

Acupressure Basics Home Study Course

9 CE Hours
Text and Online Study Guide

Presented by the:
Center for Massage Therapy Continuing Education

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It is the responsibility of the practitioner to determine the appropriateness of the principles presented in terms within the scope of practice. This information is in no way meant to diagnose or treat medical conditions.

Instructions for the Acupressure Basics home study course

Thank you for investing in the Acupressure Basics home study course, a 9 CE hour course designed to further your knowledge on the subject of acupressure and how it relates to the practice of massage therapy.

This guide will contain all of the instructions you will need to complete this course. This is a 9 CE hour course, so that means it should take you approximately 9 hours to read the text, complete the examination and course evaluation.

PLEASE READ THE FOLLOWING DIRECTIONS FOR COMPLETION OF THIS COURSE.

The following are steps to follow in completing this course:

- 1. Read the instructions and review the text and exam.**
- 2. Access the online examination in your account at www.massagetherapyceu.com.**
- 3. Complete your examination and print your certificate. The exam is open book and there is no time limit for completion.**

You must pass the exam with a 70% or better to pass this home study course. You are allowed to access and take the exam up to 3 times if needed. There is no time limit when taking the exam. Feel free to review the text while taking the exam. There are no trick questions on the exam. All of the answers are clearly found in the text. The exam is also included at the end of the text for review before taking the exam.

It is advised to answer the exam questions in the study guide before testing online. That way, when you are testing you do not have go back and forth through the online exam and risk losing your answered questions.

Good luck as you complete this course. If you have any questions please feel free to contact us at 866-784-5940, 712-490-8245 or info@massagetherapyceu.com. Most state boards require that you keep your “proof of completion” certificates for at least four years in case of audit. Thank you for taking our Acupressure Basics home study course.

Acupressure Basics Text

What is acupressure?

Acupressure is a traditional Chinese medicine (TCM) technique which blends acupuncture points and pressure together. In acupressure, physical pressure is applied to specific acupuncture points for treatment and a therapeutic response.

What is traditional Chinese medicine (TCM)?

TCM is a system of medical practices originating in China. It is well accepted as mainstream medical care in East Asia, but is viewed as a form of complementary and alternative medicine (CAM) in the U.S. It originated thousands of years ago via careful observation of the cosmos, the human body, and nature. Some of the most popular TCM theories include those of Yin and Yang, the Five Elements, and the Zang-Fu organ theory.

What is acupuncture?

Acupuncture is the insertion of fine needles into the body at specific points along meridians or channels for the purpose of treating disease and illness. According to TCM theory, acupuncture points are situated along the body in meridians or channels. It is believed that Qi travels through these meridians. Qi is accessed and manipulated for a person's benefit with the use of needles in the case of acupuncture or with the use of pressure in the case of acupressure.

What is Qi?

Qi, pronounced 'chee', is considered the life force or vital energy of the body. It travels in channels or meridians in the body. Qi can become stagnated or stuck. It can also become deficient. In either case, the Qi becomes unbalanced and disease or illness results in the body. When a massage therapist uses acupressure on selected points along the meridians during a massage, they are stimulating the client's Qi to move. This Qi movement stimulates the body's program for self-healing and allows disease and illness to be treated naturally.

What is a meridian?

A meridian is also known as a channel or a vessel. It is the pathway through which Qi travels. This is where acupressure points are found on the body. In total, there are 14 channels with points in them.

There are 12 primary meridians. They are as follows:

- Lung
- Large Intestine
- Stomach
- Spleen
- Heart
- Small Intestine
- Bladder
- Kidney
- Pericardium
- Triple Energizer
- Gall Bladder
- Liver

These names refer only to the meridian or channel NOT the actual organ itself.

The meridians are divided into Yin and Yang groups. They are further divided into arm/hand and leg/foot groups. They groupings are listed below as follows:

Yin channels of the arm/hand

- Lung
- Heart

- Pericardium

Yang channels of the arm/hand

- Large Intestine
- Small Intestine
- Triple Energizer

Yin channels of the leg/foot

- Spleen
- Kidney
- Liver

Yang channels of the leg/foot

- Stomach
- Bladder
- Gall Bladder

There are an additional 2 extraordinary channels or vessels. They are as follows:

- Conception Vessel, also called REN
- Governing Vessel, also called DU

These 2 channels plus the 12 primary meridians make up the 14 channels with acupuncture points in them.

What is acupuncture massage therapy?

Acupuncture massage therapy is a type of body work that incorporates acupuncture into a regular massage therapy session. It is also called Shiatsu. The therapist rubs, massages, or applies pressure to specific points in the meridians with their fingers, knuckles, palms, and even the elbows and feet. Pressure is typically applied to a point for 30 to 60 seconds. Pressure can be held longer depending on the client and the points being selected.

What are the benefits of acupuncture?

- Relieving pain
- Balancing Qi
- Balancing the body
- Reduces muscle tension and tightness
- Improves circulation
- Reduces stress
- Reduces tension
- Improves blood pressure
- Decreases anxiety
- Increases energy
- Promotes relaxation
- Increases mental, emotional, and spiritual awareness
- Supports overall health and well being

What are some of the conditions acupuncture can help?

- Diabetes
- Asthma
- Back pain
- High blood pressure
- Headache
- Poor circulation

- Premenstrual syndrome
- Migraines
- Anxiety and stress
- Depression
- Muscle stiffness or aches
- Insomnia
- Neck and shoulder pain
- Tiredness
- Recovery from injuries and trauma
- Arthritis pain
- Neuralgia
- Poor digestion or digestive complaints
- Constipation
- And many others

Are there any contraindications for acupressure?

Yes, there are some situations where acupressure is contraindicated. They are described below.

- Acupressure is contraindicated directly over bruises, unhealed wounds, inflamed skin, tumors, abdominal hernia, or areas of recent fractures.

Additionally, there are some situations where acupressure should be used with caution. See list below.

- Pregnant women should consult with their doctor before any type of massage, acupressure, or bodywork. Acupressure on a pregnant woman should only be done by massage therapists who are certified in pregnancy massage.
- Those with an infectious skin disease, rash, or open wounds
- Those prone to blood clots because of the risk of blood clots being dislodged
- Those with heart disease should check with their doctor before having acupressure
- People who just had surgery
- Individuals who are undergoing chemotherapy or radiation should check with their doctor before having acupressure
- People with osteoporosis should also consult their doctor before having acupressure.

What are some of the most commonly used acupressure points?

There are literally hundreds of commonly used acupressure points. Any of these points can be incorporated into a massage session with a client. With the information the therapist gathers from a client's intake and history form, the massage therapist can select acupressure points to match the client's needs. The therapist can also ask about the client's chief complaint and pick points to address that complaint.

For instance, if a client comes in looking to reduce stress, a therapist would select 1 to 10 points (more may be used) specific to stress reduction. During the massage, the therapist applies pressure to those points bilaterally for 30 to 60 seconds on each point. The therapist can stimulate the points at the beginning, middle, or end of the massage. An individual point can be stimulated for more than 60 seconds. This depends on the client response and the discretion of the therapist.

Commonly Used Acupressure Points

The next section of this course provides detailed information about the most commonly used acupressure points located on the meridians. For each point, anatomical location, indications for use of the point, and contraindications for use of the point are listed. Additionally, diagrams of the meridians are shown to help illustrate the location of the points. Please note that many of the anatomical location descriptions use the Chinese measurement 'cun'. For reference, a cun is a length of measurement. One cun is the width of the thumb at the knuckle. Three cun is the width of all four fingers side by side.

The abbreviations used in this home study course are from the document, *A Proposed Standard International Acupuncture Nomenclature*, published by the World Health Organization (WHO) in Geneva during 1991. They are listed below as follows:

LU – Lung	LI – Large Intestine
ST – Stomach	SP – Spleen
HT – Heart	SI – Small Intestine
BL – Bladder	KI – Kidney
PC – Pericardium	TE – Triple Energizer
GB – Gall Bladder	LR – Liver
CV – Conception Vessel	GV – Governing Vessel

Lung

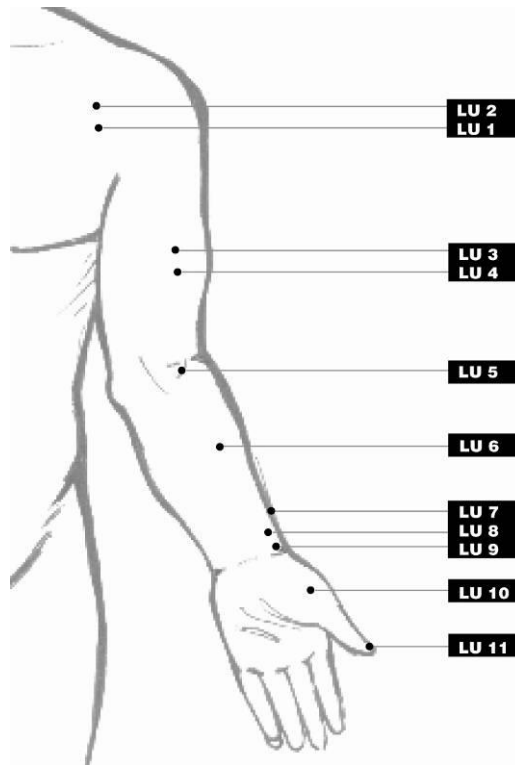


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LU 1

Anatomical location – 1 cun below acromial end of clavicle, in 1st intercostals space (ICS), 6 cun lateral to midline

Indications – cough, asthma, wheezing, pain in chest, chest congestion

Contraindications – none

LU 5

Anatomical location – on cubital crease of elbow, in depression lateral to biceps tendon

Indications – cough, asthma, wheezing, fever, hemoptysis (bloody sputum), pain in arm/shoulder/elbow

Contraindications – none

LU 7

Anatomical location – proximal to radial styloid, 1.5 cun proximal to wrist crease, between tendons of brachioradialis and abductor pollicis longus

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Indications – cough, wheezing, chills/fever, headache, neck stiffness, hemiplegia, wrist weakness/pain

Contraindications – none

LU 9

Anatomical location – on transverse wrist crease, on lateral side of radial artery, medial side of abductor pollicis longus

Indications – cough, wheezing, dry throat, hemoptysis, pain in chest/arm/wrist

Contraindications – none

LU 10

Anatomical location – on thenar eminence of hand, in depression between midpoint of first metacarpal bone and thenar muscles

Indications – sore and dry throat, voice loss, cough, shortness of breath, chest pain, vomiting

Contraindications – none

LU 11

Anatomical location – on radial side of thumb, 0.1 cun from corner of nail

Indications – loss of consciousness, sore and painful throat, febrile disease, cough, pain of thumb/wrist

Contraindications – none

Large Intestine

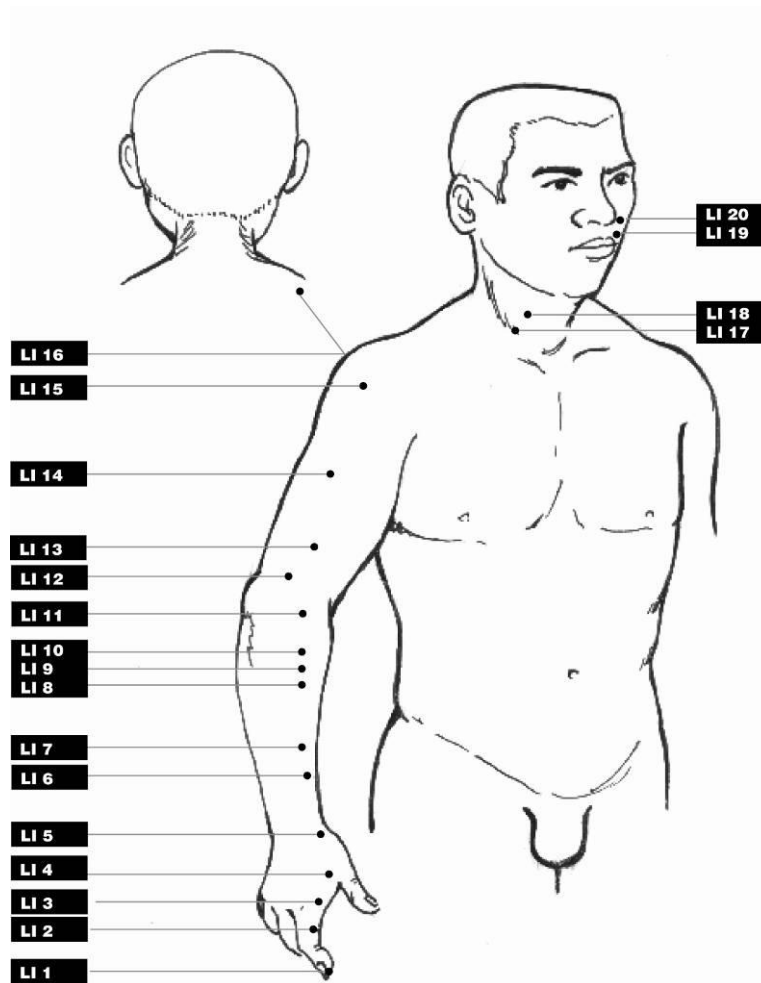


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LI 1

Anatomical location – on radial side of index finger, 0.1 cun from corner of nail

Indications – sore throat, toothache, tinnitus (ringing in ears), deafness, loss of consciousness, pain in shoulder and back, febrile disease

Contraindications – none

LI 4

Anatomical location – dorsum of hand, between 1st and 2nd metacarpal bones, at midpoint of 2nd metacarpal, at highest point of mound

Indications – chills/fever, headache, nasal congestion, toothache, facial paralysis, amenorrhea (absence of menstrual cycle), delayed labor, pain anywhere in body

Contraindications – pregnancy

LI 10

Anatomical location – on radial side of forearm, 2 cun distal to LI 11

Indications – arm or shoulder pain, arm paralysis, abdominal pain, vomiting, diarrhea, toothache, loss of voice

Contraindications – none

LI 11

Anatomical location – elbow flexed, at lateral end of cubital crease, midway between LU 5 and the lateral epicondyle of humerus

Indications – high fever, pain in throat/eyes/ears/teeth, any itchy skin disease, abdominal pain, pain/numbness in arm/elbow/shoulder

Contraindications – none

LI 15

Anatomical location – with the arm abducted, at the origin of deltoid muscle, in depression which lies anterior and inferior to acromion

Indications – any shoulder weakness/pain/swelling/problem, hypertension

Contraindications – none

LI 20

Anatomical location – in naso-labial groove, at the midpoint of the lateral border of the ala nasi, 0.5 cun from nostril

Indications – nasal polyps, paralysis of mouth, nasal congestion/obstruction/discharge, rhinitis (runny nose), face swelling & itching

Contraindications – none

Stomach

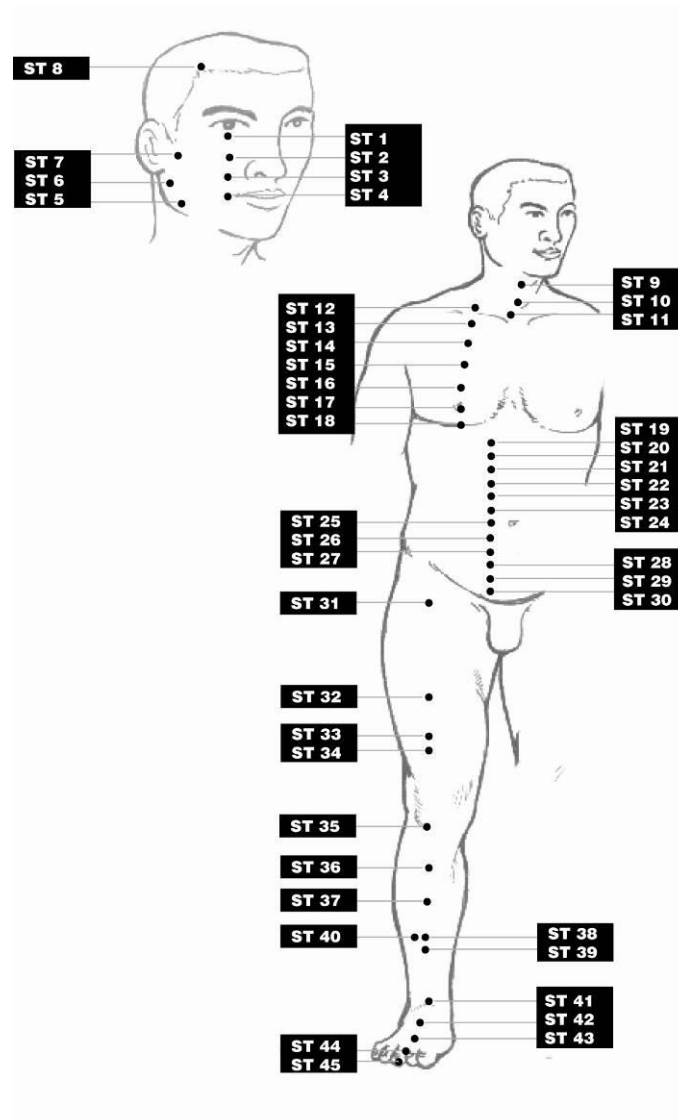


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ST 1

Anatomical location – between eyeball and midpoint of the infraorbital ridge, directly below the middle of the pupil with eyes looking straight ahead

Indications – pain/swelling/redness of eyes, night blindness, itchy eyes, eyelids twitching, mouth or eye paralysis, tinnitus, excess lacrimation (tearing of eyes)

Contraindications – none

ST 7

Anatomical location – inferior border of zygomatic arch, in depression anterior to condyloid process of mandible

Indications – ear pain, otitis media, tinnitus, deafness, ear discharge or itching, TMJ, jaw dislocation, toothache, pain in gums/face/cheeks

Contraindications – none

ST 17 – middle of breast

Anatomical location – 4th ICS, center of nipple, 4 cun lateral to midline

Functions & indications – reference point/landmark only

Contraindications – acupressure

ST 25

Anatomical location – on abdomen, lateral to umbilicus by 2 cun

Indications – diarrhea, constipation, painful urinary dysfunction, vomiting, poor appetite, abdominal pain/distention, uterine pain, irregular menses

Contraindications – none

ST 30

Anatomical location – level with superior border of pubic symphysis, 2 cun lateral to midline

Indications – fullness/distention/pain in abdomen, rectal prolapse, urinary dysfunction, swelling/pain of external genitals, infertility, childbirth disorders, abnormal uterine bleeding

Contraindications – deep pressure in thin patients may irritate the round ligament in women and spermatic cord in men

ST 36

Anatomical location – below knee, 1 cun lateral to anterior crest of tibia

Indications – any weakness/deficiency, indigestion, pain/distention/fullness of abdomen, diarrhea, nausea, vomiting, dizziness, pain in knee/leg/thigh, hypertension, chills/fever

Contraindications – none

ST 38

Anatomical location – on lower leg, one finger breadth lateral to anterior crest of tibia, midway between tibiofemoral joint line and prominence of lateral malleolus

Indications – lower leg pain or atrophy, knee and thigh swelling, pain or stiffness of shoulder

Contraindications – none

ST 40

Anatomical location – on lower leg, midway between popliteal crease and lateral malleolus, 2 cun lateral to anterior crest of tibia

Indications – phlegm, chest pain, headache, sore throat, cough, wheezing, asthma, hypertension, restlessness, pain in lower limbs

Contraindications – none

ST 45

Anatomical location – on dorsal aspect of second toe, 0.1 cun from the corner of nail

Indications – nosebleed, rhinitis, sore throat, toothache, face swelling, febrile disease, loss of consciousness, insomnia, mania-depression

Contraindications – none

Spleen

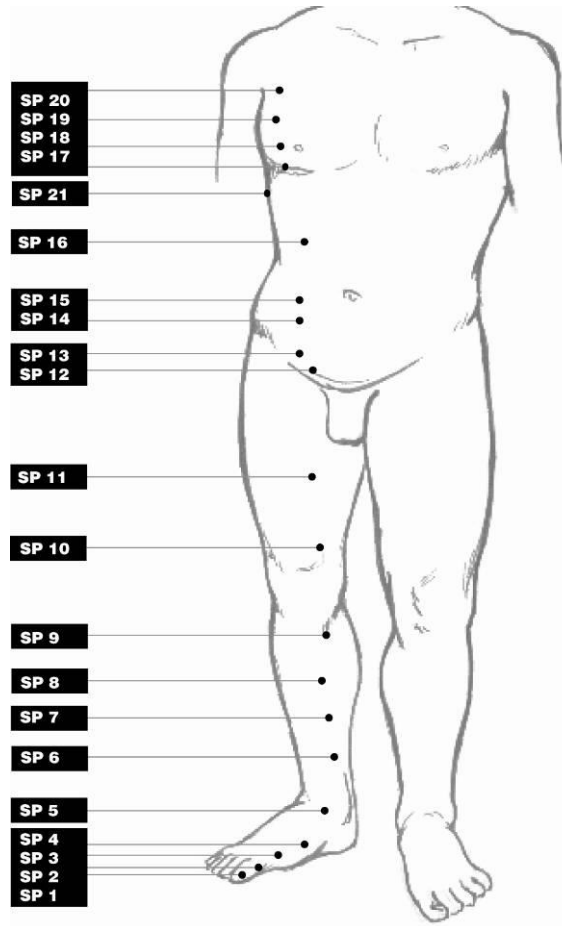


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SP 1

Anatomical location – on dorsal aspect of big toe, 0.1 cun from medial corner of nail

Indications – uterine bleeding, bloody urine, vomiting blood, nosebleed, abdominal distention, diarrhea, indigestion, excessive dreaming, insomnia, fever

Contraindications – none

SP 3

Anatomical location – medial side of foot, proximal and inferior to head of 1st metatarsal bone

Indications – diarrhea, constipation, abdominal pain, vomiting, dysentery, pain of thigh/knee/lumbar region

Contraindications – none

SP 4

Anatomical location – medial side of foot, distal and inferior to base of 1st metatarsal bone

Indications – abdominal or epigastric pain, diarrhea, dysentery, irregular menses, gynecologic disorders

Contraindications – none

SP 6

Anatomical location – medial side of lower leg, 3 cun above vertex of medial malleolus, near posterior border of tibia

Indications – diarrhea, irregular menses, uterine bleeding or prolapse, infertility, difficult labor, impotence, pain in genitals, insomnia, dizziness, hypertension

Contraindications – pregnancy

SP 9

Anatomical location – on lower leg medial side, in depression below medial condyle of tibia and posterior border of tibia

Indications – abdominal pain, diarrhea, dysentery, swelling/pain of lower extremities, painful urination, genital pain

Contraindications – none

SP 10

Anatomical location – with knee flexed, point is in tender depression of vastus medialis muscle, 2 cun proximal to the superior border of the patella

Indications – dysmenorrhea (painful menstruation), uterine bleeding, irregular menses, urticaria, pain/itching in genitals, painful urination

Contraindications – none

SP 15

Anatomical location – on abdomen, 4 cun lateral to umbilicus, lateral border of rectus abdominus muscle

Indications – abdominal pain, diarrhea, constipation, dysentery

Contraindications – deep pressure in thin patients may irritate an enlarged liver or spleen

SP 21

Anatomical location – 7th ICS (sometimes 6th ICS) on mid-axillary line

Indications – chest pain, cough, weak limbs, general body pain/weakness/aches

Contraindications – none

Heart

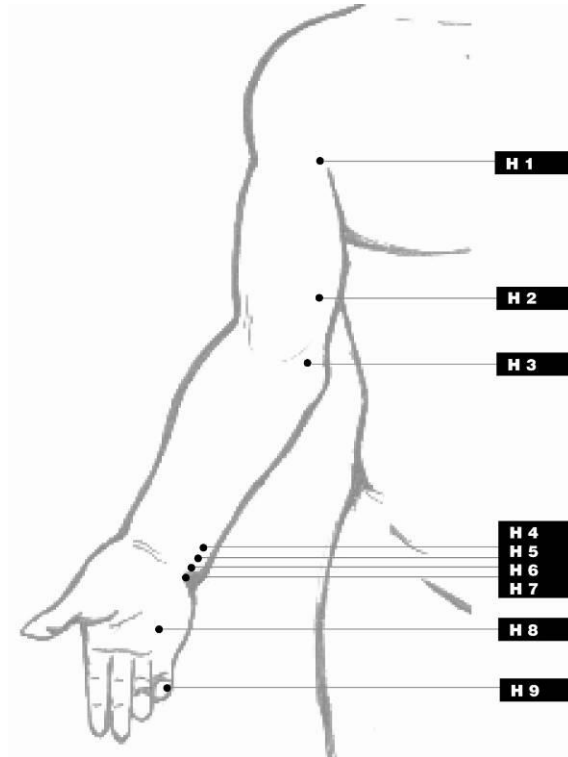


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HT 1

Anatomical location – in depression at center of axilla

Indications – chest pain, shortness of breath, sadness, palpitations, arm/shoulder/axilla pain

Contraindications – none

HT 3

Anatomical location – with flexed elbow, at medial end of transverse cubital crease, anterior to medial epicondyle of humerus

Indications – headache, dizziness, pain/numbness of arm/elbow

Contraindications – none

HT 5

Anatomical location – 1 cun proximal to transverse wrist crease, on radial side of flexor carpi ulnaris tendon

Indications – depressive disorder, palpitations, loss of voice, dizziness, stiff tongue, eye/throat pain, pain in wrist/elbow

Contraindications – none

HT 7

Anatomical location – on transverse wrist crease, proximal to the pisiform bone, on radial side of flexor carpi ulnaris tendon

Indications – insomnia, palpitations, sleep-talking, painful/dry throat, poor memory, yellow eyes

Contraindications – use caution because ulnar artery and nerve lie next to point

HT 9

Anatomical location – 0.1 cun from corner of nail on radial side of little finger

Indications – chest/heart pain, loss of consciousness, epilepsy, eye/tongue/throat pain or swelling, pain in hand or arm

Contraindications – none

Small Intestine

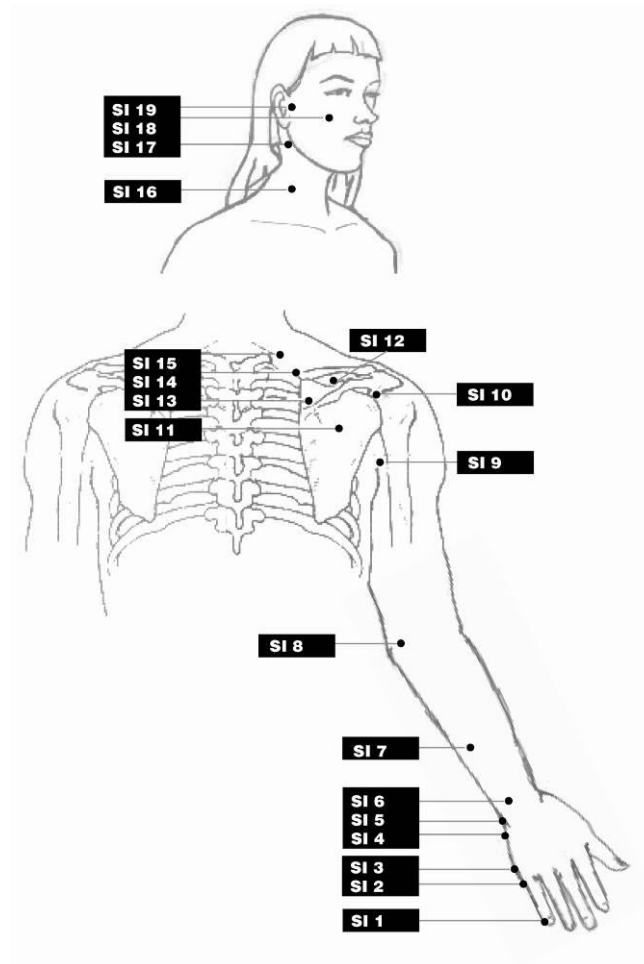


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SI 1

Anatomical location – on the dorsal aspect of little finger, 0.1 cun from ulnar corner of nail

Indications – loss of consciousness, chest pain, febrile disease, cough, headache, breast disorders

Contraindications – none

SI 3

Anatomical location – with hand in a loose fist, proximal to head of 5th metacarpal bone on ulnar side of hand, at junction of red and white skin

Indications – headache, pain/stiffness in neck, pain of shoulder/arm, nightsweats, febrile disease, mania-depression, pain of eyes/throat

Contraindications – none

SI 8

Anatomical location – with flexed elbow, between tip of olecranon process of ulna and tip of medial epicondyle of humerus

Indications – pain/swelling of throat/cheeks/gums, headache, dizziness, pain of neck/shoulder/upper arm/elbow

Contraindications – use caution as ulnar nerve lies deep under point

SI 9

Anatomical location – on posterior shoulder, with arm adducted, 1 cun superior to posterior axillary crease

Indications – weakness/pain in shoulder/upper arm, chills/fever, tinnitus

Contraindications – none

SI 10

Anatomical location – on posterior shoulder, with arm adducted, inferior to scapular spine and superior to posterior axillary crease

Indications – pain/swelling of shoulder/scapula/upper arm, chills/fever

Contraindications – none

SI 11

Anatomical location – tender depression on scapula, 1/3rd the distance from midpoint of inferior border of scapular spine to inferior angle of scapula

Indications – pain of shoulder/scapula/elbow, cough, fullness of chest, pain/swelling of breast

Contraindications – none

SI 12

Anatomical location – center of suprascapular fossa, above SI 11

Indications – numbness/pain of shoulder/scapula/upper arm

Contraindications – none

SI 13

Anatomical location – on scapula, tender depression superior to medial end of scapular spine, level with T2

Indications – painful shoulder, scapula obstruction

Contraindications – none

SI 19

Anatomical location – with open mouth, located in depression between middle of tragus and mandibular joint

Indications – discharge from ear, tinnitus, deafness, mania, loss of voice

Contraindications – none

Bladder

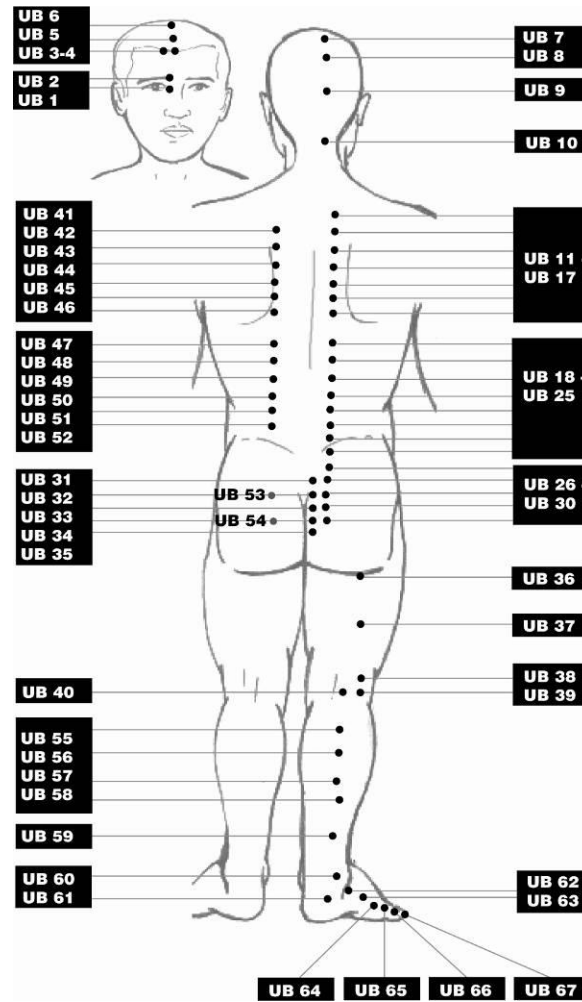


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BL 1

Anatomical location – 0.1 cun above inner canthus of eye

Indications – pain/swelling/redness of eyes, eye pathologies

Contraindications – do not attempt acupressure without proper clinical training

BL 10

Anatomical location – on lateral edge of trapezius muscle, 1.3 cun lateral to GV 15

Indications – pain/heaviness/stiffness of head/neck, headache, dizziness, redness and pain of eyes, epilepsy

Contraindications – none

BL 11

Anatomical location – 1.5 cun lateral to lower border of T1 spinous process

Indications – bone pathology, pain in neck/back/ scapula/knee, headache, febrile disease, cough

Contraindications – none

BL 12

Anatomical location – 1.5 cun lateral to lower border of T2 spinous process

Indications – headache, dizziness, cough, vomiting, nasal congestion, pain/stiffness in neck/head/shoulder

Contraindications – none

BL 13

Anatomical location – 1.5 cun lateral to lower border of T3 spinous process

Indications – asthma, chest pain, cough, fever, night sweats, pain in back/shoulder

Contraindications – none

BL 14

Anatomical location – 1.5 cun lateral to lower border of T4 spinous process

Indications – chest pain, cough, shortness of breath, palpitations, vomiting

Contraindications – none

BL 15

Anatomical location – 1.5 cun lateral to lower border of T5 spinous process

Indications – chest pain, palpitations, anxiety, insomnia, epilepsy, excessive dreaming, cough, vomiting, sweating, hemiplegia, poor memory

Contraindications – none

BL 16

Anatomical location – 1.5 cun lateral to lower border of T6 spinous process

Indications – chest pain, abdominal pain, chills/fever

Contraindications – none

BL 17

Anatomical location – 1.5 cun lateral to lower border of T7 spinous process

Indications – stabbing chest pain, coughing/vomiting blood, dizziness, sweating, fever, any blood pathology, blood in stool, epigastric pain

Contraindications – none

BL 18

Anatomical location – 1.5 cun lateral to lower border of T9 spinous process

Indications – abdominal pain and cramps, chest pain, jaundice, anger, epilepsy, coughing or vomiting blood, eye pathologies, vertigo

Contraindications – none

BL 19

Anatomical location – 1.5 cun lateral to lower border of T10 spinous process

Indications – vomiting, jaundice, yellow sclera, insomnia, headache, indigestion

Contraindications – none

BL 20

Anatomical location – 1.5 cun lateral to lower border of T11 spinous process

Indications – poor appetite, diarrhea, dysentery, abdominal pain, blood in stool or urine, vomiting blood, jaundice, edema, loose stool with undigested food

Contraindications – none

BL 21

Anatomical location – 1.5 cun lateral to lower border of T12 spinous process

Indications – abdominal pain, vomiting, indigestion, diarrhea, gastric reflux

Contraindications – none

BL 22

Anatomical location – 1.5 cun lateral to lower border of L1 spinous process

Indications – diarrhea, dysentery, indigestion, jaundice, abdominal masses, edema, dizziness, pain of low back

Contraindications – none

BL 23

Anatomical location – 1.5 cun lateral to lower border of L2 spinous process, L2 is level with iliac crests

Indications – urinary pathologies, impotence, irregular menses, diarrhea, vertigo, tinnitus, dyspnea, cough

Contraindications – none

BL 24

Anatomical location – 1.5 cun lateral to lower border of L3 spinous process

Indications – stiffness/pain of low back and legs, irregular menses, bloody diarrhea, impotence

Contraindications – none

BL 25

Anatomical location – 1.5 cun lateral to lower border of L4 spinous process

Indications – diarrhea, dysentery, intestinal abscess, constipation, rectal prolapse, pain/distention abdomen, lumbar stiffness/pain

Contraindications – none

BL 26

Anatomical location – 1.5 cun lateral to lower border of L5 spinous process

Indications – low back pain, diarrhea, constipation, frequent urination

Contraindications – none

BL 27

Anatomical location – 1.5 cun lateral to sacral midline, at level of 1st posterior sacral foramen

Indications – constipation, diarrhea, hemorrhoids, urinary retention, lower abdominal pain, hematuria (bloody urine)

Contraindications – none

BL 28

Anatomical location – 1.5 cun lateral to sacral midline, at level of 2nd posterior sacral foramen

Indications – painful urination, pain of external genitals, diarrhea, constipation, abdominal pain, pain/stiffness of low back and legs

Contraindications – none

BL 29

Anatomical location – 1.5 cun lateral to sacral midline, at level of 3rd posterior sacral foramen

Indications – pain/stiffness of lumbar region and legs, dysentery, pain/distention of abdomen

Contraindications – none

BL 30

Anatomical location – 1.5 cun lateral to sacral midline, at level of 4th posterior sacral foramen

Indications – pain of lumbar region, irregular menses, dysmenorrhea, rectal prolapse, difficult urination

Contraindications – none

BL 31

Anatomical location – 1st posterior sacral foramen

Indications – dysmenorrhea, infertility, irregular menses, pain in lumbar region and knees, difficult urination

Contraindications – none

BL 32

Anatomical location – 2nd posterior sacral foramen

Indications – difficult urination, diarrhea, infertility, pain/numbness of lumbar region

Contraindications – none

BL 33

Anatomical location – 3rd posterior sacral foramen

Indications – constipation, diarrhea, irregular menses, infertility, difficult urination, pain in lumbar region

Contraindications – none

BL 34

Anatomical location – 4th posterior sacral foramen

Indications – diarrhea, constipation, dysmenorrhea, lumbar pain, lower abdominal pain

Contraindications – none

BL 40

Anatomical location – on popliteal crease, at back of knee, between tendons of semitendinosus and biceps femoris

Indications – stiffness/pain/weakness of low back and knees, febrile disease, dysentery, vomiting, diarrhea, difficult urination

Contraindications – use caution as tibial nerve and popliteal artery and vein lie deep to point

BL 44

Anatomical location – 3 cun lateral to lower border of T5 spinous process

Indications – dyspnea, cough, asthma, pain/stiffness of back and shoulder

Contraindications – none

BL 52

Anatomical location – 3 cun lateral to lower border of L2 spinous process

Indications – pain/stiffness of low back, premature ejaculation, impotence, nocturnal emission

Contraindications – none

BL 57

Anatomical location – on lower leg, directly below the bellies of gastrocnemius muscle, 8 cun below BL 40

Indications – hemorrhoids, constipation, rectal prolapse, pain/stiffness of low back/legs/knees, sciatica

Contraindications – none

BL 60

Anatomical location – on lateral ankle, between lateral malleolus and Achilles tendon, level with lateral malleolus prominence

Indications – epilepsy, dizziness, eye pain, pain in neck/shoulder/low back/knee/ankle, sciatica, cough, difficult labor, abdominal pain

Contraindications – pregnancy

BL 62

Anatomical location – on lateral foot, directly inferior to lateral malleolus, in depression posterior to peroneal tendons

Indications – headache, dizziness, chills/fever, epilepsy, eye pain, tinnitus, pain/stiffness in neck/hip/lumbar region/leg/foot

Contraindications – none

BL 67

Anatomical location – on little toe, 0.1 cun from lateral corner of nail

Indications – headache, tinnitus, neck/eye pain, prolonged labor, malposition of fetus, difficult urination

Contraindications – pregnancy

Kidney

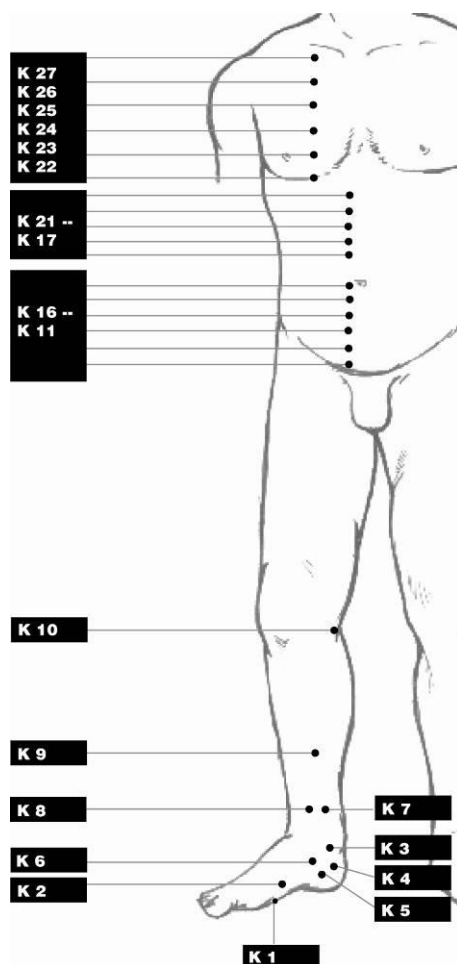


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KI 1

Anatomical location – on sole of foot when in plantar flexion, between 2nd and 3rd metatarsal bones, 1/3rd the distance between base of 2nd toe and heel

Indications – epilepsy, loss of consciousness, headache, insomnia, poor memory, cough, vomiting blood, constipation, infertility, impotence, pain of leg/foot/lumbar region

Contraindications – none

KI 3

Anatomical location – on medial ankle, between medial malleolus and Achilles tendon, level with medial malleolus prominence

Indications – headache, vertigo, tinnitus, cough, chest pain, dyspnea, impotence, premature ejaculation, lumbar pain, swelling/pain of ankle, irregular menses

Contraindications – none

KI 6

Anatomical location – in depression 1 cun below medial malleolus prominence

Indications – pain/swelling of throat, dizziness, insomnia, epilepsy, constipation, frequent urination, irregular menses, dysmenorrhea

Contraindications – none

KI 7

Anatomical location – on medial lower leg, 2 cun above KI 3, on anterior edge of Achilles tendon

Indications – swelling and edema, difficult urination, sweating, diarrhea, constipation, hemorrhoids, dry tongue/mouth, seminal emission, lumbar pain, uterine bleeding

Contraindications – none

KI 10

Anatomical location – with flexed knee, at medial edge of popliteal crease, between semitendinosus and semimembranosus tendons

Indications – diarrhea, impotence, uterine bleeding, difficult urination and conception, mania, pain of knee/thigh

Contraindications – none

KI 16

Anatomical location – on abdomen, 0.5 cun lateral to umbilicus

Indications – constipation, diarrhea, vomiting, distention/pain of abdomen, redness/pain of eye

Contraindications – none

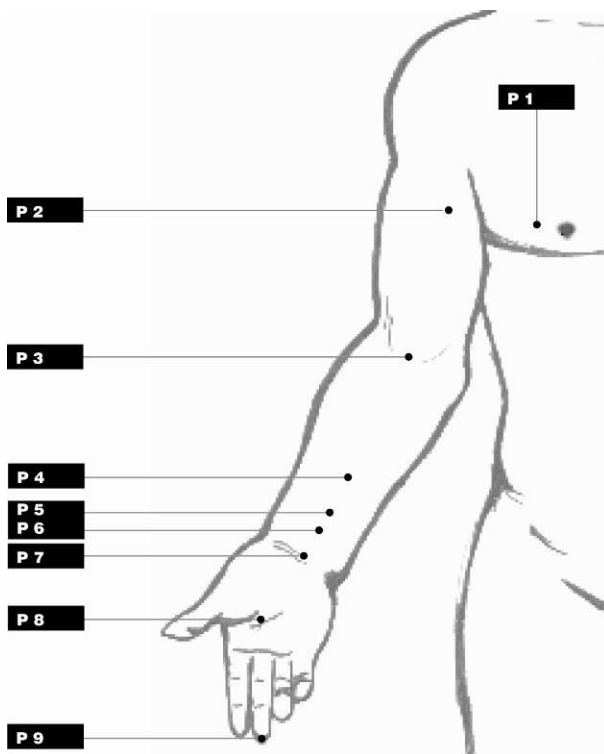
KI 27

Anatomical location – on lower border of clavicle, in depression 2 cun lateral to midline

Indications – cough, chest pain, dyspnea, nausea, vomiting, abdominal distention

Contraindications – none

Pericardium



PC 1

Anatomical location – 4th ICS, 1 cun lateral and slightly superior to nipple

Indications – cough with phlegm, fullness of chest, breast disease, headache, febrile disease

Contraindications – none

PC 3

Anatomical location – on transverse cubital crease, on medial side of tendon of biceps brachii muscle

Indications – vomiting, diarrhea, dysentery, febrile disease, dry mouth/tongue, palpitations, heart pain, tremor of arm/hand/head, agitation

Contraindications – use caution needling as brachial artery and vein lie medial to point

PC 6

Anatomical location – 2 cun proximal to transverse wrist crease, between palmaris longus and flexor carpi radialis tendons

Indications – chest pain, palpitations, insomnia, poor memory, depression, vomiting, nausea, febrile disease, headache, pain in elbow/upper arm

Contraindications – use caution as median nerve lies directly under this point

PC 7

Anatomical location – at transverse wrist crease midpoint, between palmaris longus and flexor carpi radialis tendons

Indications – palpitations, heart and chest pain, mania, insomnia, breast pain, vomiting, stomach pain, fever, epilepsy, pain in wrist/hand/elbow

Contraindications – use caution as median nerve lies directly under this point

PC 9

Anatomical location – center of tip of middle finger

Indications – fever, loss of consciousness, tongue pain, heart pain, epigastric pain, vomiting

Contraindications – none

Triple Energizer

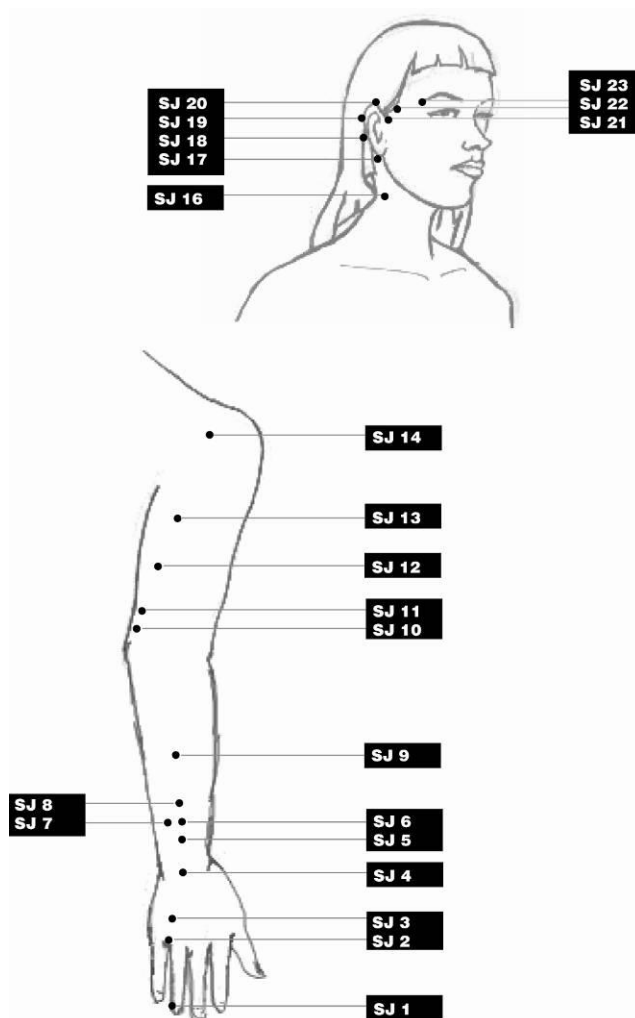


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TE 1

Anatomical location – along ulnar border of nail of ring finger, 0.1 cun from corner of nail

Indications – ear disorders, tongue pain, headache, febrile disease, heart pain, shoulder pain

Contraindications – none

TE 4

Anatomical location – at level of wrist joint, between extensor digitorum communis and extensor digiti minimi tendons

Indications – pain/swelling of neck/shoulder/arm/wrist, throat pain, febrile disease, dry mouth

Contraindications – none

TE 5

Anatomical location – depression between radius and ulna, 2 cun proximal to TE 4

Indications – chills/fever, febrile disease, headache, dizziness, pain/swelling of eyes, constipation, mumps, pain/stiffness of neck/back/arm

Contraindications – none

TE 10

Anatomical location – with flexed elbow, 1 cun proximal to olecranon

Indications – cough with phlegm, chest pain, insanity, chills/fever, urticaria, throat pain, deafness, headache, pain/numbness of arm/shoulder/elbow

Contraindications – none

TE 14

Anatomical location – posterior and inferior edge of acromion, at origin of deltoid muscle, 1 cun posterior to LI 15

Indications – pain/numbness of shoulder and arm

Contraindications – none

TE 17

Anatomical location – behind earlobe, between tip of mastoid process and ramus of mandible

Indications – tinnitus, redness/swelling/pain of ear, lockjaw, pain of teeth/gums/cheeks, mumps, deafness

Contraindications – none

TE 21

Anatomical location – with open mouth, superior to condyloid process of mandible and anterior to supratragic notch

Indications – any ear pathologies, toothache, headache, lockjaw, neck pain

Contraindications – none

TE 23

Anatomical location – lateral end of eyebrow, in depression on supraorbital margin

Indications – headaches, dizziness, toothache, eye pain, red eyes, blurred vision, eye deviation

Contraindications – none

Gall Bladder

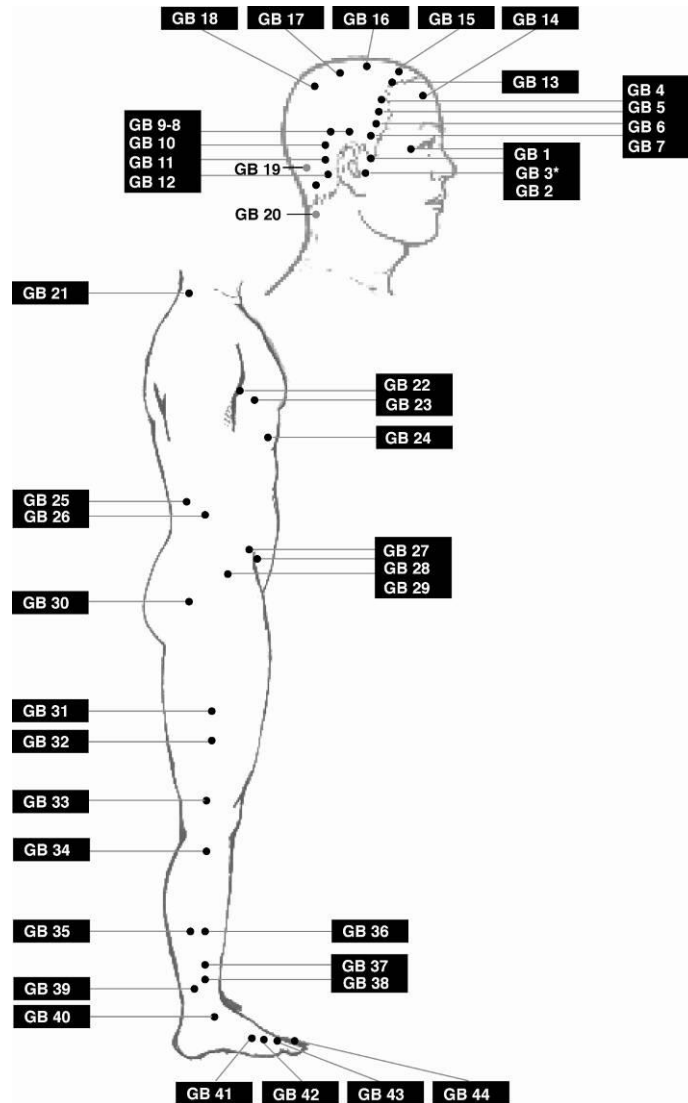


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GB 1

Anatomical location – on lateral side of orbital margin, in hollow, 0.5 cun lateral to outer canthus

Indications – eye pain, red eyes, lacrimation, night blindness, headache, sore throat, eye deviation

Contraindications – do not attempt acupressure without proper clinical training

GB 2

Anatomical location – with open mouth, between condyloid process of mandible anteriorly and intertragic notch posteriorly

Indications – any ear pathology, mumps, toothache, jaw dislocation

Contraindications – none

GB 12

Anatomical location – depression inferior and posterior to mastoid process

Indications – pain/stiffness of neck, headache, pain of throat/ear, insomnia, mania, deviation of mouth or eyes

Contraindications – none

GB 20

Anatomical location – below occipital bone, between origins of sternocleidomastoid and trapezius muscle, level with GV 17

Indications – insomnia, headache, dizziness, febrile disease, urticaria, any eye pathology, tinnitus, nasal congestion, pain/stiffness of neck/shoulder

Contraindications – none

GB 21

Anatomical location – at crest of trapezius muscle, halfway between tip of acromion and GV 14

Indications – pain/stiffness of neck/shoulder, stroke, cough, dyspnea, difficult labor, breast and lumbar pain

Contraindications – pregnancy

GB 24

Anatomical location – 7th ICS on anterior chest, directly below nipple, 4 cun lateral to midline

Indications – abdominal pain/distention, jaundice, vomiting, acid regurgitation, sadness with sighing

Contraindications – none

GB 25

Anatomical location – anterior and inferior to tip of free end of 12th rib

Indications – diarrhea, vomiting, abdominal pain/distention, difficult urination, chills/fever, lumbar pain, pain of hip/shoulder

Contraindications – none

GB 30

Anatomical location – on buttocks, 1/3rd of the distance between sacral hiatus and greater trochanter of femur

Indications – sciatica, pain of hip/leg/thigh/knee/low back, urticaria, lower leg atrophy

Contraindications – none

GB 34

Anatomical location – lateral aspect of knee, depression 1 cun anterior and inferior to head of fibula

Indications – disorders of tendons, lower limb pain, sciatica, muscle pain, constipation, vomiting, chills/fever, hypertension

Contraindications – none

GB 39

Anatomical location – 3 cun above prominence of lateral malleolus, on posterior edge of fibula

Indications – hemiplegia, pain/stiffness of neck, pain of hip and lower limb, sciatica, dizziness, abdominal distention, diarrhea, anxiety, anger, hemorrhoids

Contraindications – none

GB 40

Anatomical location – on ankle, depression inferior and anterior to lateral malleolus

Indications – herpes zoster, pain/distention of chest, headache, pain of eyes/throat, vomiting, acid regurgitation, pain of lumbar region/hip/lower limb, sciatica

Contraindications – none

GB 41

Anatomical location – lateral to extensor digitorum longus tendon, in depression distal to junction of 4th and 5th metatarsal bones

Indications – headache, dyspnea, pain/fullness of chest, dizziness, dry/painful/swollen eyes, tinnitus, breast swelling/pain, irregular menses, pain of hip/lower leg/feet

Contraindications – none

GB 44

Anatomical location – dorsal aspect of 4th toe, 0.1 cun from later nail corner

Indications – headache, dizziness, tinnitus, eye pain, sore throat, nightmares, insomnia

Contraindications – none

Liver

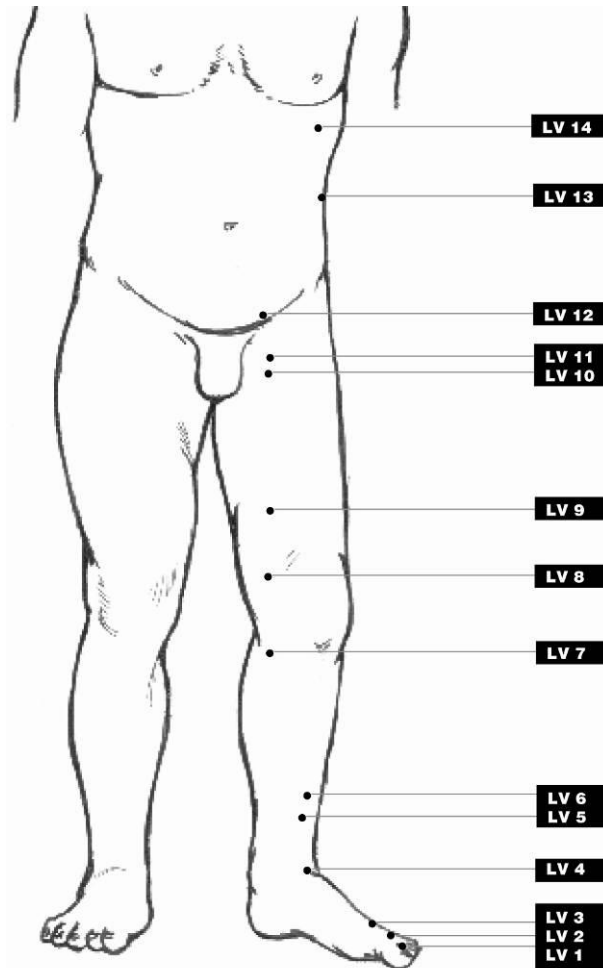


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LR 1

Anatomical location – dorsal side of big toe, 0.1 cun from lateral nail corner

Indications – abdominal pain, genital pain, pain on urination, irregular menses, loss of consciousness, epilepsy

Contraindications – none

LR 2

Anatomical location – between 1st and 2nd toes, 0.5 cun proximal to margin of the web

Indications – dizziness, headache, eye pathology, dry throat, anger, insomnia, palpitations, hypertension, painful urination, irregular menses, coughing blood, lumbar pain, nosebleeds, seizures

Contraindications – none

LR 3

Anatomical location – depression distal to junctions of 1st and 2nd metatarsal bones

Indications – dizziness, hypertension, headache, insomnia, pain in abdomen/breast/chest, irregular menses, painful urination, dry/painful throat, eye pathologies, jaundice, vomiting, diarrhea, constipation, lumbar pain

Contraindications – none

LR 5

Anatomical location – 5 cun superior to prominence of medial malleolus, on medial edge of tibial crest

Indications – pain/swelling/itching of genitals, irregular menses, dysmenorrhea, depression, lumbar pain, urinary retention

Contraindications – none

LR 8

Anatomical location – superior to medial end of popliteal crease, anterior to semitendinosus and semimembranosus muscle tendons, 1 cun anterior to KI 10

Indications – pain/swelling/itching of genitals, impotence, urinary retention, diarrhea, prolapse of uterus, infertility, headache, vertigo, swelling/pain eyes, knee pain/swelling

Contraindications – none

LR 13

Anatomical location – inferior and anterior to tip of free end of 11th rib

Indications – abdominal pain/distention, diarrhea, constipation, jaundice, cough, shortness of breath, indigestion, pain in lumbar region, vomiting

Contraindications – none

LR 14

Anatomical location – 6th ICS, 4 cun lateral to midline, below nipple

Indications – pain in chest/breast/epigastric area, cough, dyspnea, vomiting, diarrhea, acid regurgitation, chills/fever, uterine bleeding, jaundice, red face, pain of head/neck

Contraindications – none

Conception Vessel

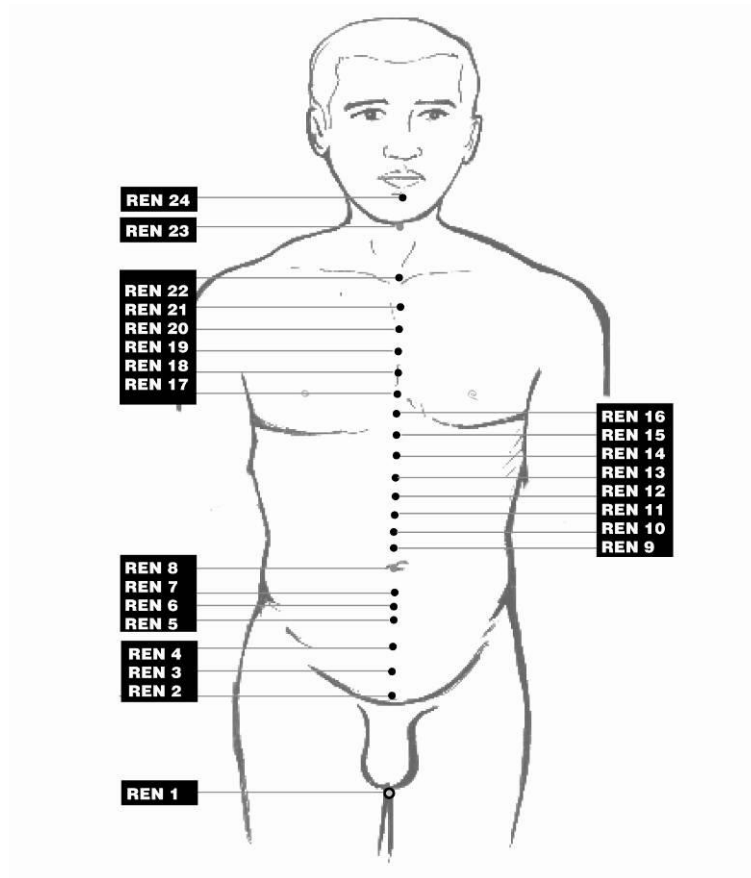


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CV 1

Anatomical location – midway between anus and scrotum in males and posterior labial commissure in females

Indications – difficult urination and stool, impotence, genital diseases, amenorrhea, irregular menses

Contraindications – pregnancy

CV 4

Anatomical location – midline of lower abdomen, 3 cun below umbilicus and 2 cun above pubic symphysis

Indications – impotence, lumbar pain, infertility, amenorrhea, any Kidney deficiency, belching, diarrhea, pain on urination, stroke, insomnia, dizziness, headache

Contraindications – have patient empty bladder before applying pressure as deep pressure may be uncomfortable on a full bladder

CV 6

Anatomical location – midline of lower abdomen, 1.5 cun below umbilicus and 3.5 cun above pubic symphysis

Indications – loss of consciousness, stroke, impotence, prolapse of rectum or uterus, dysentery, diarrhea, uterine bleeding, irregular menses, dysmenorrhea

Contraindications – none

CV 8

Anatomical location – center of umbilicus

Indications – stroke, loss of consciousness, diarrhea, abdominal distention, painful urination, retention of urine

Contraindications – none

CV 12

Anatomical location – 4 cun superior to umbilicus on midline of abdomen

Indications – nausea, vomiting, abdominal pain/distention/fullness, anxiety, worry, diarrhea, dyspnea (difficulty breathing)

Contraindications – none

CV 14

Anatomical location – midline of abdomen, 6 cun superior to umbilicus and 2 cun inferior to sternocostal angle

Indications – chest and heart pain, cough, phlegm, shortness of breath, loss of consciousness, manic-depression, abdominal pain/distention, nausea, vomiting

Contraindications – none

CV 17

Anatomical location – level with junction of 4th ICS and sternum, on midline of sternum

Indications – dyspnea, cough, asthma, wheezing, chest pain, acid regurgitation, vomiting, breast pain, loss of consciousness

Contraindications – none

CV 22

Anatomical location – 0.5 cun above suprasternal notch, on midline in center of suprasternal fossa

Indications – dyspnea, cough, asthma, chest and heart pain, vomiting, jaundice, dry throat, loss of voice, red face, chills/fever

Contraindications – none

CV 24

Anatomical location – in depression above the chin, in center of mentolabial groove

Indications – stroke, facial paralysis, face pain, loss of voice, lockjaw, neck stiffness and pain

Contraindications – none

Governing Vessel

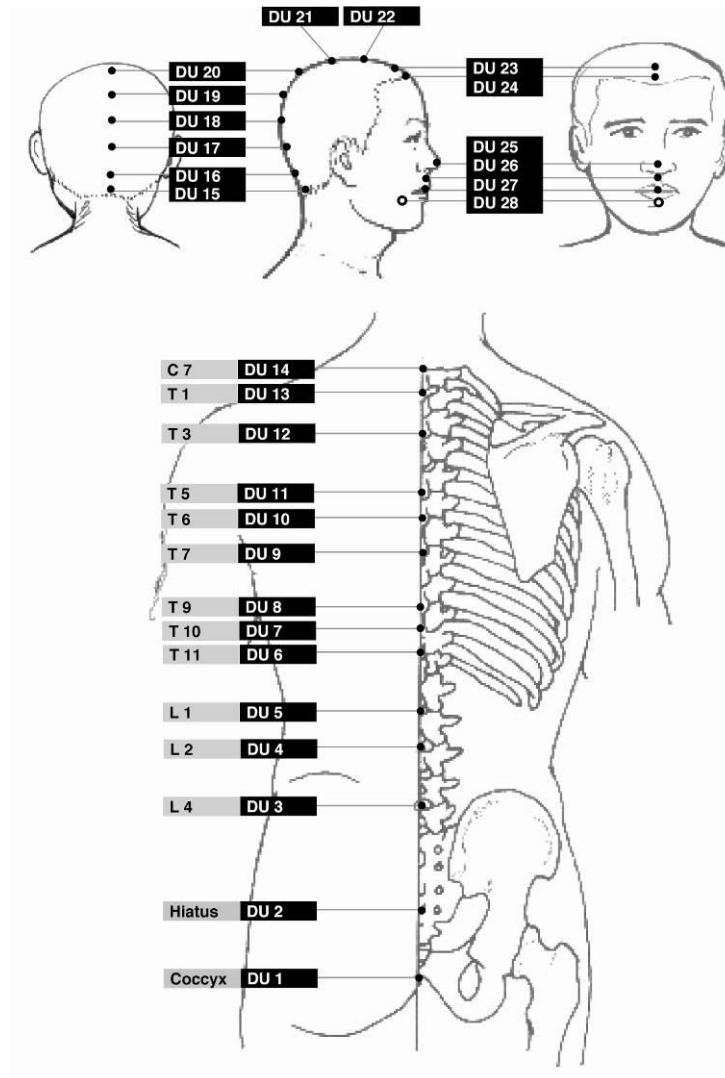


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GV 1

Anatomical location – between coccyx tip and anus, on midline

Indications – hemorrhoids, rectal prolapse, difficult urination, lumbar pain, epilepsy

Contraindications – none

GV 4

Anatomical location – on midline of low back, depression below L2 spinous process

Indications – chills/fever, tinnitus, vertigo, seminal emission, hemorrhoids, pain/stiffness in lumbar spine

Contraindications – none

GV 9

Anatomical location – on midline of back, depression below T7 spinous process

Indications – jaundice, poor appetite, cough, dyspnea, pain/stiffness of lumbar spine

Contraindications – none

GV 14

Anatomical location – on midline of neck, depression below C7 spinous process

Indications – chills/fever, malaria, sweating, insomnia, stiffness of neck and head, high fever with agitation

Contraindications – none

GV 20

Anatomical location – on midline of head at vertex, 5 cun posterior to anterior hairline and 7 cun superior to posterior hairline

Indications – dizziness, tinnitus, hypertension, loss of consciousness, rectal or uterine prolapse, agitation, mania, nasal congestion

Contraindications – none

GV 28

Anatomical location – at junction of upper lip and gum, inside mouth, in superior frenulum

Indications – red painful gums, nasal polyps, nasal congestion, eye pain or redness, blurry vision

Contraindications – none

Steps for Creating an Acupressure Massage Therapy Treatment Plan

Here are some basic steps to help the massage therapist create an acupressure treatment plan for a client.

1. Do an initial intake on your client and be sure to ask about past medical history
2. Ask the client about their chief complaint or what they would like to focus on in their massage session
3. Select 1 to 10 acupressure points that will focus on your client's request
4. Apply pressure to these points bilaterally (on both sides of the body) during the massage
5. Reschedule and follow up with client as needed to ask about the effects of the treatment

Sample Acupressure Massage Therapy Plans

For stress reduction and general balancing: LR 3, LI 4, this treatment is known as the Four Gates

For colds, flu, and upper respiratory infections: LU 1, LI 4, LI 11, and ST 40

For PMS: SP 6, SP 9, and SP 10

For headaches: LI 4, GB 20, and GB 21

For upper back pain: BL 11-17, BL 41-46

For middle back pain: BL 18-25, BL 47-52

For low back pain: BL 26-30, BL 40, and KI 3

For nausea: PC 6

For ear infections: TE 21, SI 19, and GB 2

For insomnia: HT 7, LR 2, and LR 3

For diarrhea: ST 36, SP 6

For constipation: ST 25, SP 15, and KI 16

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Acupressure Basics Exam

1. What does acupressure use to elicit a therapeutic response?
 - A. Needles
 - B. Moxa
 - C. Pressure
 - D. None of the above
2. Which of the following are theories of Traditional Chinese Medicine (TCM)?
 - A. Yin and Yang
 - B. Five Elements
 - C. Zang-Fu
 - D. All of the above
3. What does acupuncture use to treat disease and illness?
 - A. Fine needles
 - B. Physical pressure
 - C. Small machines
 - D. None of the above
4. Qi is or can be:
 - A. Life force
 - B. Vital energy
 - C. Stagnated or deficient
 - D. All of the above
5. Qi travels in the:
 - A. Veins
 - B. Meridians
 - C. Lymph
 - D. Arteries
6. All of the following are considered primary meridians or channels EXCEPT:
 - A. Liver
 - B. Uterus
 - C. Bladder
 - D. Kidney
7. The Yin channels of the arm/hand include:
 - A. Lung
 - B. Heart
 - C. Pericardium
 - D. All of the above
8. Which of the following is NOT a Yang channel of the leg/foot?
 - A. Stomach
 - B. Bladder
 - C. Liver
 - D. Gall Bladder

9. In acupressure massage therapy, a therapist uses what to apply pressure?
 - A. Fingers, knuckles, and palms
 - B. Fine needles
 - C. Herbs like moxa
 - D. A small machine

10. All of the following are benefits of acupressure EXCEPT:
 - A. Relieving pain
 - B. Diagnosing disease and illness
 - C. Balancing Qi
 - D. Supports general health and well being

11. Which of the following conditions can acupressure help?
 - A. Premenstrual syndrome
 - B. Anxiety and stress
 - C. Muscle stiffness and aches
 - D. All of the above

12. Acupressure is contraindicated directly over :
 - A. Bruises
 - B. Tumors
 - C. Unhealed wounds
 - D. All of the above

13. Acupressure should be used with caution in which of the following groups?
 - A. Pregnant women
 - B. Women who exercise
 - C. Men who exercise
 - D. Healthcare workers

14. In acupressure, the massage therapist should select points based on the client's:
 - A. History only
 - B. Chief complaint only
 - C. Chief complaint and history both
 - D. None of the above

15. A cun is:
 - A. A size measurement
 - B. A weight measurement
 - C. A length measurement
 - D. A funny word

16. One cun is the width of the thumb at the knuckle, while three cun is the width of:
 - A. The whole palm
 - B. All four toes side by side
 - C. All four fingers side by side
 - D. Half of the palm

17. LU 1 is indicated for all of the following EXCEPT:
- A. Cough
 - B. Insomnia
 - C. Asthma
 - D. Wheezing
18. LU 5 is located:
- A. On cubital crease of elbow, in depression lateral to biceps tendon
 - B. On cubital crease of elbow, in depression medial to biceps tendon
 - C. On popliteal crease of knee, in depression lateral to biceps tendon
 - D. On popliteal crease of knee, in depression medial to biceps tendon
19. Contraindications for using LU 9 include:
- A. Cough
 - B. Wheezing
 - C. None
 - D. Dry throat
20. The Lung meridian ends with LU 11 on:
- A. The ulnar side of the index finger
 - B. The radial side of the index finger
 - C. The ulnar side of the thumb
 - D. The radial side of the thumb
21. The Large Intestine meridian begins with LI 1 on:
- A. The radial side of the index finger
 - B. The ulnar side of the index finger
 - C. The radial side of the thumb
 - D. The ulnar side of the thumb
22. LI 4 is contraindicated in:
- A. Delayed labor
 - B. Pregnancy
 - C. Amenorrhea
 - D. Headaches
23. LI 11 is indicated for:
- A. Arm pain
 - B. Shoulder pain
 - C. Elbow pain
 - D. All of the above
24. LI 20 is located in the:
- A. Armpit
 - B. Cubital crease
 - C. Sternal groove
 - D. Naso-labial groove

25. ST 7 is useful for:
- A. Ear pain
 - B. Deafness
 - C. Tinnitus
 - D. All of the above
26. ST 17 is the center of the nipple and is contraindicated for:
- A. Being a landmark point
 - B. Being a reference point
 - C. Acupressure
 - D. Breast disorders
27. ST 25 is located:
- A. On abdomen, lateral to umbilicus by 4 cun
 - B. On abdomen, lateral to umbilicus by 2 cun
 - C. On chest, lateral to nipple by 4 cun
 - D. On chest, lateral to nipple by 2 cun
28. The Stomach meridian ends with ST 45 on the:
- A. Second toe
 - B. Third toe
 - C. Fourth toe
 - D. Fifth toe
29. The Spleen meridian begins with SP 1 on the:
- A. Big toe
 - B. Second toe
 - C. Third toe
 - D. Fourth toe
30. SP 6 is contraindicated in:
- A. Uterine bleeding
 - B. Delayed labor
 - C. Pregnancy
 - D. Irregular menses
31. SP 10 is indicated for:
- A. Dysmenorrhea
 - B. Uterine bleeding
 - C. Irregular menses
 - D. All of the above
32. SP 21 is located on the:
- A. 5th ICS on mid-axillary line
 - B. 7th ICS on mid-axillary line
 - C. 9th ICS on mid-axillary line
 - D. 11th ICS on mid-axillary line

33. HT 1 is located in:
- A. Depression at center of cubital crease
 - B. Depression at center of axilla
 - C. Depression at center of wrist
 - D. Depression at center of hand
34. Use caution when applying pressure to HT 7 because:
- A. The ulnar artery and nerve lie next to point
 - B. The radial artery and nerve lie next to point
 - C. The brachial artery and nerve lie next to point
 - D. The axillary artery and nerve lie next to point
35. The Heart meridian ends with HT 9 on:
- A. The radial side of the little finger
 - B. The ulnar side of the little finger
 - C. The radial side of the index finger
 - D. The ulnar side of the index finger
36. The Small Intestine meridian begins with SI 1 on the dorsal aspect of the little finger:
- A. 1 cun from ulnar corner of nail
 - B. 0.5 cun from ulnar corner of nail
 - C. 0.1 cun from ulnar corner of nail
 - D. 0.1 cun from radial corner of nail
37. Caution should be used when applying pressure to SI 8 because:
- A. The radial nerve lies deep under the point
 - B. The brachial nerve lies deep under the point
 - C. The ulnar nerve lies deep under the point
 - D. The axillary nerve lies deep under the point
38. SI 10 is indicated for:
- A. Knee pain
 - B. Ankle pain
 - C. Back pain
 - D. Shoulder pain
39. SI 19 is located:
- A. With the client's eyes closed
 - B. With the client's eyes open
 - C. With the client's mouth closed
 - D. With the client's mouth open
40. BL 11 is found:
- A. 1.5 cun lateral to the lower border of T1 spinous process
 - B. 1.5 cun lateral to the lower border of T2 spinous process
 - C. 3 cun lateral to the lower border of T1 spinous process
 - D. 3 cun lateral to the lower border of T2 spinous process

41. The tibial nerve, popliteal artery, and popliteal vein lie deep to what point?
- A. BL 22
 - B. BL 32
 - C. BL 34
 - D. BL 40
42. Which of the following Bladder points are contraindicated in pregnancy?
- A. BL 44 and BL 52
 - B. BL 52 and BL 57
 - C. BL 60 and BL 67
 - D. BL 60 and BL 62
43. The Bladder meridian ends on the :
- A. Big toe
 - B. Little toe
 - C. Thumb
 - D. Little finger
44. The Kidney meridian begins with KI 1 on the sole of the foot:
- A. Between 2nd and 3rd metatarsal bones
 - B. Between 3rd and 4th metatarsal bones
 - C. Between 4th and 5th metatarsal bones
 - D. None of the above
45. KI 3 is indicated for:
- A. Eye pain
 - B. Lumbar pain
 - C. Shoulder pain
 - D. None of the above
46. KI 10 is contraindicated in:
- A. Diarrhea
 - B. Impotence
 - C. Uterine bleeding
 - D. None of the above
47. The anatomical location for KI 16 is:
- A. On abdomen, 5 cun lateral to umbilicus
 - B. On abdomen, 1 cun lateral to umbilicus
 - C. On abdomen, 0.5 cun lateral to umbilicus
 - D. On abdomen, 0.1 cun lateral to umbilicus
48. The Pericardium meridian starts with PC 1 and is found at the:
- A. 4th ICS, 1 cun lateral and slightly superior to the nipple
 - B. 6th ICS, 2 cun lateral to the nipple
 - C. 8th ICS, 1 cun lateral and slightly superior to the umbilicus
 - D. 10th ICS, 2 cun lateral to the umbilicus

49. PC 6 is indicated for:
- A. Nausea
 - B. Vomiting
 - C. Depression
 - D. All of the above
50. Caution should be used when stimulating PC 7 with pressure since:
- A. The ulnar nerve lies directly under this point
 - B. The median nerve lies directly under this point
 - C. The radial nerve lies directly under this point
 - D. None of the above
51. The Pericardium meridian ends with which of the following points?
- A. PC 10
 - B. PC11
 - C. PC 8
 - D. PC 9
52. TE 1 is used for:
- A. Febrile diseases
 - B. Communicable diseases
 - C. Genetic diseases
 - D. Environmental diseases
53. The anatomical location for TE 5 is in the depression between the radius and ulna:
- A. 0.1 cun proximal to TE 4
 - B. 1 cun proximal to TE 4
 - C. 2 cun proximal to TE 4
 - D. 3 cun proximal to TE 4
54. TE 17 is contraindicated for:
- A. Tinnitus
 - B. Ear pain
 - C. Lockjaw
 - D. None of the above
55. The Triple Energizer meridian ends with TE 23 at:
- A. The medial end of the eyebrow
 - B. The lateral end of the eyebrow
 - C. The medial end of the mandible
 - D. The lateral end of the mandible
56. The Gall Bladder meridian starts on:
- A. The side of the head
 - B. The side of the arm
 - C. The side of the leg
 - D. The side of the foot

57. Which of the following Gall Bladder points is contraindicated in pregnancy?
- A. GB 12
 - B. GB 20
 - C. GB 21
 - D. GB 24
58. GB 21 is used frequently in:
- A. Neck pain
 - B. Shoulder pain
 - C. Lumbar pain
 - D. All of the above
59. GB 30 is contraindicated in:
- A. Sciatica
 - B. Hip pain
 - C. Leg pain
 - D. None of the above
60. LR 2 is indicated for:
- A. Irregular menses
 - B. Ear pain
 - C. TMJ
 - D. Wheezing
61. The anatomical location for LR 3 is in the depression distal to the junctions of:
- A. The 1st and 2nd metatarsal bones
 - B. The 2nd and 3rd metatarsal bones
 - C. The 3rd and 4th metatarsal bones
 - D. The 4th and 5th metatarsal bones
62. LR 13 is used for:
- A. Eye pain
 - B. Abdominal pain and distension
 - C. Hearing loss
 - D. Broken bones
63. The Liver meridian ends at LR 14 which is located where?
- A. At the 4th ICS, 4 cun lateral to the midline, below the clavicle
 - B. At the 5th ICS, 4 cun lateral to the midline, below the nipple
 - C. At the 6th ICS, 4 cun lateral to the midline, below the nipple
 - D. At the 7th ICS, 4 cun lateral to the midline, below the umbilicus
64. CV 1 is contraindicated in:
- A. Pregnancy
 - B. Irregular menses
 - C. Amenorrhea
 - D. Genital diseases

65. Where is CV 8 located?
- A. Center of palm
 - B. Center of clavicle
 - C. Center of nipple
 - D. Center of umbilicus
66. What is CV 17 indicated for?
- A. Lockjaw, teeth pain, TMJ
 - B. Cough, asthma, wheezing
 - C. Arm, shoulder, and elbow pain
 - D. Finger, hand, and wrist pain
67. The Conception Vessel ends at which of the following points?
- A. CV 24
 - B. CV 23
 - C. CV 22
 - D. None of the above
68. The Governing Vessel begins with GV 1 which is located between:
- A. The sacrum and L5 on the midline
 - B. The sacrum and coccyx tip on the midline
 - C. The coccyx tip and anus on the midline
 - D. None of these
69. The Governing Vessel ends where?
- A. Inside the mouth
 - B. Inside the nose
 - C. Inside the ear
 - D. Inside the anus
70. Which of the following points are known as the Four Gates?
- A. SP 6 and KI 3
 - B. LI 4 and LR 3
 - C. CV 1 and GV 1
 - D. PC 6 and HT 7

This completes the Acupressure Basics exam.