



## 26 Points and Anatomical Terms

NUMBER	SITE ON THE BODY	AFFECTS/EFFECTS
1	Inner side of the knee on the fleshy area of the joint	<u>Physiological:</u> Breathing, digestion, headaches <u>Structural:</u> Moves energy downward from the head, chest, abdomen, and pelvis down into the legs <u>Mental/Emotional:</u> Worried state of mind
High 1	Grasp inner and outer upper thigh	Amplifies all the same effects as point #1
2	On the back, above the center of each wing of the <i>pelvic bone crest</i>	<u>Physiological:</u> Energy levels, bowel elimination, digestion, reproduction, respiration <u>Structural:</u> Entire back, tense legs <u>Mental/Emotional:</u> Wise intelligence, self-support, at home with oneself
3	Upper, inner corner of the <i>scapula</i>	<u>Physiological:</u> Respiration, immune system <u>Structural:</u> Neck, shoulder, chest, pelvis, feet <u>Mental/Emotional:</u> Angry frustrated states of mind
4	<i>Occipital ridge</i> on the back of the skull	<u>Physiological:</u> Eyes/vision, headaches, throat/tonsils, insomnia <u>Structural:</u> Neck, jaw, legs <u>Mental/Emotional:</u> Mental clarity, “planning and decision-making”, self-criticism
5	Inner ankle, below the ankle bone	<u>Physiological:</u> Hearing, joints, energy levels <u>Structural:</u> Shoulders, chest, back, hips, ankles <u>Mental/Emotional:</u> Releasing the old/embracing the new, fearful state of mind, feeling grounded
6	In the arch of the foot, midway between the ball of the foot and the heel, up against the inner bone of the foot	<u>Physiological:</u> Systemic homeostatic balance, migraines, digestion <u>Structural:</u> Shoulders, chest/back, arms/hands, hips <u>Mental/Emotional:</u> “Discernment”, “compassion”



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7	Sole of the big toe, including the crease	<u>Physiological:</u> Nausea reduction, digestion, mild pain in the head <u>Structural:</u> Head, chest/back, hips <u>Mental/Emotional:</u> Anxious states of mind, life changes
8	Tucked behind the head of the <i>fibula</i> on the <i>lateral</i> side of the lower leg	<u>Physiological:</u> Assimilation, bowel elimination, reproduction, teeth/gums <u>Structural:</u> Pelvis <u>Mental/Emotional:</u> Release of old psychological “baggage”
Low 8	Outer lower leg, between the knee and ankle	Amplifies all the same effects as region #8
9	Flush with the lower tip of the <i>scapula</i> , between the scapula and the spine	<u>Physiological:</u> Foot complaints, respiration <u>Structural:</u> Chest, upper back, hips, feet/ankles <u>Mental/Emotional:</u> New beginnings
10	Between the 5 <sup>th</sup> <i>thoracic vertebra</i> and the inner scapula	<u>Physiological:</u> Respiration, cardiovascular system, speech/voice <u>Structural:</u> Throat, chest, upper back, knees, hips, neck, shoulders <u>Mental/Emotional:</u> Settling into a new phase of life, speaking one’s own truth
11	On top of the shoulder muscle, level with the 1 <sup>st</sup> <i>thoracic vertebra</i>	<u>Physiological:</u> Physical overwork <u>Structural:</u> Neck, shoulder, arms/hands, hips/legs <u>Mental/Emotional:</u> Trust, optimism, “carrying the weight of the world” on one’s shoulders
12	On the back of the neck, between the base of the earlobe and the spine	<u>Physiological:</u> Gall bladder <u>Structural:</u> Neck, throat, arms <u>Mental/Emotional:</u> Self-acceptance, feeling rebuffed and unwanted, spiritual alignment



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13	Below the center of the collarbone, between the 2 <sup>nd</sup> and 3 <sup>rd</sup> upper ribs	<u>Physiological:</u> Appetite, reproduction, digestion, respiration, nausea reduction <u>Structural:</u> Back of neck, shoulders, chest, pelvis <u>Mental/Emotional:</u> Acute situational stress
14	Base of rib cage, Just medial to the floating rib	<u>Physiological:</u> Assimilation, addictions <u>Structural:</u> Chest, diaphragm, hips/thighs/knees <u>Mental/Emotional:</u> Compulsions, unresolved anger, coping, self-nurturing
15	In the bend of the hip joint on the front of the body, in the inguinal groove	<u>Physiological:</u> Abdominal distention, cardiovascular system, strains, sprains, broken bones <u>Structural:</u> Pelvis, hips, entire leg and foot <u>Mental/Emotional:</u> Depressive state of mind, creative self-expression, joy, "lightening up"
16	In the hollow between the outer ankle and the heel	<u>Physiological:</u> Muscle tone, especially related to reproduction, elimination and digestion, frontal headaches, paralysis <u>Structural:</u> Pelvis, steady on your feet, back, head <u>Mental/Emotional:</u> Grudging state of mind, pioneering and innovating, lucid mind
17	Outer hand and wrist in the hollow just before the wrist bone	<u>Physiological:</u> Whole brain functioning, nervous system, heart, focused attention, integrates right and left side of body, reproduction <u>Structural:</u> Ankles, breasts <u>Mental/Emotional:</u> Insight, high-strung, anxious states of mind
18	On the palm, in the mound of flesh below the thumb	<u>Physiological:</u> Stomach aches, headaches in back of head, sleep problems <u>Structural:</u> Ribs, stiff back, rear of the head, feeling grounded, releases the midsection <u>Mental/Emotional:</u> "Salt of the earth" practicality, body/mind integration



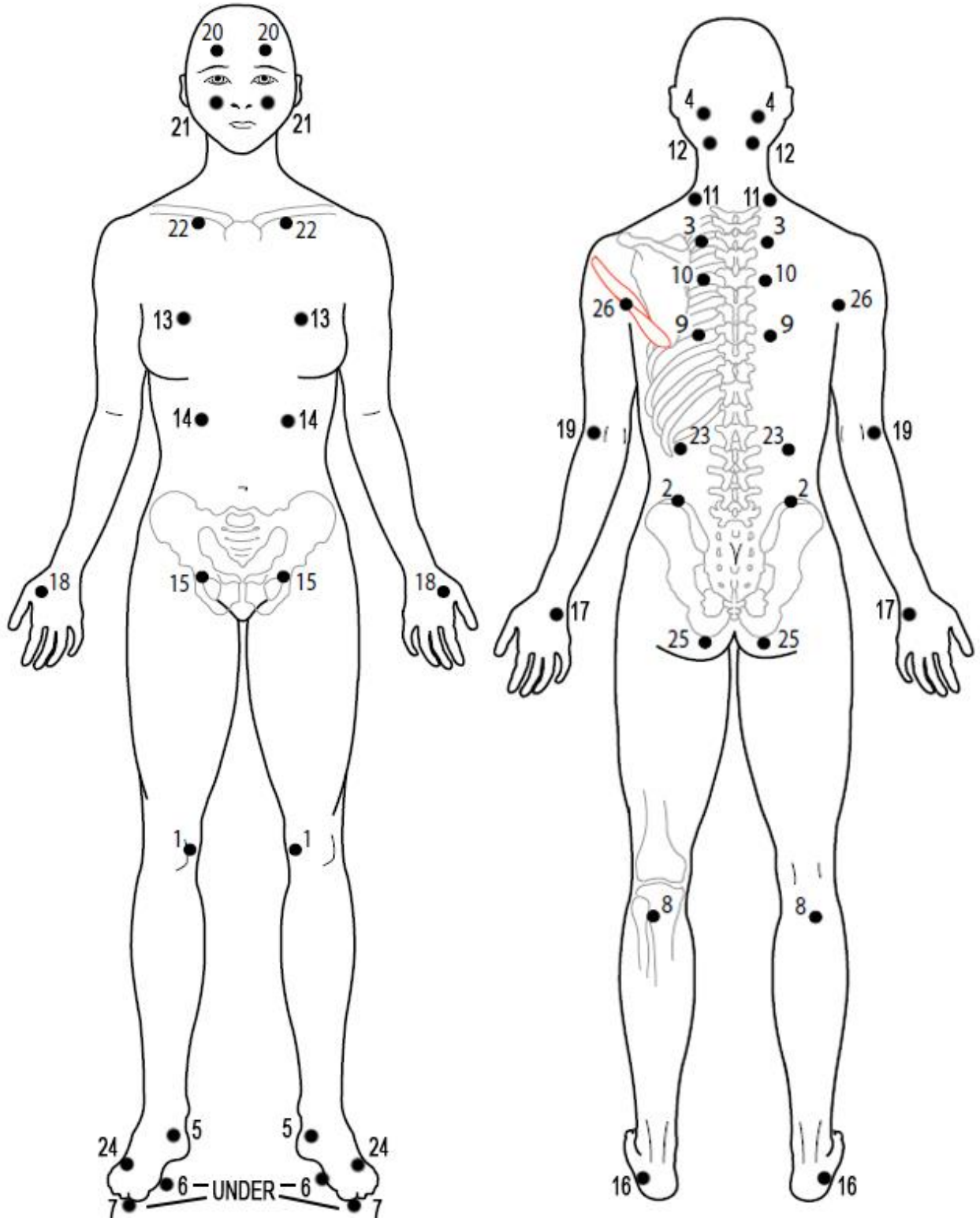
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19	Where the elbow bends, aligned with the thumb	<u>Physiological:</u> Respiration, digestion, energy levels <u>Structural:</u> Chest/upper back, solar plexus <u>Mental/Emotional:</u> Self-authority, equanimity
High 19	Grasp upper arm like a pincer claw, approximately midway between the elbow and shoulder	<u>Physiological:</u> Respiration, digestion, energy levels <u>Structural:</u> Solar plexus, upper back and chest, breasts <u>Mental/Emotional:</u> Inner-directedness
20	Above the brow ridge, midway between the hairline and center of the eyebrow	<u>Physiological:</u> Brain, hearing, vision <u>Structural:</u> Chest, heart, head, ears, eyes <u>Mental/Emotional:</u> Expanded awareness, for remembering, calms distressed mind
21	Beneath the cheek bone close to the nose	<u>Physiological:</u> Digestion, weight, sinuses, energy levels <u>Structural:</u> Mandible <u>Mental/Emotional:</u> Releases worry, anxiety, doubt, rumination
22	Below the <i>clavicle</i>	<u>Physiological:</u> Cardiovascular system <u>Structural:</u> Aligns upper chest, solar plexus and groin areas <u>Mental/Emotional:</u> Delaying and putting things off, adaptability, peace of mind
23	Bottom of the ribcage on the back	<u>Physiological:</u> Immune system, adrenals, nervous system, helps cardiovascular system, addictions <u>Structural:</u> Stiff back <u>Mental/Emotional:</u> Obstinacy, restless irritability, fearful state of mind, stress management



NUMBER	SITE ON THE BODY	AFFECTS/EFFECTS
24	On top of the mound of the foot <i>instep</i> , between the little and 4 <sup>th</sup> toes	<u>Physiological:</u> Head injuries <u>Structural:</u> Helps release shoulders <u>Mental/Emotional:</u> Resentful envy, vengeance, obstinacy, one-upmanship, good relationships, settles inner chaos and tremulousness
25	Directly below the <i>sit-bones</i>	<u>Physiological:</u> Comforting revitalization to body systems, energy levels <u>Mental/Emotional:</u> Simultaneously mentally relaxed and attentive, stress management
26	Outside upper arm, in hollow of muscle under shoulder	<u>Physiological:</u> Lymphatic system, revitalizing <u>Structural:</u> Fingers/arms, numbness and tingling <u>Mental/Emotional:</u> Self-acceptance, use with #24 to ease panicked, anxious states of mind

## References

Palafox, C.A. and Hernández, T.D. (2012) *Acupressure Self-Administration Proficiency Manual*, University of Colorado, including adaptations from 2-6.





## GLOSSARY OF ANATOMICAL TERMS

**Breastbone**—The long bone running down the center front of the chest to which the top seven pairs of ribs connect—also known as the sternum

**Clavicle**—The long curved bone that connects the breastbone with the shoulder—i.e., the collarbone

**Coccyx**—The small triangular bone at the base of the spine—also known as the tailbone

**Crown of the head**—Center top of the head

**Fibula**—The outer bone in the lower leg between the knee and the ankle

**Fifth thoracic vertebra**—The fifth of the twelve spinal bones below the neck, which, connected to the ribcage and the breastbone, form the bony cage of the body called the thorax

**First thoracic vertebra**-- The first of the twelve spinal bones below the neck, which, connected to the ribcage and the breastbone, form the bony cage of the body called the thorax

**Floating rib**— The 11<sup>th</sup> and 12<sup>th</sup> lower ribs on each side not attached to the breastbone

**Hollow just before the wrist bone**—On the outer hand, in the hollow formed by the space between the pisiform bone of the hand and the wrist bone.

**Hollow of the throat**—The depression in the front of the neck formed by the medial knobs of the clavicle and the bottom of the throat

**Inguinal groove**—The groin line of the pelvis where the leg bends at the hip

**Instep**—The arched middle portion on the top of the foot between the ankle and toes

**Lateral**—Outer side of the body, away from the midline

**Medial**—Toward the midline of the body

**Occipital ridge**—Curved bone forming the base of the skull

**Second and third upper ribs**—The first two ribs below the collarbone

**Pelvic bone crest**—On the back, the top of the broad upper part of each hipbone

**Pubic bone**—The pair of bones joining the lower front of the hipbone in humans—also known as the pubis

**Scapula**—Either of two large flat triangular bones that form the back of the shoulder in humans

**Sit-bones**—Either of the bones on which the body rests when sitting, also known as the ischial tuberosities

**Xiphoid process**—The blunt, lower tip of the breastbone, forming the center base of the ribcage