the knee, just in front and below the head of the fibula (bone behind shin on lower leg)



Benefit: Relieves excessive knee pain, muscular tension, aches, and muscle strains

# URINARY BLADDER 60

UB60 (Kunlun Mountains)

Location: on the outside of the leg, just behind the ankle between the ankle joint and the achilles tendon



Benefit: Relieves swollen feet, ankle pains, thigh pain, rheumatism in the foot joints, and lower back pain

# KIDNEY 3

## Ki3 (Supreme Stream)

Location: on the inside of the leg, just behind the ankle between the ankle joint and the achilles tendon



Benefit: Relieves swollen feet and ankle pain, and strengthens the ankle joint (caution during pregnancy)

# ACUPUNCTURE SUMMARY

- Acupuncture is more than 3000 years old!
- There are almost no side-effects and it doesn't interfere with your medications
- Please review the guidelines at the beginning of this presentation before performing acupressure
- Please see an acupuncturist if you need further help with your arthritis!