ACUPRESSURE: HIP PAIN

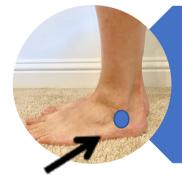
Technique: Press, Tap, or Circle Rub each point for 1 minute. Repeat 3-5 times. Stop if irritation occurs. Pregnancy caution: check with a Licensed Acupuncture provider before use.



GB-29: located a few inches above and in front of the balland-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 fingerwidths below the pointy bone on the outside of the leg below the knee

Live Whele Health.





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