

**COURSE 3: Prevention
Medicine, Self Treatment &
Early Intervention with
Chinese Medicine**

Student Interactive Workbook

SESSION 4:

**Common Acupuncture Points
for Specific Pain Treatment**

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Learning Outcomes for the Lesson: SESSION 4: Common Acupuncture Points for Specific Pain Treatment

By the end of this 3-hour lesson, students will be able to:

1. Explain the TCM philosophy of pain treatment in acupuncture and tui-na, drawing on channel theory and core TCM principles.
2. Identify and locate 20 key acupuncture points used for various pain types, including their TCM functions and clinical applications.

References for this lesson

(Deadman, Al-Khafaji, & Baker, 2007; Tan, 2007) {Cheng, 1999 #80}

"Bu tong ze tong, tong ze bu tong" (不通則痛, 通則不痛), which means **"If there is no free flow, there is pain; if there is free flow, there is no pain"**. Huang Di Nei Jing Suwen (Plain Questions), chapter 39

Qi moves Blood (Xue)

Qi Stagnation Pain looks like :

Blood Stagnation , more often called Blood Stasis pain looks like:

3 ways (not all the 'ways') to treat pain from a Chinese medicine perspective :

1. Move Qi (and Blood) by stimulating local points – local means at the same place as the illness/pain.
2. Move Qi (and Blood) by stimulating the channel through the balance method (using only distal points on other channels). This also has a neurological mechanism of action that can explain the CM system through a western biomedical framework.
3. Move Qi (and Blood) to stop pain by stimulating the channel via a distal mechanism

Example a Headache at the temple and forehead area:

1. Pressing Tai Yang, GB 1 (points at the temples), St 8 (Point at the forehead) etc . Local massage of the whole head /face
2. GB channel balance – SJ / Ht /Liv channels
3. Pressing GB 43 on the foot, or St 44 on the foot.

More complex ideas of the use of these points exist , take the in the use of “Hegu LI 4” for Headache as an example:

It's a Yang ming channel that can treat the other yangming channel – Yangming hand/foot – the headache might be on the forehead – that is the stomach channel and said to be the domain of 'yangming' – both LI and St even through the LI channel doesn't go onto the forehead directly.

COMMON ACUPUNCTURE POINTS

- For each point we will overview their Location and Function as it pertains to PAIN
- Some of these points may appear again in the course for other functions
- Points can be used with Acupressure techniques (pressing as the most common) , acupressure devices, and some with moxibustion

LI11 (Quchi) - At the elbow, midway between Chize LU-5 and the lateral epicondyle of the humerus, at the lateral end of the transverse cubital crease. Clears heat and benefits the arm for elbow pain, inflammation, and skin issues.

Can clear Heat /toxic heat related to skin flare ups

Treats hand /wrist pain from overuse injuries

It's useful for upper limb pains and excess heat conditions causing soreness.

- Large Intestine Channel is a YANG MING Channel of the Hand.

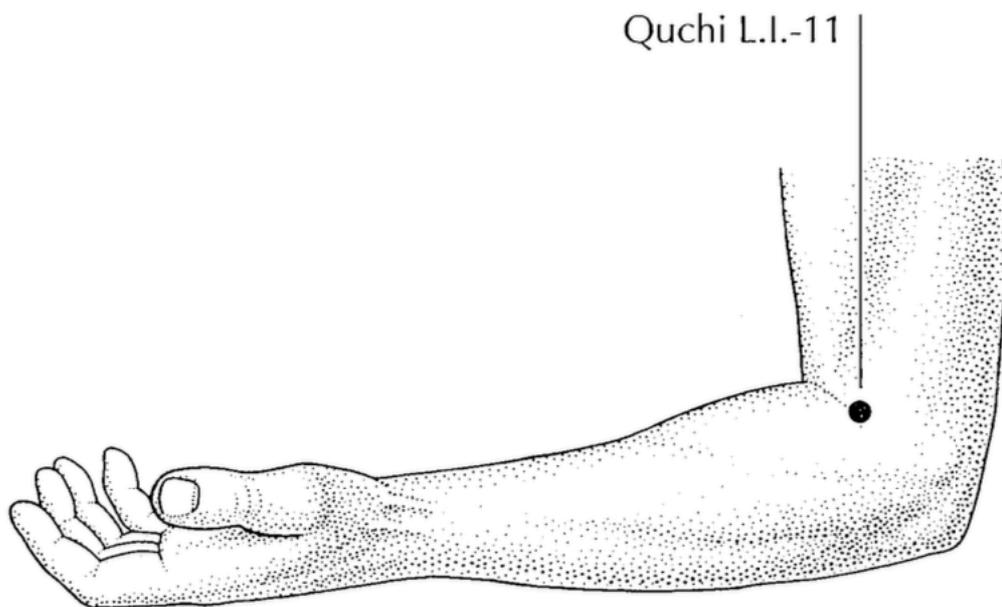


DIAGRAM SOURCE: Deadman, P., Al-Khafaji, M., & Baker, K. (2007). *A Manual of Acupuncture*: Journal of Chinese Medicine Publications.

LI4 (Hegu) - On the dorsum of the hand, between the 1st and 2nd metacarpal bones, at the midpoint of the 2nd metacarpal bone and close to its radial border. This is a command point for the face and head, excelling at expelling wind and relieving pain anywhere in the body, especially headaches, toothaches, sinus pain, and general tension. It's versatile for its strong analgesic effect and ability to regulate qi flow, making it a go-to for pain.

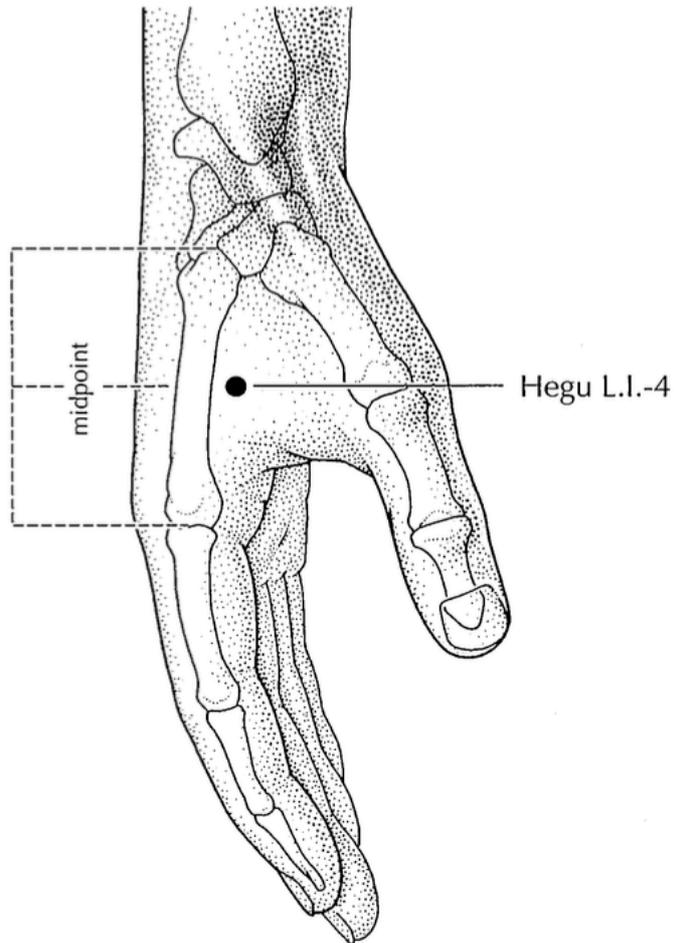


DIAGRAM SOURCE: Deadman, P., Al-Khafaji, M., & Baker, K. (2007). *A Manual of Acupuncture*: Journal of Chinese Medicine Publications.

LIV3 (Taichong) - On the dorsum of the foot, in the depression distal to the junction of the 1st and 2nd metatarsal bones. As a source point for the liver meridian, it spreads liver qi to relieve stagnation-related pain like migraines, menstrual cramps, lower back pain, and emotional stress-induced discomfort. It's crucial for its role in smoothing qi flow systemically, often paired with LI4 as the "Four Gates" for broad pain relief.

- The Liver channel is a JUEYIN channel of the foot

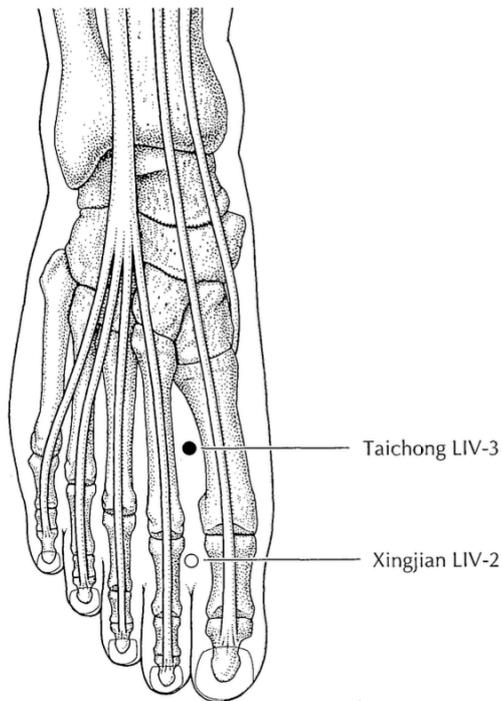


DIAGRAM SOURCE: Deadman, P., Al-Khafaji, M., & Baker, K. (2007). *A Manual of Acupuncture*: Journal of Chinese Medicine Publications.

SI3 (Houxi) - On the ulnar border of the hand, in the substantial depression proximal to the head of the fifth metacarpal bone. As the confluent (opening) point of the Du Mai (Governor Vessel), it regulates the flow along the spine and neck, making it highly effective for pain relief in those areas. It's particularly useful for back pain, spine pain, stiffness of the lower back, and acute neck spasms by expelling wind, relaxing sinews, and clearing channel obstructions. Often combined with other points like BL62 for enhanced Du Mai activation, it's a key distal point for taiyang disorders involving the neck, occiput, and lumbar region.

- The SMALL INTESTINE channel is a Hand Tai Yang Channel

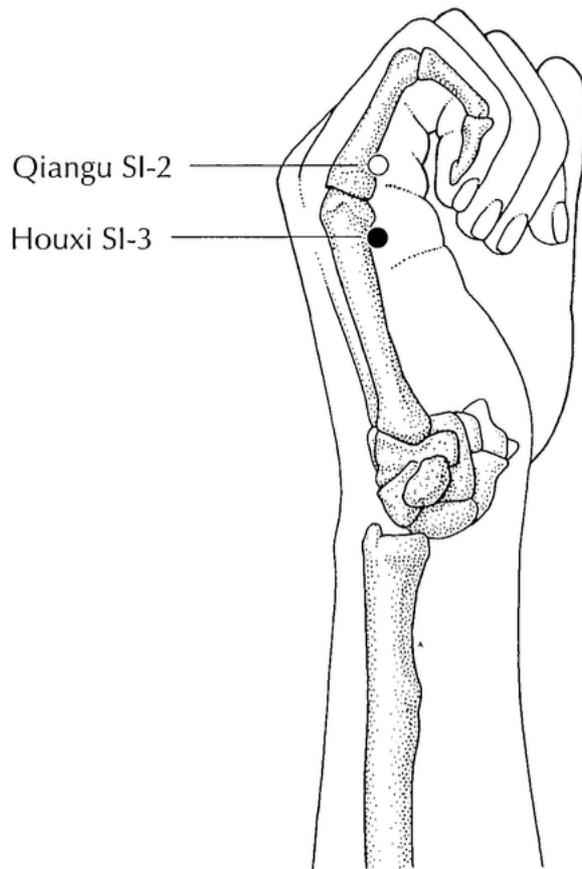


DIAGRAM SOURCE: Deadman, P., Al-Khafaji, M., & Baker, K. (2007). *A Manual of Acupuncture*: Journal of Chinese Medicine Publications.

ST36 (Zusanli) - Below the knee, 3 cun inferior to Dubi ST-35 [the lower border of the patella (knee) bone] one finger-breadth lateral to the anterior crest of the tibia. St 36 is a key tonification point for energy, it boosts overall qi and blood to alleviate fatigue-related pain through strengthening the Earth Element functions of digestion. It can treat digestive discomfort, knee/leg pain, and weakness. Its energizing effect makes it indispensable for chronic pain syndromes where deficiency underlies the issue. A key point for all types of knee pain

- The Stomach channel is a Foot Yang Ming channel

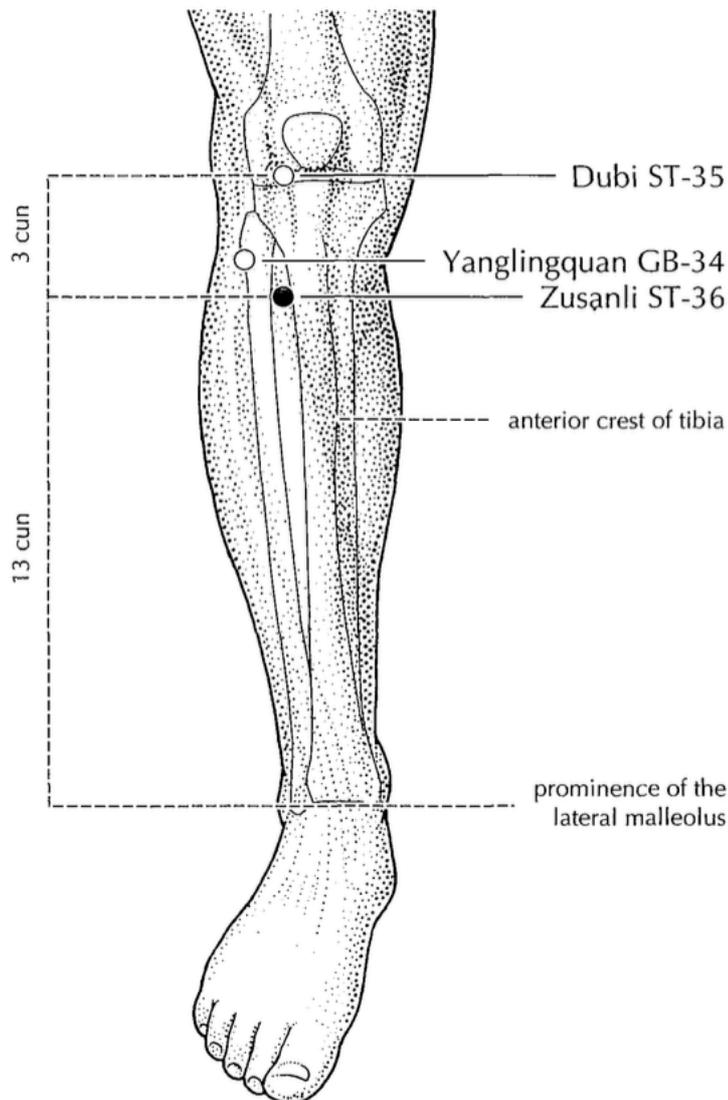


DIAGRAM SOURCE: Deadman, P., Al-Khafaji, M., & Baker, K. (2007). *A Manual of Acupuncture*: Journal of Chinese Medicine Publications.

ST34 (Liangqiu) - On the thigh, on the line connecting the anterior superior iliac spine and the superolateral corner of the patella, in the tender depression approximately 2 cun proximal (above) the patella. As the xi-cleft point of the Foot Yangming Stomach meridian, it excels at treating acute pain and bleeding along its channel, such as knee pain, epigastric pain, abdominal distention, or mastitis. It's particularly valuable for resolving stagnation and promoting qi flow in the lower limb and digestive system, making it effective for sudden, intense pains like those from injury or excess conditions in the stomach channel.

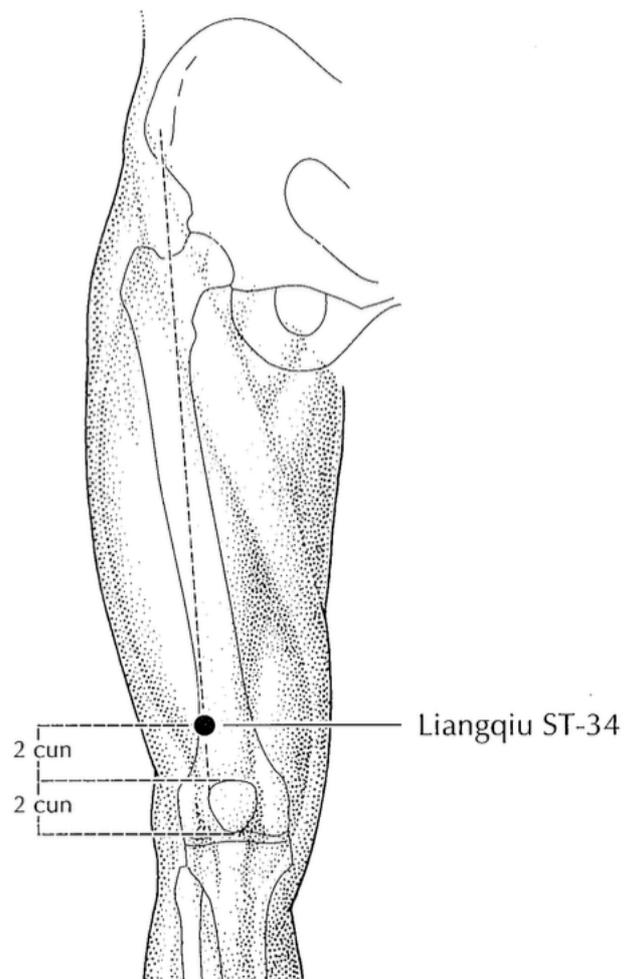


DIAGRAM SOURCE: Deadman, P., Al-Khafaji, M., & Baker, K. (2007). *A Manual of Acupuncture*: Journal of Chinese Medicine Publications.

SP6 (Sanyinjiao) - On the medial aspect of the lower leg, 3 cun superior to the prominence of the medial malleolus, close to the medial crest of the tibia. The intersection of spleen, liver, and kidney meridians, it nourishes blood and yin to treat lower abdominal pain, menstrual issues, leg cramps, and insomnia-related discomfort. Its multi-meridian influence makes it vital for gynaecological, digestive, and lower-body pains.

The Spleen channel is the Foot Tai Yin Channel.

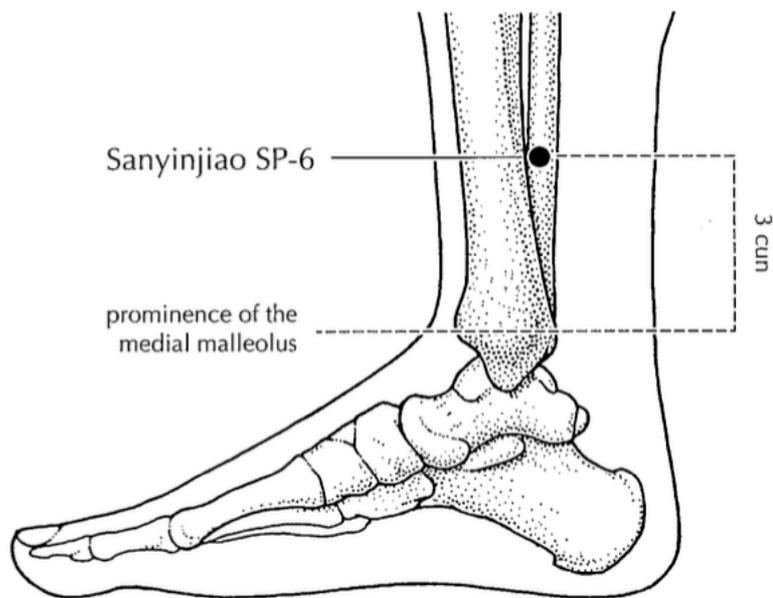


DIAGRAM SOURCE: Deadman, P., Al-Khafaji, M., & Baker, K. (2007). *A Manual of Acupuncture*: Journal of Chinese Medicine Publications.

☐ **SP9 (Yinlingquan)** - Below the knee, in the depression just posterior to the medial border of the tibia, close to the medial head of the gastrocnemius muscle. Resolves dampness for knee pain, edema, and urinary issues. It's vital for lower limb pains involving fluid accumulation or swelling.

☐ **SP8 (Diji)** - On the medial aspect of the lower leg, 3 cun inferior to Yinlingquan SP-9, on the line connecting Yinlingquan SP-9 and the prominence of the medial malleolus. As the xi-cleft point of the spleen meridian, it treats acute pain from blood stasis, especially gynecological issues like dysmenorrhea or irregular menstruation. It's added for its rapid action on abdominal and lower body pains due to stagnation.

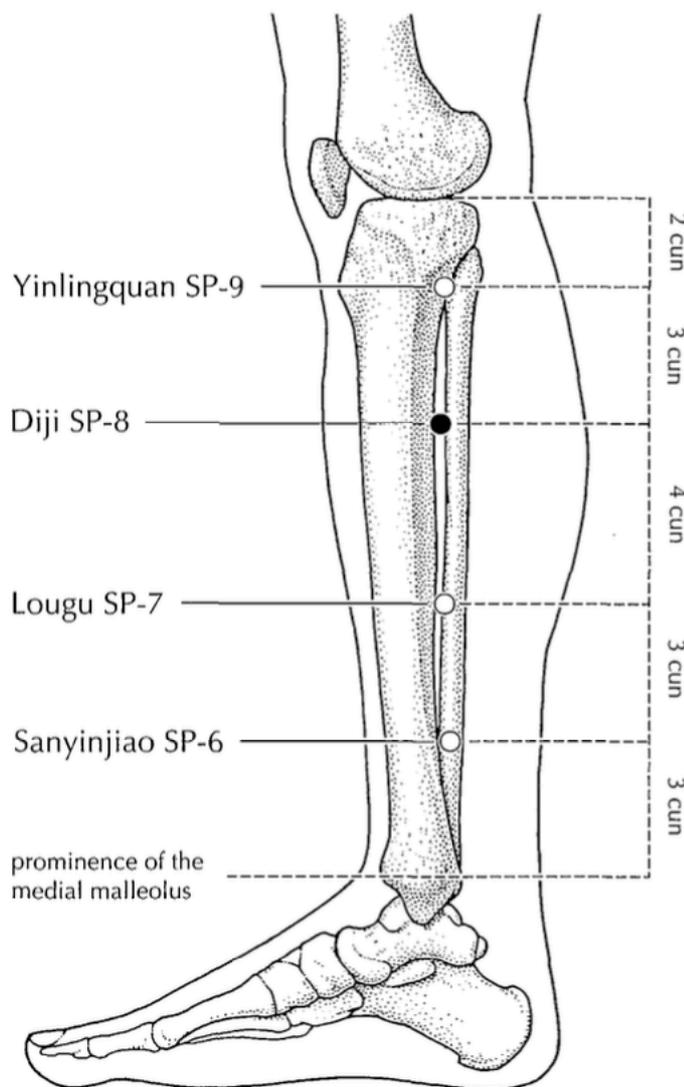
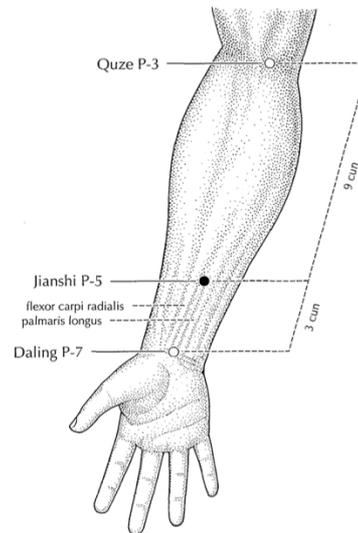
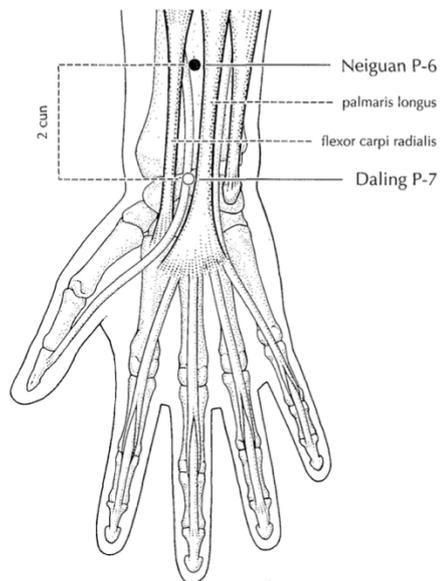


DIAGRAM SOURCE: Deadman, P., Al-Khafaji, M., & Baker, K. (2007). *A Manual of Acupuncture*: Journal of Chinese Medicine Publications.

PC6 (Neiguan) - On the anterior aspect of the forearm, 2 cun proximal to Daling P-7, between the tendons of palmaris longus and flexor carpi radialis. Calms the heart and stomach for chest pain, nausea, anxiety-induced discomfort, and palpitations. Its role in regulating the pericardium meridian makes it key for emotional and upper digestive pains.

The Pericardium channel is the hand Jue Yin Channel.



HT7 (Shenmen) - At the wrist joint, on the radial side of flexor carpi ulnaris, in the depression at the proximal border of the pisiform bone. Nourishes heart blood to soothe the mind, easing pain from anxiety, insomnia, or palpitations. It's critical for psychosomatic pains where emotional factors exacerbate physical symptoms.

The heart Channel is the Hand Shao Yin channel.

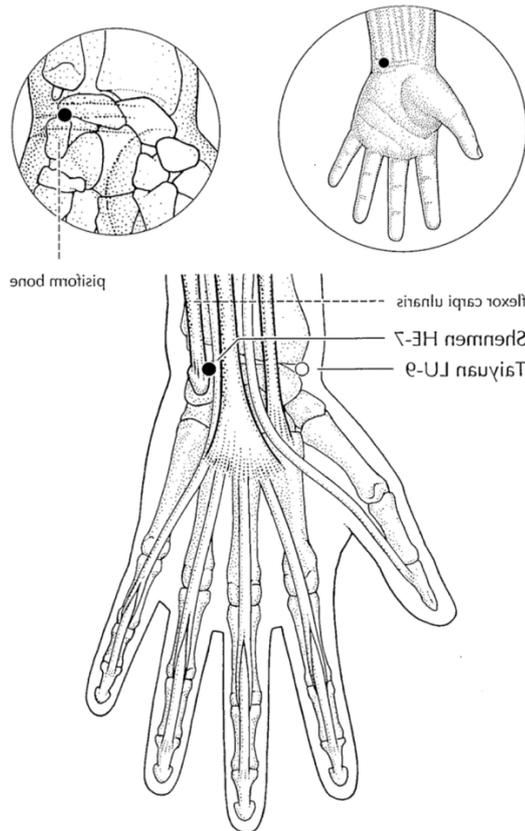


DIAGRAM SOURCE: Deadman, P., Al-Khafaji, M., & Baker, K. (2007). *A Manual of Acupuncture*: Journal of Chinese Medicine Publications.

GB20 (Fengchi) - Below the occiput, in the depression between the origins of the sternocleidomastoid and trapezius muscles. Expels wind and clears the head for neck pain, headaches, migraines, and eye strain. It's essential for upper-body tension and wind-related pains, often used to release blockages in the neck and shoulders.

The Gall Bladder channel is the Foot Shao Yang

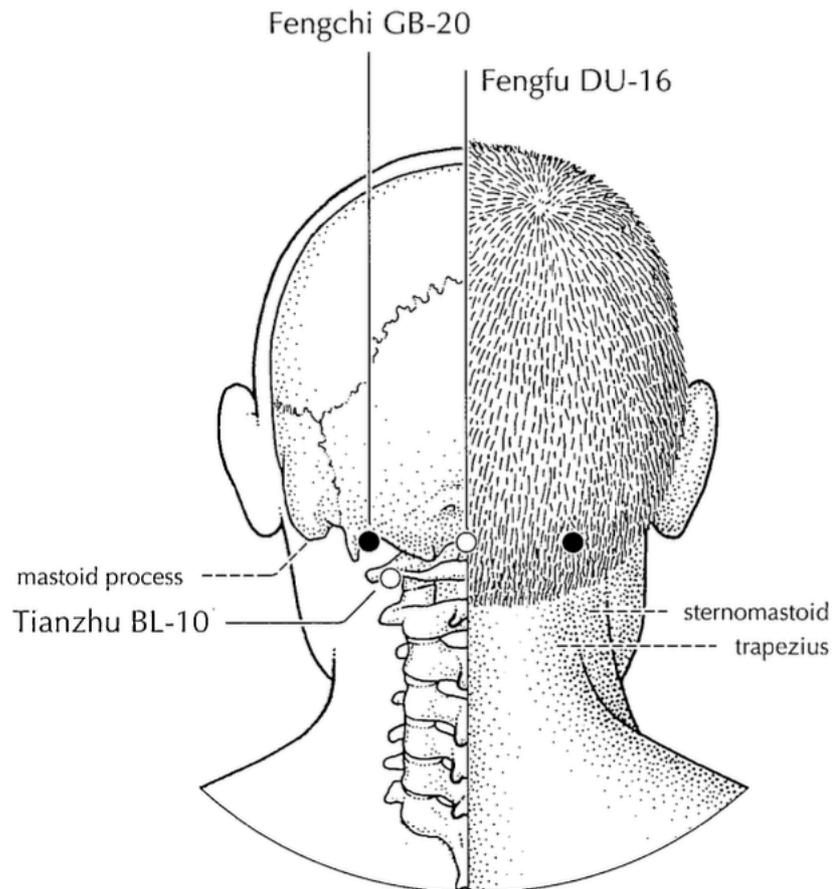


DIAGRAM SOURCE: Deadman, P., Al-Khafaji, M., & Baker, K. (2007). *A Manual of Acupuncture*: Journal of Chinese Medicine Publications.

GB21 (Jianjing) - Midway between Dazhui DU-14 and the acromion, at the highest point of the trapezius muscle. Descends qi and relaxes muscles for shoulder, neck, and upper back pain. It's key for tension in the trapezius area, often tied to stress or poor posture.

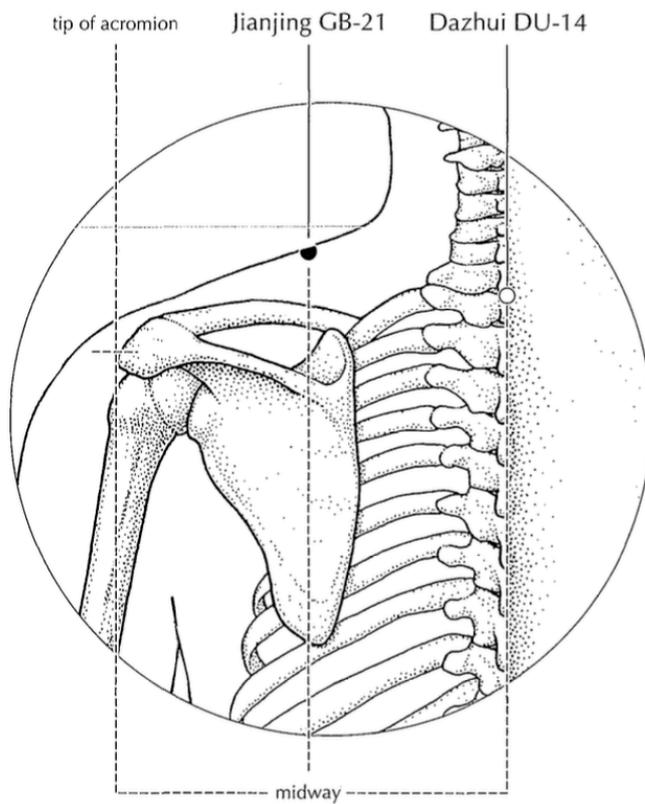


DIAGRAM SOURCE: Deadman, P., Al-Khafaji, M., & Baker, K. (2007). *A Manual of Acupuncture*: Journal of Chinese Medicine Publications.

GB34 (Yanglingquan) - Below the lateral aspect of the knee, in the depression approximately 1 cun anterior and inferior to the head of the fibula. Benefits tendons and spreads qi for musculoskeletal pain, knee issues, and sciatica. As the influential point for tendons, it's indispensable for joint and muscle pains throughout the body.

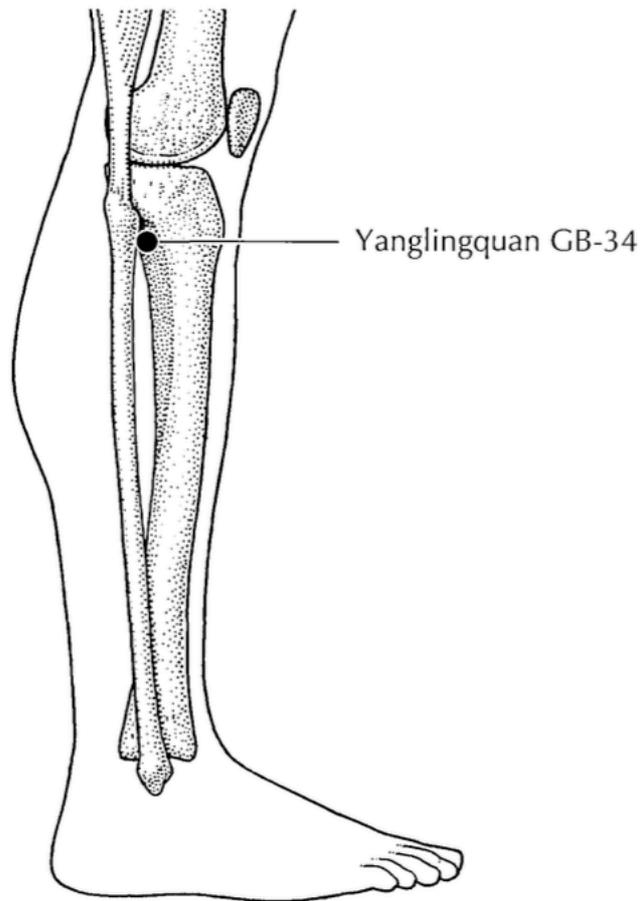
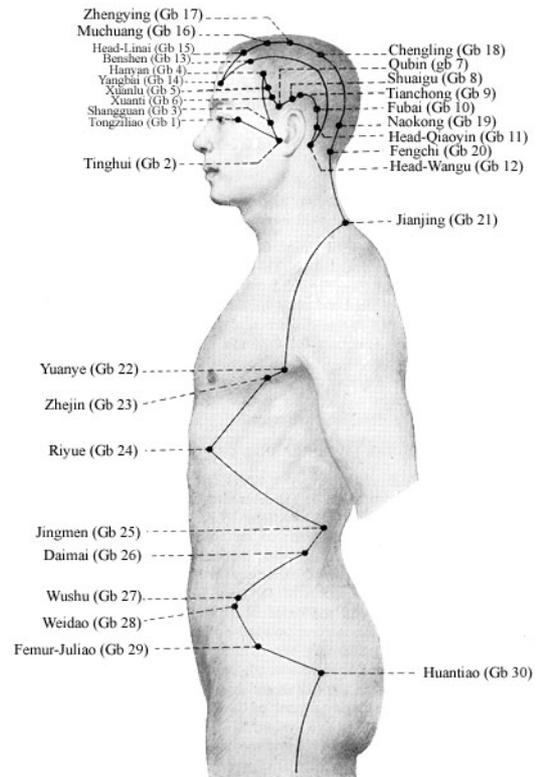
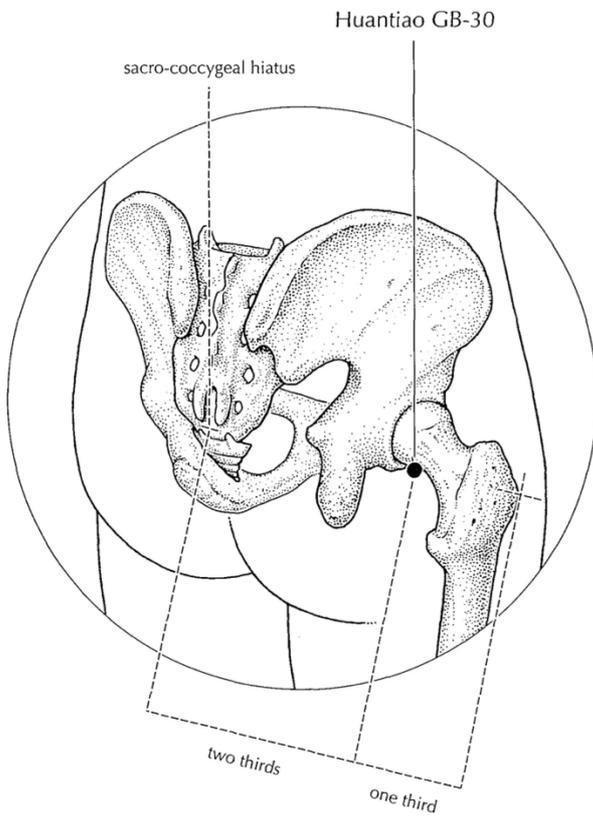


DIAGRAM SOURCE: Deadman, P., Al-Khafaji, M., & Baker, K. (2007). *A Manual of Acupuncture*: Journal of Chinese Medicine Publications.

GB30 (Huantiao) - One third of the distance between the prominence of the greater trochanter and the sacro-coccygeal hiatus. Benefits the hip and leg for sciatica, hip pain, and paralysis.

- Local point for sciatica , Hip flexor muscle piriformis lies directly over the sciatic nerve and this point.



Gall Bladder Channel of Foot-Shaoyang

LU7 (Lieque) - On the radial aspect of the forearm, approximately 1.5 cun proximal to Yangxi L.I.-5, in the cleft between the tendons of brachioradialis and abductor pollicis longus. Releases the exterior and benefits the neck/throat for respiratory pain, cough, and arm discomfort. It's a command point for the head and neck, treats all kind of neck pain.

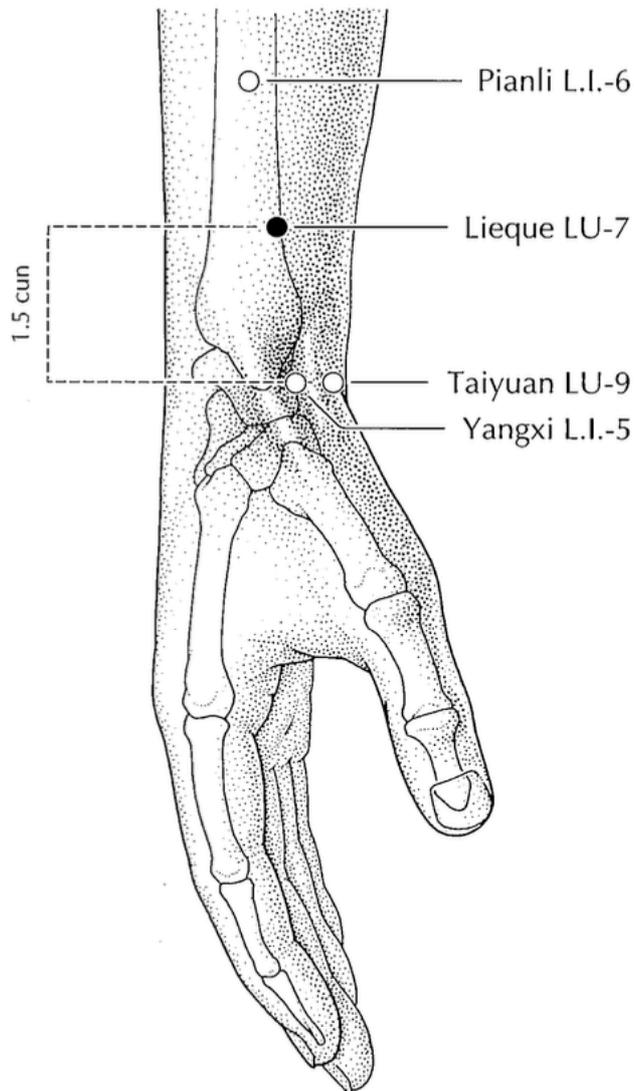


DIAGRAM SOURCE: Deadman, P., Al-Khafaji, M., & Baker, K. (2007). *A Manual of Acupuncture*: Journal of Chinese Medicine Publications.

LU6 (Kongzui) - On the flexor aspect of the forearm, 7 cun proximal to Taiyuan LU-9, on the line connecting Taiyuan LU-9 and Chize LU-5. As the xi-cleft point of the lung meridian, it resolves acute respiratory pain, cough with blood, and arm/elbow issues from stagnation. It's added for its effectiveness in acute conditions involving the lungs, throat, or upper limbs.

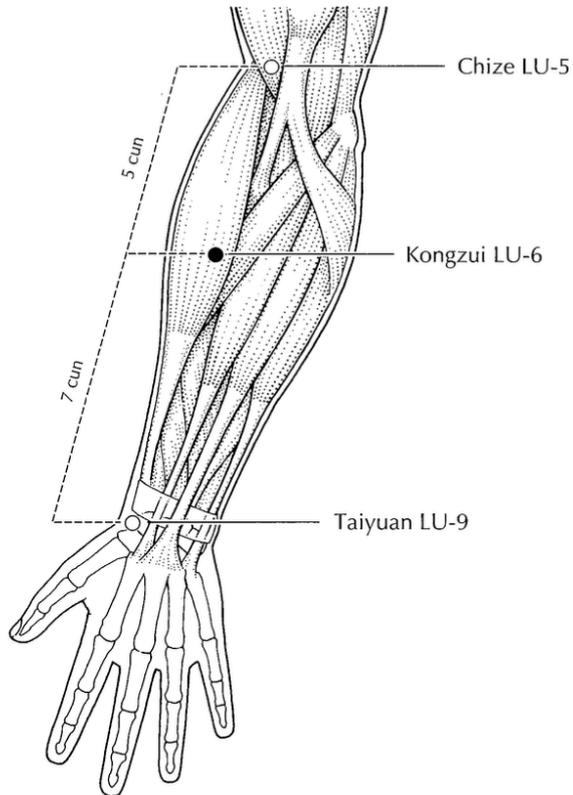
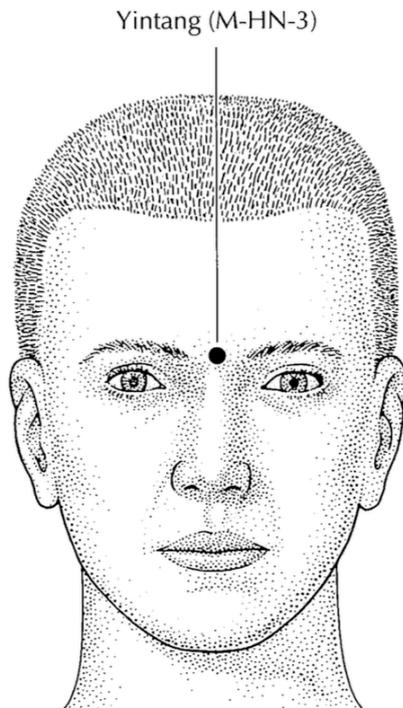


DIAGRAM SOURCE: Deadman, P., Al-Khafaji, M., & Baker, K. (2007). *A Manual of Acupuncture*: Journal of Chinese Medicine Publications.

Yin Tang (EX-HN3) - Midway between the medial ends of the eyebrows. Calms the mind and clears the sinuses for frontal headaches, eye pain, and stress. As an extra point, it's highly effective for mental-emotional pains and facial issues.



DU20 (Baihui) - On the midline of the head, 5 cun posterior to the anterior hairline. Raises yang and clears the mind for headaches, vertigo, and mental fog-related pain. Its central location makes it vital for balancing overall energy and treating head pains.

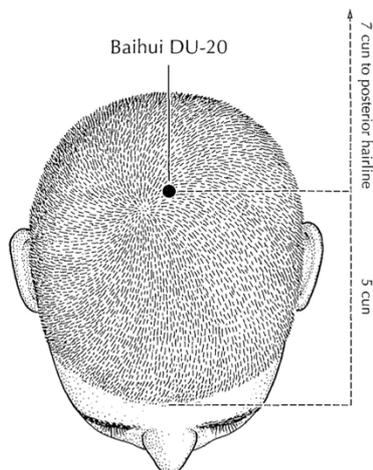


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KD3 (Taixi) - Posterior to the medial malleolus, in the depression anterior to the Achilles tendon. Nourishes kidney yin for ankle, back, and bone pains. Its source point role makes it key for foundational deficiencies causing widespread aches.

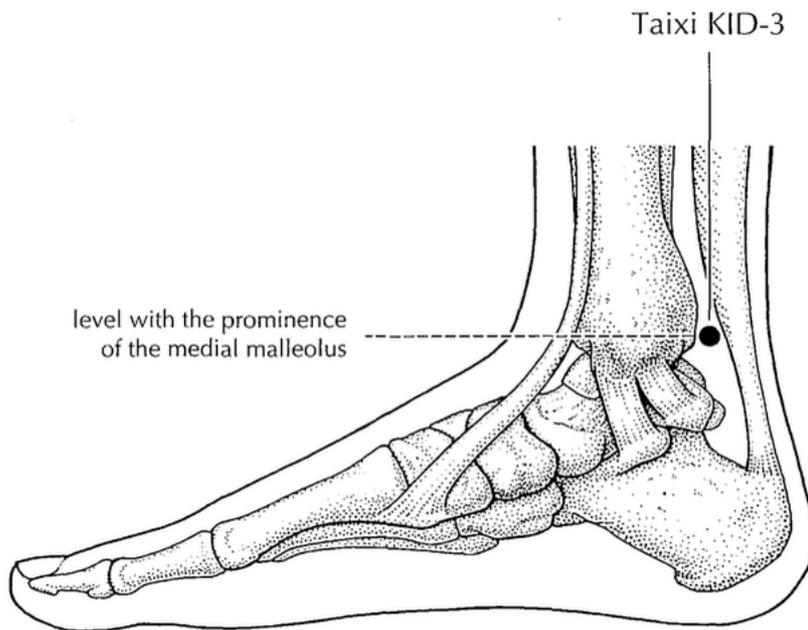
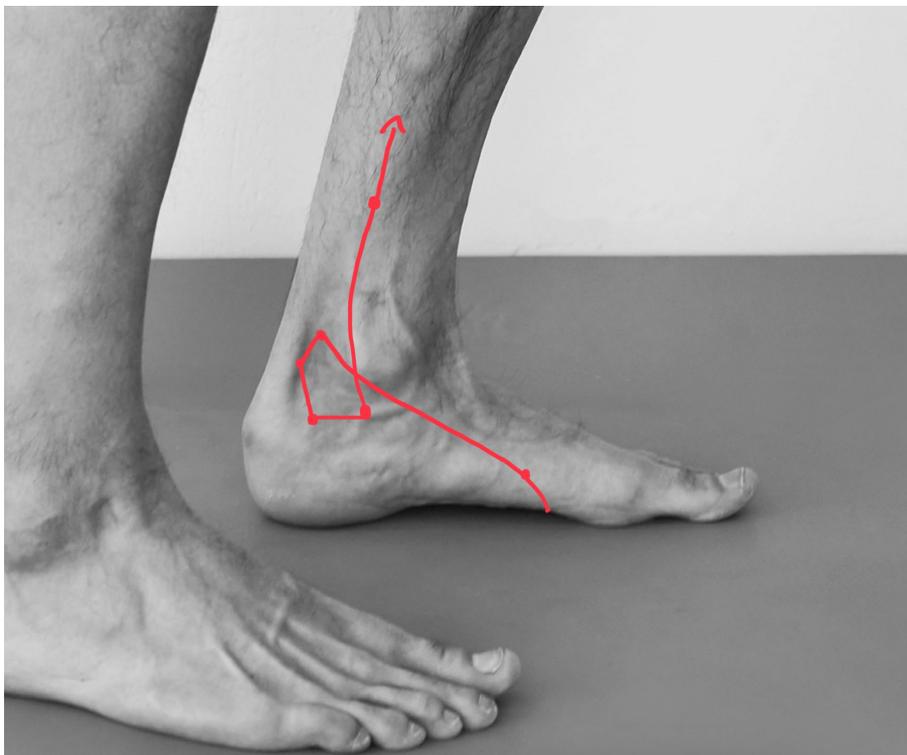


DIAGRAM SOURCE: Deadman, P., Al-Khafaji, M., & Baker, K. (2007). *A Manual of Acupuncture*: Journal of Chinese Medicine Publications.



PICTURE ABOVE: The Kidney channel around the ankle area

“extra-point” Yao Tong Xue

For Lower back pain

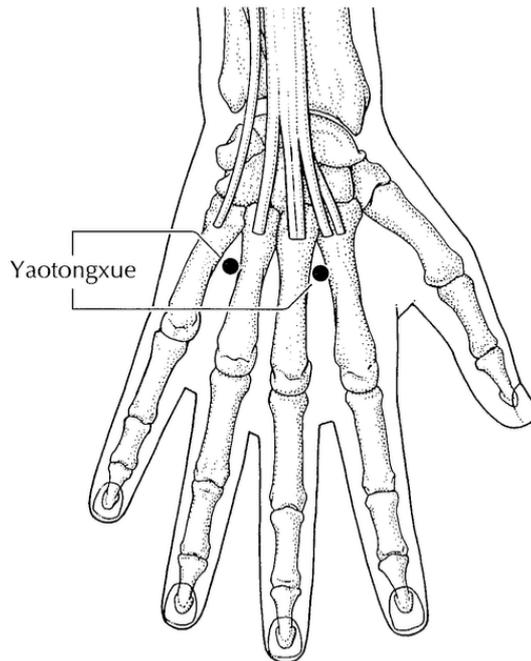


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“extra Point” Luo zhen – for Neck /upper back pain

2 points – includes /overlaps with San Jiao 3.

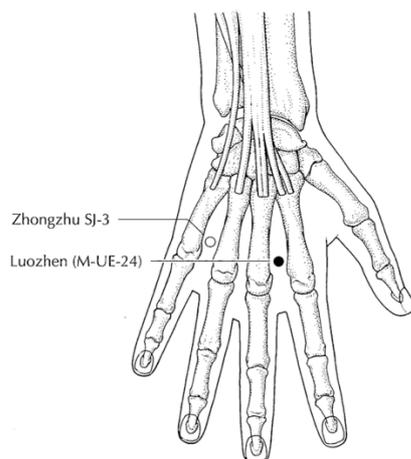


DIAGRAM SOURCE: Deadman, P., Al-Khafaji, M., & Baker, K. (2007). *A Manual of Acupuncture*: Journal of Chinese Medicine Publications.

REFLECTIVE QUESTIONS:

Which points could be used for gynecological pain – Period pain/ uterus pain / endometriosis/ ovulation pain?

What points can be used for

WRIST PAIN

NECK PAIN

LOWER BACK PAIN

SCIATICA – GROIN PAIN – The channels in the groin affected by groin pain are most often Liver/ Stomach (can be Spleen and Kidney Channels)

HEADACHE – Back of the head /occipital area

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REFERENCES FOR THIS LESSON:

{Cheng, 1999 #80}

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Deadman, P., Al-Khafaji, M., & Baker, K. (2007). *A Manual of Acupuncture*: Journal of Chinese Medicine Publications.

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