

ACUPRESSURE POINTS FOR SENIOR'S HEALTH

Shen Space

Wendy Morrison R.TCMP, R.Ac

Below you will find the points that anyone can press (i.e. acupressure) to promote health.

Rational for points chosen:

- Need to be able to reach the point yourself
- Many benefits from the one location
- Addresses common complaints
- Helps to keep you healthy.

Note 1: Acupressure is helpful for self-care but is not intended to replace treatment by a regulated practitioner (e.g. acupuncturist) or your doctor. Should symptoms that have not been diagnosed continue make an appointment your doctor or if serious go to the Emergency Department.

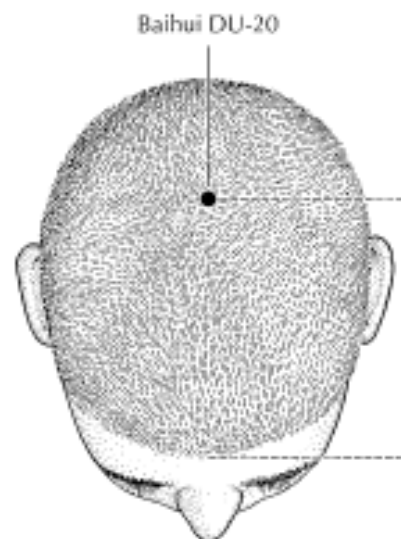
Note 2: local acupressure points are present in the vicinity of each joint (e.g. wrist, elbow). This means that massaging and/or pressing in these areas can help move Qi and Blood (i.e. reduce pain).

5 Points on the Head

DU20 – Bai Hui (100 Meetings)

1. Lifts Qi (energy) upwards (e.g. prolapse, bearing down sensation)
2. Helps the brain, bone marrow, spinal cord ('Marrow' in TCM)
3. **Benefits Head** (headache, dizziness, tinnitus, nasal obstruction)
4. **Benefits the Brain**, calms the Mind and helps to lift the spirits.

Peak of Head (approx. above ears)



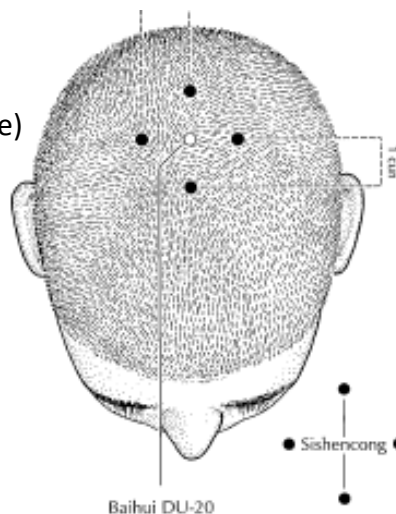
When not to use: infants with open fontanels and in hydrocephalus.

DU - DU (Governing) Channel

Si Shen Cong - Four Alert Spirit

1. Calms the Mind (Shen or Spirit)
2. Pacifies Internal Wind (helps post-stroke)
3. External Wind (Common Cold)
4. Benefits the Eyes and Ears
5. Helps with Headaches and Dizziness

About 1-inch from DU20 in the four directions



Images – *A Manual of Acupuncture* by Deadman & Al-Khafaji.

ACUPRESSURE POINTS FOR SENIOR'S HEALTH

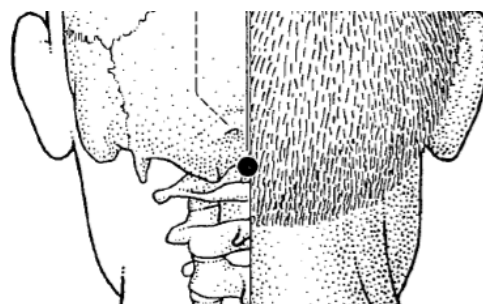
Shen Space

Wendy Morrison R.TCMP, R.Ac

DU16 - FENGFU (Palace of Wind)

Just above hairline (midline on scalp above neck)

1. Benefits the Head (may help improve emotions)
2. Occipital (back of head) Headache
3. **Helps the Neck** (stiff neck, inability to turn head)
4. Calms and clears the Mind, benefits the Brain (may help post stroke issues (e.g. inability to speak).



Yintang – Hall of Impressions

1. **Calms the Mind** (insomnia, stress) and benefits the Head (frontal headache)
2. Benefits the Nose (Common Cold, runny nose / nasal congestion)
3. Facial issues (including facial pain, sinus issues & pain).

Between the Eyebrows (Glabella)



Note: Pressing and tapping along the center line of the head from back (DU16) to front (Yintang) can help issues related to the Head, Brain and Sensory “Orifices” -e.g. eyes, ears, nose & mouth (speech).

Yuyao – Fish Waist

1. **Benefits the Eyes:** eyelid twitching, cornea cloudiness, and eye pain, redness & swelling
2. Eases muscle tension and eases pain.

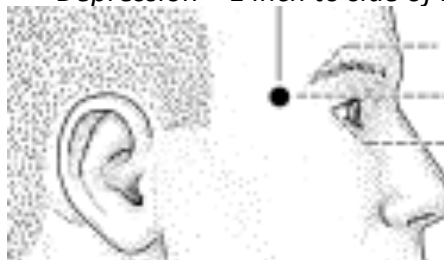
Eyebrow above pupil (depression)



Taiyang – Supreme Yang

1. **Benefits the Eyes and Head:** blurred vision, dizziness, headache originating in this area.
2. Helps eye swelling and pain.

Depression ~ 1 inch to side of Eye



ACUPRESSURE POINTS FOR SENIOR'S HEALTH

Shen Space

Wendy Morrison R.TCMP, R.Ac

3 Torso Points

RN6 – Qi Hai (Sea of Qi)

1. **Strengthens the Whole Body Qi (energy)** - fatigue, muscle weakness)
2. Abdominal issues (distension, pain, constipation, hernia).

About 1.5 inches below navel



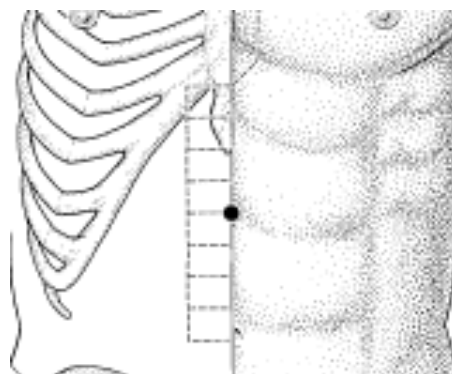
RN - refers to the REN Channel

Contraindications: do not press during pregnancy.

RN12 – Zhong Wan (Central Venter)

1. **Harmonises the Spleen-Stomach (aka abdomen)**
2. **Descends Rebellious Stomach Qi (acid regurgitation, nausea/vomiting)**
3. Strengthens the Stomach, fortifies the Spleen (abdominal pain & distension i.e. bloating) and diarrhea)
4. Regulates ST Qi and eases pain (stomach ache, indigestion)

Between navel & sternocostal angle

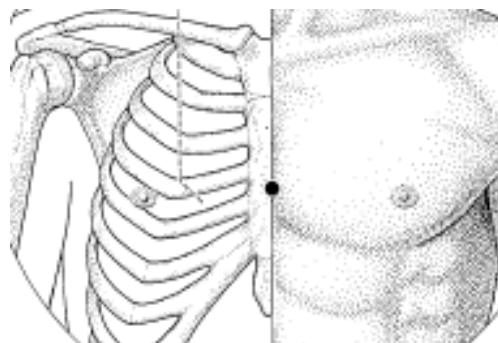


Note: *Spleen in TCM is the spleen, intestines and pancreas.*

RN17 – Shan Zhong (Chest Center)

On Sternum at 4th Intercostal Space (nipple line)

1. Regulates Lung Qi and Unbinds the Chest (feeling of chest oppression; chest pain, palpitations; hiccups)
2. Descends Rebellious Lung Qi (helps get a deep breath; helps resolve shortness of breath)
3. Descends Rebellious Stomach Qi (acid reflux)



ACUPRESSURE POINTS FOR SENIOR'S HEALTH

Shen Space

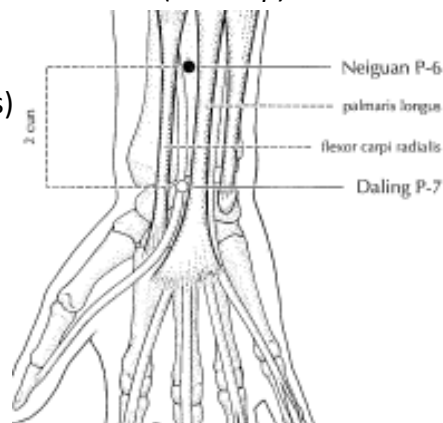
Wendy Morrison R.TCMP, R.Ac

3 Points Near the Wrist

PC6 – Neiguan (Inner Pass)

3 Finger width from wrist crease between two central tendons (Palm up)

1. **Regulates the Heart Qi, Unbinds the Chest**
(Heart pain, palpitations, insomnia, stuffy chest)
2. Regulates Heart Qi & Blood and **Calms the Mind** (Stress)
3. Harmonises the Stomach (eases nausea/vomiting; especially helpful during pregnancy).

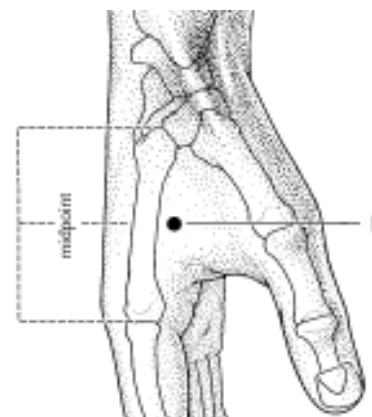


PC – refers to the Pericardium channel

LI4 – Hegu (Joining Valley)

Btw thumb & 1st finger at midpt of 2nd Metacarpal

1. Expels Wind, releases the Exterior (Common Cold)
2. **Regulates the face, eyes, nose, mouth, ears** (e.g. nasal issues, eye issues, toothache)
3. **Alleviates pain along the Large Intestine channel** (arm and anterior shoulder; plus head and face; general pain)



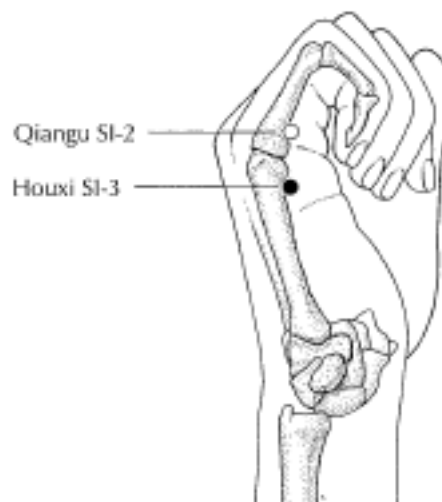
Contraindications: do not press during pregnancy.

LI – refers to the Large Intestine channel.

SI3 - Houxi (Back Stream)

Pinky Finger in Depression just Behind DIP Joint

1. Benefits the occiput (back of head), neck and back - difficulty turning neck, migraines
2. Helps with pain along SI channel (from fingers & hand to **elbow to shoulder and neck area**).
3. Low back and knee pain.
4. Clears Wind and Heat (Common Cold with fever)
5. Calms the Shen (Mind)
6. Benefits the Eyes and Ears.



SI - refers to the Small Intestine channel

DIP Joint - knuckle farthest from your finger tips

Images – A Manual of Acupuncture by Deadman & Al-Khafaji.

ACUPRESSURE POINTS FOR SENIOR'S HEALTH

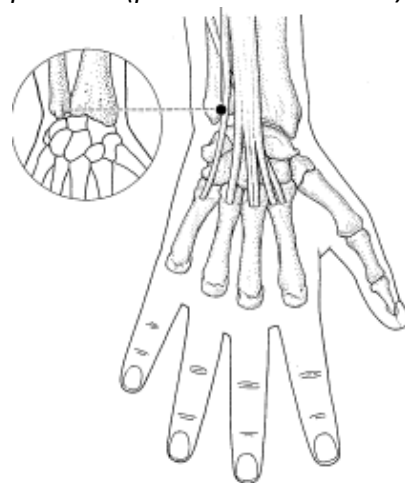
Shen Space

Wendy Morrison R.TCMP, R.Ac

SI6 – Yanglao (Support the Aged)

Dorsal head of ulna, depression (palm down on chest)

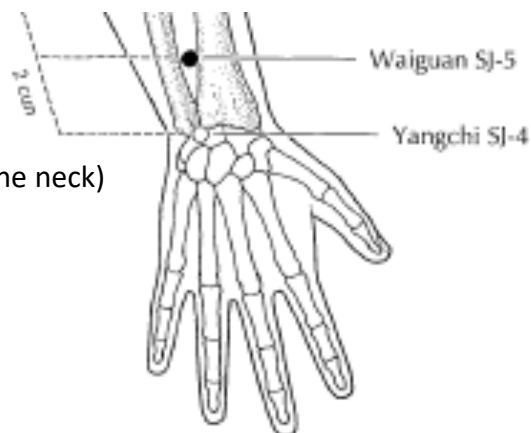
1. **Benefits the Shoulder & Arm** (acute & chronic pain; numbness; pain in neck & lumbar region)
2. Benefits Eyes (helps with vision, including blurry vision, eye pain)



SJ5 - Wai Guan (Outer Pass)

*Depression between two bones - ulna and radius
With hand palm down (opposite side to PC6)*

1. Helps with Common Cold
2. Benefits Head and Ears (Headaches, migraine, dizziness)
3. Helps ease pain along the path of the SJ Channel (Hand to shoulder and back of the neck)

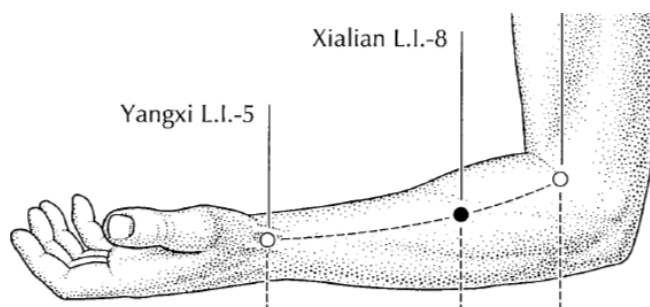


1 Arm Point

LI11 – Quchi (Pool at the Crook)

*Midway between outer wrist & lateral elbow crease
(at the end of elbow crease near bones of elbow joint)*

1. Alleviates pain along the Large Intestine channel (Elbow to shoulder)
2. Pain of Bi Syndrome (akin to arthritis)
3. Helps range of motion of the elbow and the shoulder



ACUPRESSURE POINTS FOR SENIOR'S HEALTH

Shen Space

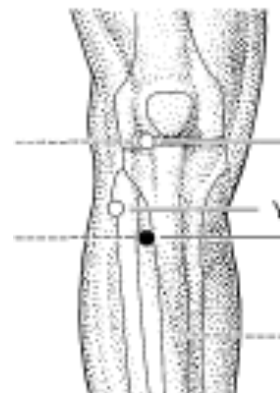
Wendy Morrison R.TCMP, R.Ac

1 Leg Point

ST36 – Zusanli (Leg 3 Miles)

3 Fingers below knee cap along outer shin bone

1. Harmonises the Stomach (helps direction of Qi flow), tonifies the Spleen (includes the intestines in TCM) - Digestion and Food Assimilation (nutrient absorption)
2. Regulates Intestines (stools)
3. **Boosts the immune system**
4. Tonifies Qi & Blood (helps give more energy), nourishes Yin & Blood (helps with dryness symptoms)
5. 'Brightens' the Eyes (helps with vision)
6. Alleviates Pain along the path of the Stomach channel.



ST – refers to the Stomach channel.

Indications: Digestive system disorders (epigastric pain, nausea/vomiting, abdominal distension e.g. bloating, indigestion), constipation, dizziness, insomnia, general weakness.

NOTE: *pressing along a channel of one side of the body will also help the other side. So, if you have one sore/injured knee, shoulder or wrist for example, you can massage and press points on the other shoulder to help the sore/injured one.*