

# ACUPRESSURE POINTS for NECK TENSION and STRESS

San Jiao 15 (SJ 15) - off the superior angle of the scapula

- Tenderness is common at this point but not normal
- This point may help:
  - Relieve neck tension
  - Decrease pain in the shoulder
  - Improve stiffness in the neck

Bladder 10 (UB 10) - in the depression on the lateral aspect of the upper trap fibers

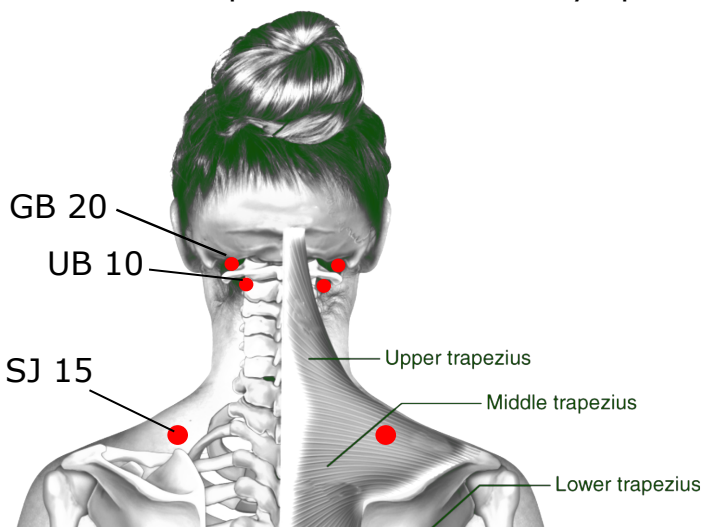
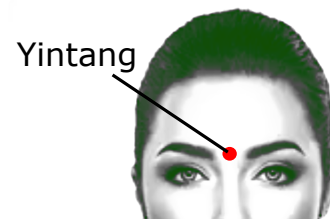
- Tenderness is common at this point but not normal
- This point may help:
  - Decrease occipital headaches
  - Decrease pain in the shoulder, neck and back
  - Relieve tension and stress

Gallbladder 20 (GB 20) - about 0.5-1 inch upward/cephalad and outward/lateral to UB 10

- Tenderness is common at this point but not normal
- This point may help:
  - Decrease headaches
  - Improve vertigo symptoms
  - Decrease pain and stiffness in the neck
  - Improve common cold symptoms and rhinitis

M-HN-3 (Yintang) - at the midpoint between the eyebrows

- Opens the "third eye"
- This point may help:
  - Decrease headaches
  - Improve vertigo symptoms
  - Decrease anxiety
  - Improve sleep/decrease insomnia
  - Improve common cold symptoms and rhinitis



### How to perform acupressure:

1. Use deep, firm pressure with your fingertips or thumbs. You may also use a Theracane or similar device
2. Take slow, deep breaths with holding each point
3. Try to relax your shoulders, relax your neck muscles, relax your face
4. Rub or hold each point for 30 sec - 2 min

This information is provided for general and educational purposes. It is not a substitute for a proper diagnosis and nor is it intended to treat, cure or prevent any disease.