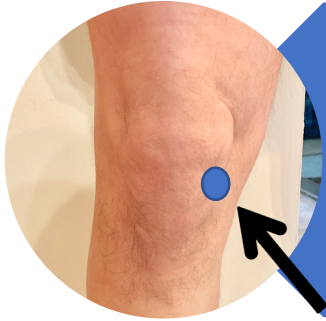
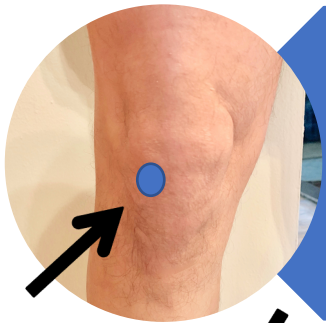


ACUPRESSURE: KNEE PAIN

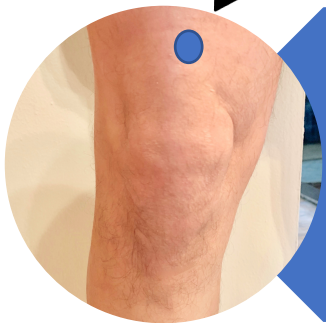
Technique: Press, Tap, or Circle Rub each point for 1 minute. Repeat 3-5 times. Stop if irritation occurs. Pregnancy caution: check with a Licensed Acupuncture provider before use.



Xiyan: in the eye of the knee, under the knee cap toward the inside of the leg



ST-35: in the eye of the knee, under the knee cap toward the outside of the leg



Heding: located in the groove above the knee cap, at the midline



BL-40: located in the back of the knee, in the middle of the crease