

ACUPUNCTURE POINTS

THAT TREAT PAIN



MERIDIAN
HEALTHCARE

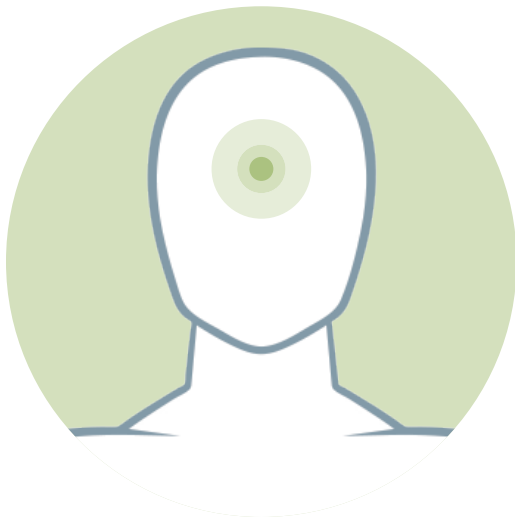
ACUPUNCTURE

In the United States, pain relief is the primary reason that individuals seek acupuncture treatment, whether it's to better manage headaches or help with chronic musculoskeletal pain.

During treatment sessions, an acupuncturist inserts thin needles into specific points along the body. Acupuncture practitioners believe that when these points are stimulated, the body's natural healing processes are activated, giving the patient a feeling of relaxation and pain relief.

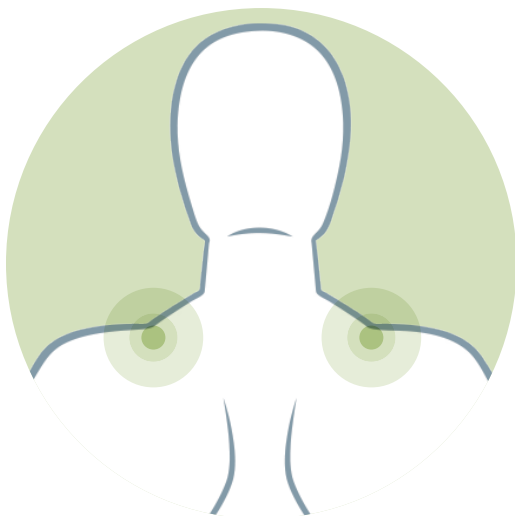
If you're considering acupuncture for pain relief, here are some of the points commonly used to treat chronic pain.

ACUPUNCTURE POINTS FOR HEADACHES



Yintang - "Hall of Impression"

This point is located on the forehead between the eyebrows. It is used for headaches and stress, as well as insomnia.



Jianjing - "Shoulder Well"

This point is halfway between where the neck muscles meet the base of the skull and the shoulder joint. It helps to relieve headaches, neck pain, tension, and shoulder pain.



Taiyang - “Great Sun”

This point is directly in the center of the temple, and can be used to relieve one-sided headaches, migraines, and jaw pain.



Bai Hui - “100 Meetings”

If you were to draw a line connecting the tops of the ears, this point is at where that line intersects the midline of the body. Stimulating this point helps with headaches, vertigo, and dizziness.



Waiguan - “Outer Pass”

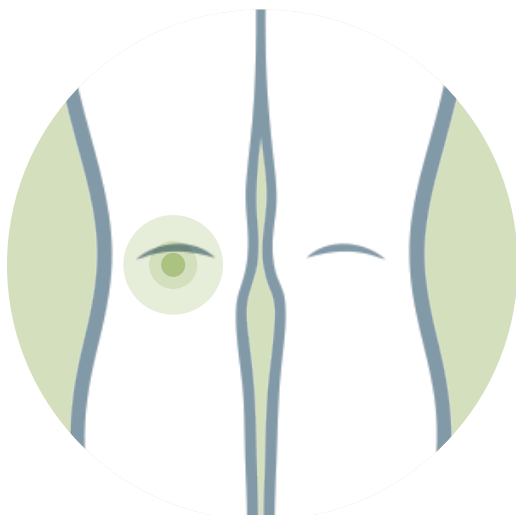
This point is on the outside of the forearm, about four fingers' width from the wrist. It helps to treat different kinds of headaches, as well as pain in the upper body.

ACUPUNCTURE POINTS FOR MUSCULOSKELETAL AND GENERAL PAIN



Hegu - "Joining Valley"

This point is tucked at the meeting place of the metacarpals of the thumb and index finger. It can be used for pain anywhere in the body, as well as inflammation.



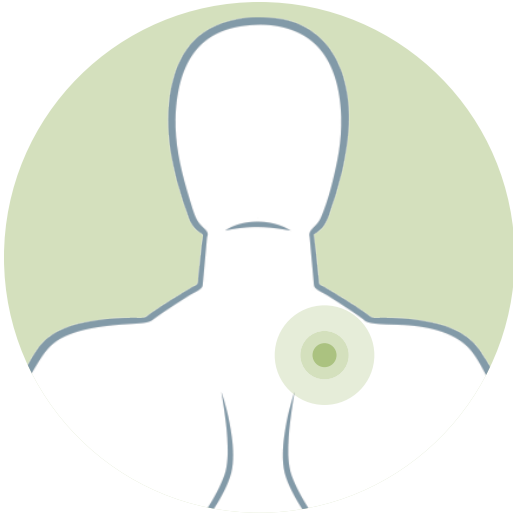
Weizhong - "Supporting Middle"

This point is in the bend of the knee joint, and is used to alleviate lower back, leg, and knee pain.



Shousanli - "Arm Three Miles"

This point is on the radial side of the forearm, about three fingers' width from the elbow crease. It provides pain relief to the abdomen, shoulders, and upper back.



Quyuan - "Crooked Wall"

This point is located on the upper back where the humerus and scapula meet. It's used for pain in the scapula, shoulder, and upper back region.



Zhongshu - "Central Islet"

This point is on the back of the hand, in the depression between the metacarpals of the ring and little fingers. It relieves joint pain and back pain.



Shenmen - "Spirit Gate"

This point is on the inside of the forearm, about three finger's width from the crease of the wrist, between the tendons of the forearm. It helps to relieve nausea and stomach pain..

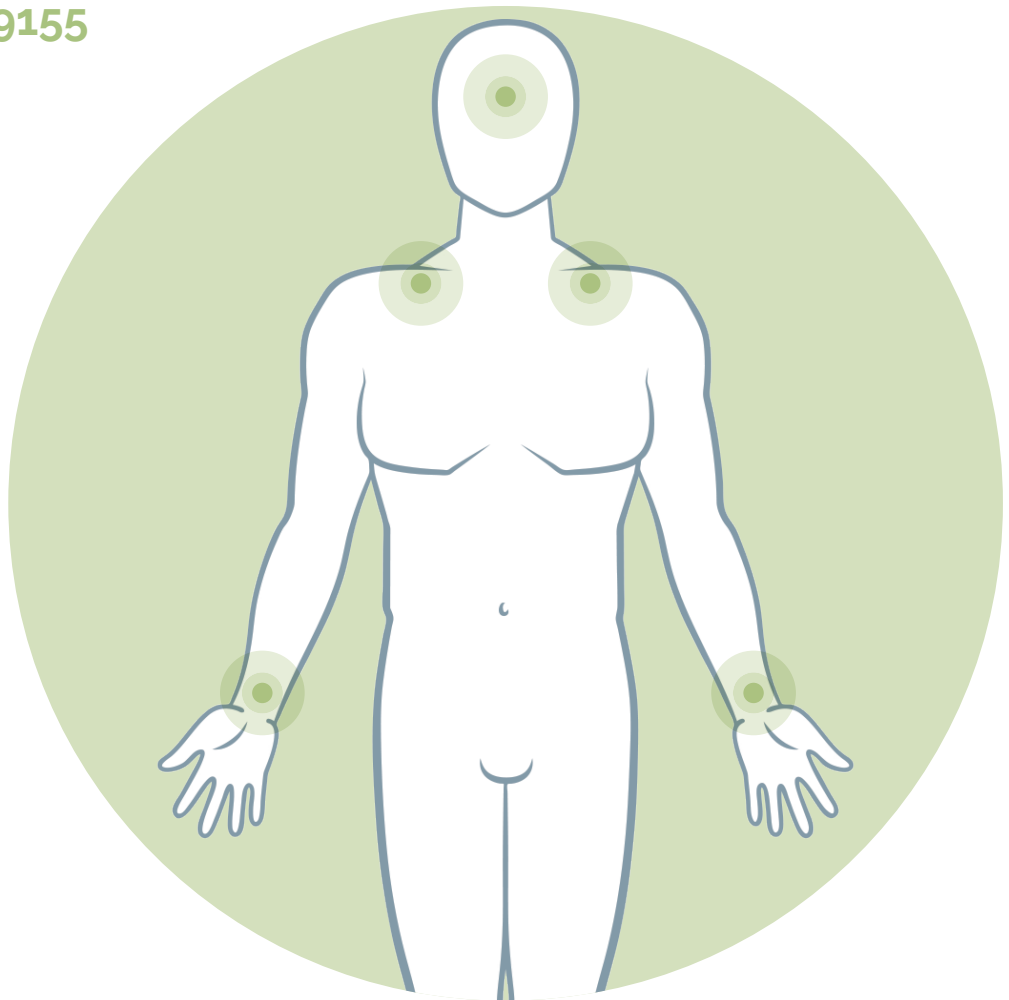
PUTTING ACUPUNCTURE TO WORK FOR YOU



These are just a few of the acupuncture points commonly used to effectively manage pain. Your acupuncturist can use these points in conjunction with other points on the body to deliver relief.

However, pain isn't the only issue that can be treated with acupuncture. Every day across the globe, people turn to acupuncture to alleviate a wide variety of symptoms: stress, depression, arthritis, allergies, weakened immunity, nausea (associated with pregnancy or cancer treatment), high blood pressure, pain, menstrual cramps and more. Make an appointment with Meridian HealthCare today and see how the drug-free alternative of acupuncture treatment can make a difference for you.

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