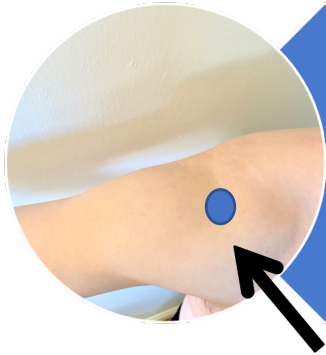
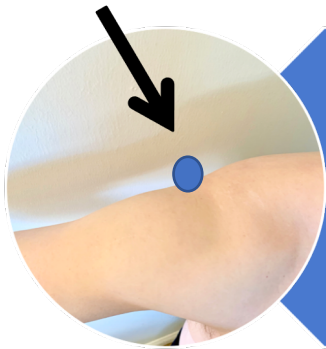


# ACUPRESSURE: SHOULDER PAIN

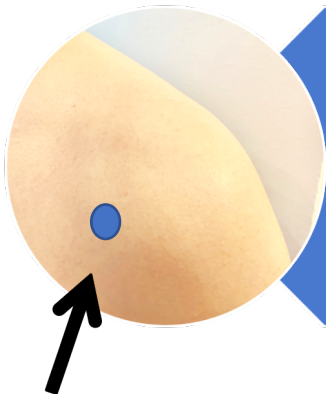
**Technique:** Press, Tap, or Circle Rub each point for 1 minute. Repeat 3-5 times. Stop if irritation occurs. Pregnancy caution: check with a Licensed Acupuncture provider before use.



LI15: located in the groove at the top and front of the shoulder (can feel when arm is raised)



SJ-14: located in the groove at the top and back of the shoulder (can feel when arm is raised)



Jian Qian: located at the front of the shoulder, midway between armpit crease and top of shoulder



ST-38: one finger-width outside the lower leg bone, midway between the knee and ankle