

EIGHT PRESSURE POINTS FOR NECK PAIN RELIEF



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Disclaimer!

- Please use all due caution with neck pain and especially neck injury. If in doubt seek qualified medical attention. Distal acupressure points are safer than points on the neck itself. Never try to manipulate a newly injured neck. Please stay safe and use appropriate caution and common sense.

What can cause neck pain?

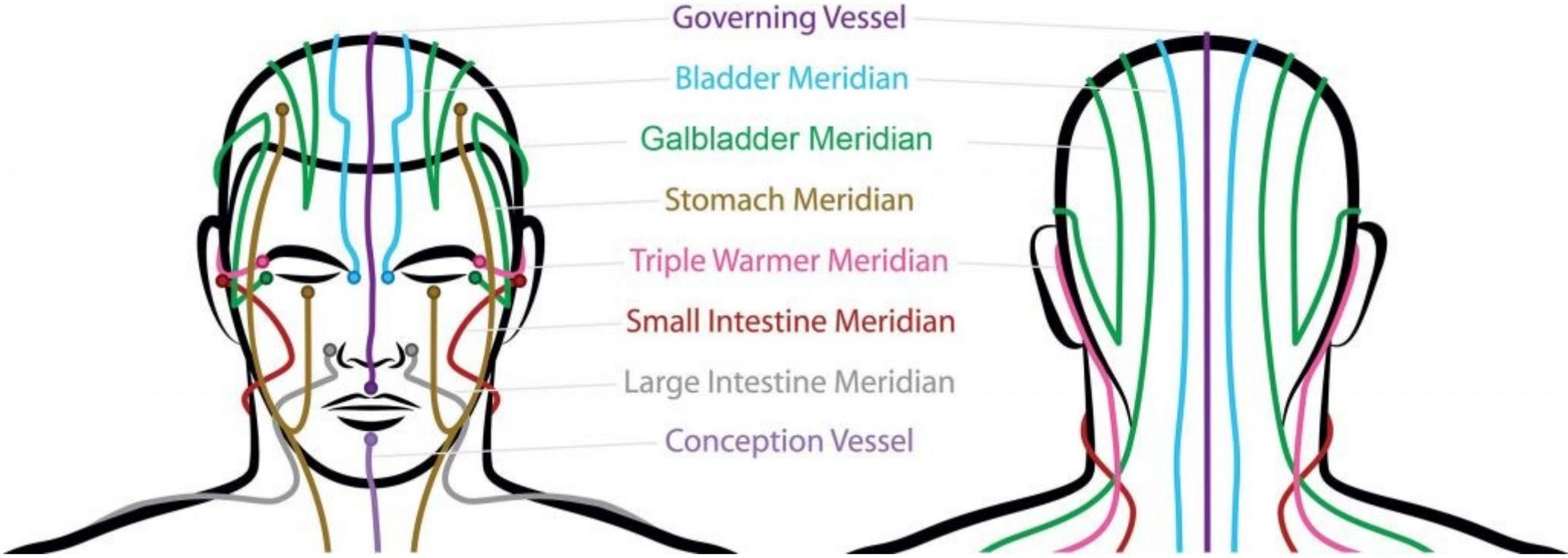
- Overwork / Strain
- Improper Position
- Injury
- Stress / Headache
- Cold Wind

What is an Acupressure Point?

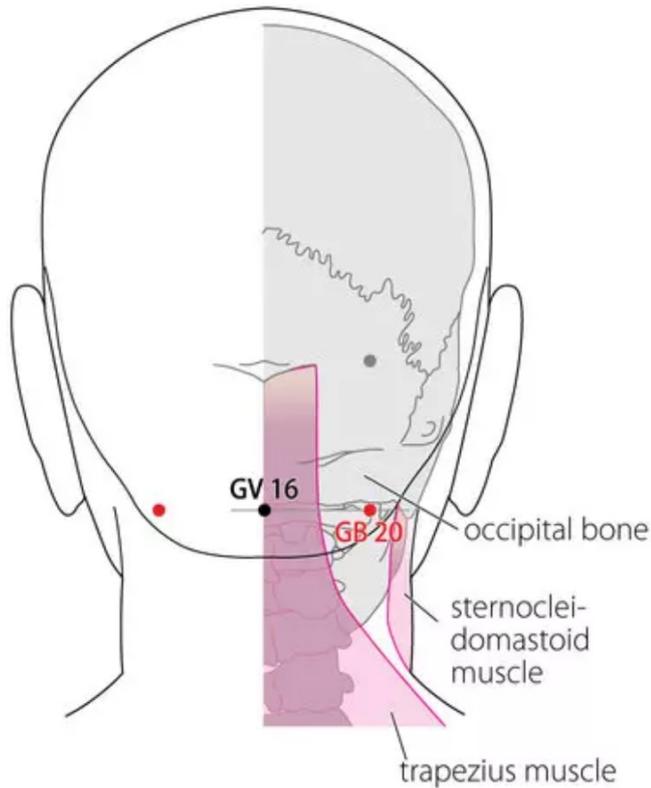
Acupressure points are small, sensitive areas on the body that:

- have discrete locations
- are reactive
- can illicit a physical change locally and/or distally
- are generally located in crevices or “hollows”

Meridians of the Neck and Head



Gallbladder 20

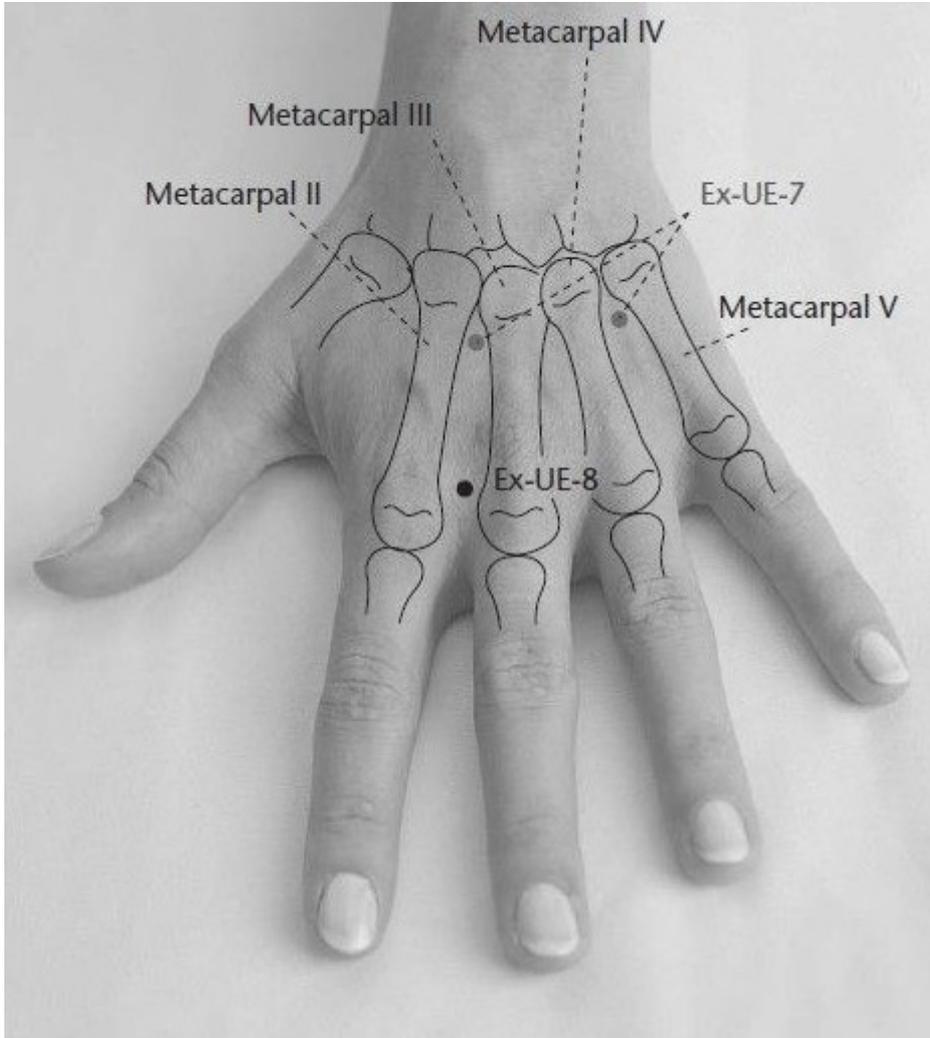


GB20

Location: In a hollow depression just under the base of the skull about one inch medial to the mastoid process

Uses: Great local point for many types of neck pain especially if it is tender or reactive to touch. Wonderful point for stress build-up, most headaches, and pain that changes location.

Technique: moderate kneading with fingertips or stroking downwards alongside the boarder of the trapezius muscle.

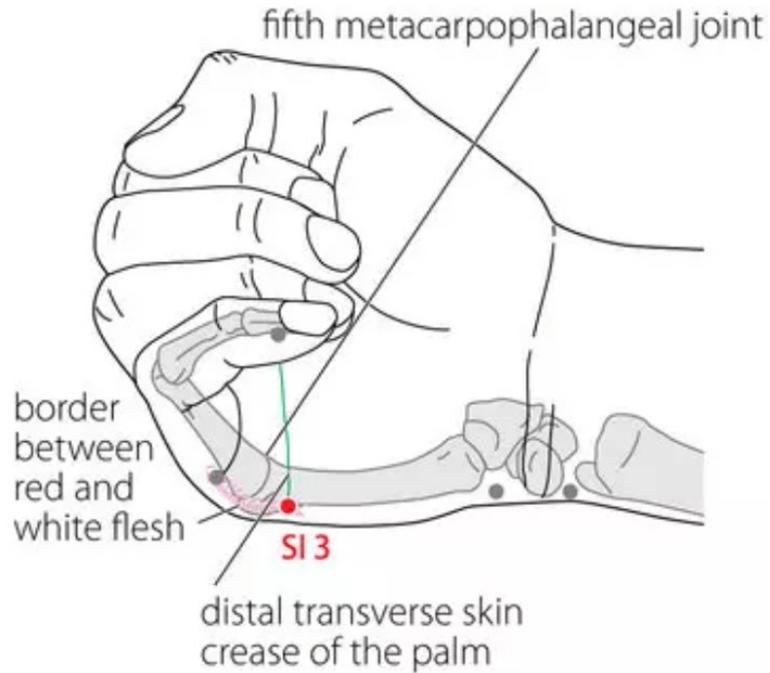


Luo Zhen

Location: In the slight depression proximal to the ends of the second and third metacarpal bones (just behind the knuckles)

Uses: “Extra point” specific for neck pain, useful in many scenarios.

Technique: moderate kneading with fingertips or pressing in a two inch line towards the wrist. Choose same side as neck pain and gently move neck while pressing this point.



SI3

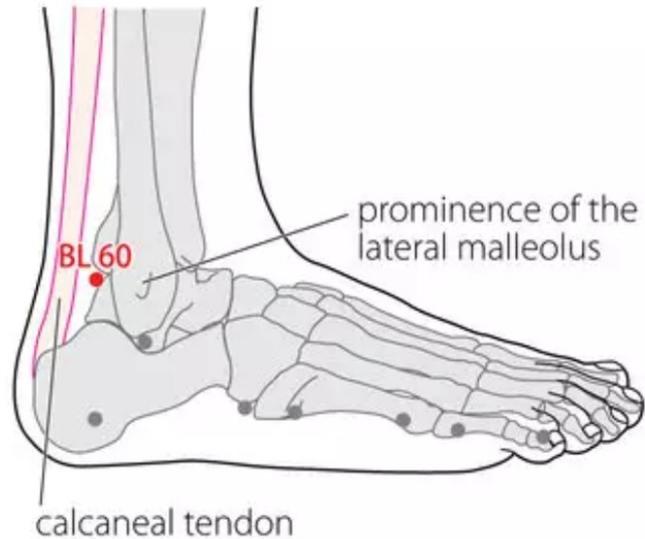
Small Intestine 3

Location: A small hollow behind the distal head of the fifth metacarpal. On the edge between the palm and the back of the hand.

Uses: For pain along the SI meridian and “stasis pain” such as overwork injuries and pain after waking. Also good for cold pain.

Technique: moderate kneading with fingertips or pressing proximally along the fifth metatarsal. Also can use thumb and forefinger to press two lines away from the metacarpophalangeal joint.

Bladder 60



Location: Deepest point midway between the lateral malleolus and calcaneal/Achilles tendon

Uses: For pain along the BL meridian and stiff neck with occipital area headaches.

Technique: moderate kneading with fingertips or pressing proximally for two inches up along the Achilles tendon. Can also pinch and knead this point with the medial point directly opposite (mirrored point, Kidney 3).

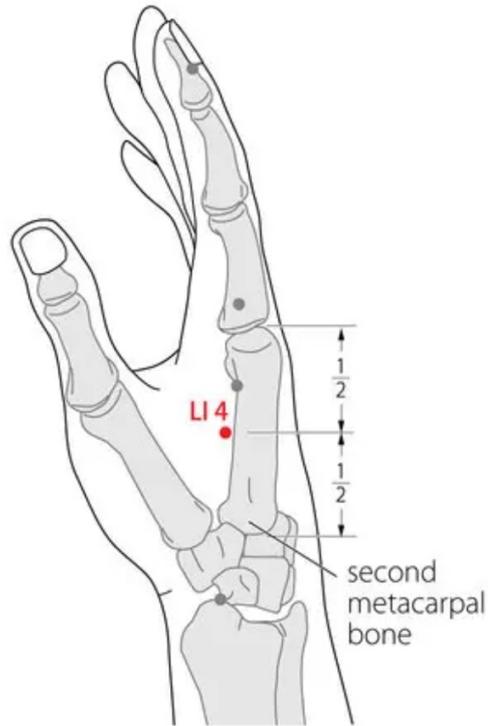
BL60

Large Intestine 4

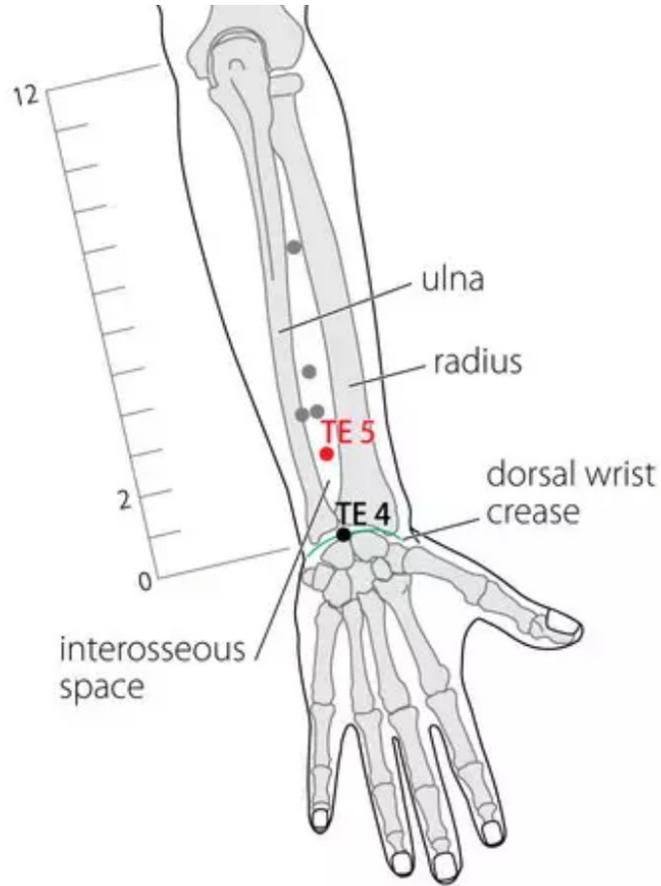
Location: A tender area over a nerve plexus near the midpoint of the second metacarpal. Well-known pressure point.

Uses: For pain along the LI meridian and “stasis pain” such as overwork injuries and pain after waking. Great for stiff neck at the onset of the common cold.

Technique: moderate kneading with the opposite thumb or rhythmically flicking/tapping the point.



LI4



TE5

Triple Energizer 5

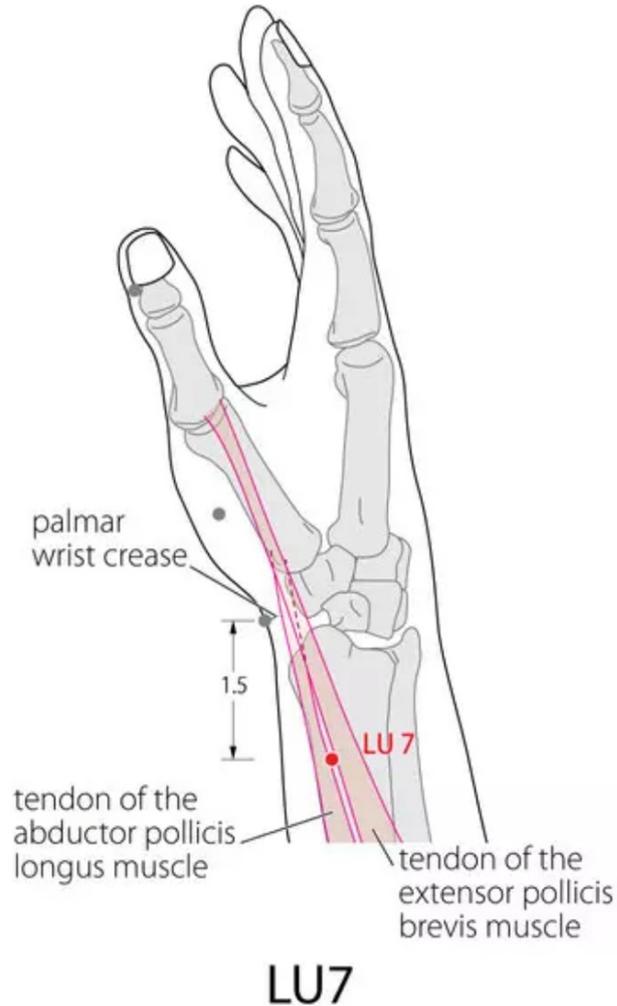
aka Triple Warmer 5, San Jiao 5

Location: A depression between the ulna and radius bones on the dorsal side of the arm about 1/6 the distance from the wrist to the elbow crease.

Uses: For pain along the TE/TW meridian, neck pain with sore throat, hot or febrile neck pain, and neck pain with changes in the ear such as tinnitus. Not for concussions.

Technique: moderate kneading with fingertips or rhythmic pressing towards wrist.

Lung 7



Location: A subtle cleft between the two tendons running across the medial head of the radius bone. This point is found about 1.5 inches from the wrist crease and just slightly on the medial side.

Uses: “Master point” for head and neck. Good for stiff neck or neck pain with cough, headache, or crying from grief. Good for general immunity and hydrating tense neck muscles

Technique: moderate kneading with fingertips or light pinching and pulling the skin above the point.



Bottom of Ear Antihelix

Location: Distinct semivertical ridge above earlobe. Search for sensitive points.

Uses: Auricular microsystem corresponding to the neck and cervical spine. Good for most types of neck pain.

Technique: Put thumb behind lower ear and press gently on the lower antihelix with fingernail. Search for most sensitive spot. Lightly press with fingernail in slow rhythmic pulses while taking 3-5 deep breaths and gently moving neck.

Thank you for your time!

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