

ACUPRESSURE: HIP PAIN

Technique: Press, Tap, or Circle Rub each point for 1 minute. Repeat 3-5 times. Stop if irritation occurs. Pregnancy caution: check with a Licensed Acupuncture provider before use.



GB-29: located a few inches above and in front of the ball-and-socket joint of the hip



GB-30: on the buttocks, about one-third of the distance from the side of the hip to the center of the buttocks



BL-62: in the groove below the pointy bone on the outside of the ankle



GB-34: one to two finger-widths below the pointy bone on the outside of the leg below the knee