

Clinical Application:

KNEE PAIN

Knee pain makes it difficult to sit cross-legged, or to walk up and down stairs. The pain occurs in various places, but it is most often felt inside the knee joint.



ST 34 Liang Qiu (Ridge Mound)	
Recommended NEW PYONEX	0.6 0.9 1.2
Location	On the anterior lateral area of the thigh, on a line from the lateral superior patellar border to the ST 31 acupoint, 2 cun above the patella.



ST 36 Zu San Li (Leg Three Miles)	
Recommended NEW PYONEX	0.6 0.9 1.2
Location	Location: 3 cun distal to the ST 35 acupoint when the knee is flexed. Note: Flex the knee, palpate along the anterior tibial crest, and the acupoint is in the depression lateral to it.



SP 9 Yin Ling Quan (Yin Mound Spring)	
Recommended NEW PYONEX	0.6 0.9 1.2
Location	In the depression distal to the medial condyle of the tibia, at the junction of the tibial shaft and medial condyle. Note: With the knee flexed, palpate along the medial crest of the tibia; the acupoint is in the depression.

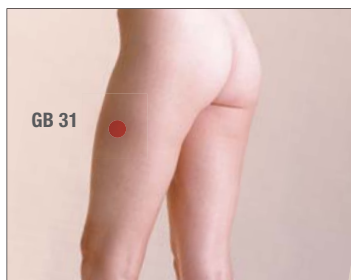
Approximately

80%

of Practitioners in Japan use New Pyonex



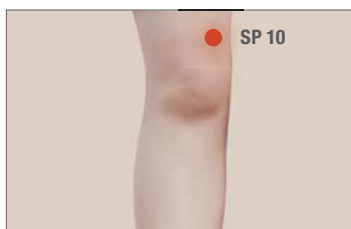
BL 40 Wei Zhong (Middle of the Crook)	
Recommended NEW PYONEX	0.3 0.6 0.9
Location	In the center of the popliteal crease. (The tibial nerve and popliteal artery run below this acupoint.)



GB 31 Feng Shi (Wind Market)	
Recommended NEW PYONEX	0.6 0.9 1.2
Location	On the lateral side of the thigh, 7 cun proximal to the knee, between the muscles. While standing, the patient places his/her palm on the thigh, fingers pointing vertically downwards, and the acupoint is where the tip of the middle finger rests against the thigh.



GB 34 Yang Ling Quan (Yang Mound Spring)	
Recommended NEW PYONEX	0.6 0.9 1.2
Location	Anterior and distal to the fibular head when the knee is flexed. Note: Paired with SP 9, the Yin Mound Spring acupoint.



SP 10 Xue Hai (Sea of Blood)	
Recommended NEW PYONEX	0.6 0.9 1.2
Location	On the anterior medial side of the thigh, 2 cun proximal to the medial superior patellar border.