

ACUPRESSURE: LOW BACK 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.



Ling Gu: located in the "V" between your thumb and index finger



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



SI-3: located on the side of the hand, just underneath the knuckle of the pinky



BL-23: located on both sides of the mid lowerback, a few inches from the spine