

ACUPRESSURE: NECK 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.



Da Bai: located in the web between your thumb and index finger, just below your knuckle



GB-20: located in the groove where your head and neck meet



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



GB-21: located at the high point of muscle between the shoulder and neck