



Philip Lai Qi Gong Association

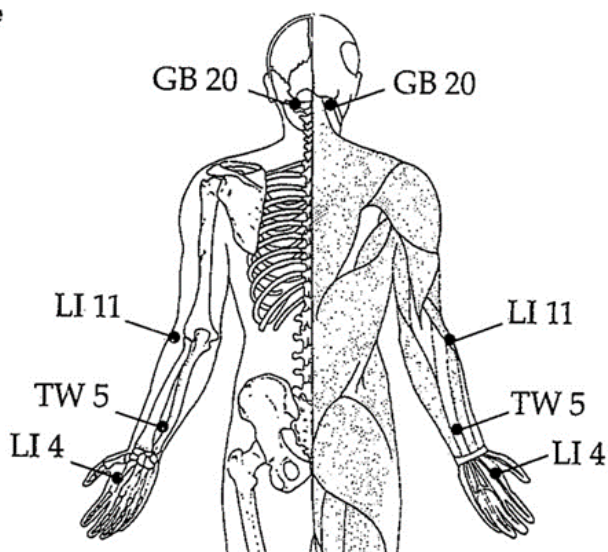
## November Newsletter 2020

My dear Qi Gong friends:

### Acupressure for Arthritis

November's cold and damp weather is especially hard on people with arthritis. Here are some acupressure exercises to treat the joint pain and inflammation associated with arthritis. The acupressure points described in this presentation, when held for several minutes, can relieve muscle and joint pain and stiffness and prevent further deterioration. Some conditions such as fibromyalgia, fibrositis and myofascial syndrome may go into complete remission with acupressure treatments. Acupressure is inexpensive and can provide relief of pain and inflammation with no risk of side-effects. The following acupressure points should be massaged as a complete routine to treat arthritis. Try to perform these exercises twice a day. Sit comfortably in a chair when performing these exercises.

### Acupressure Points for Arthritis



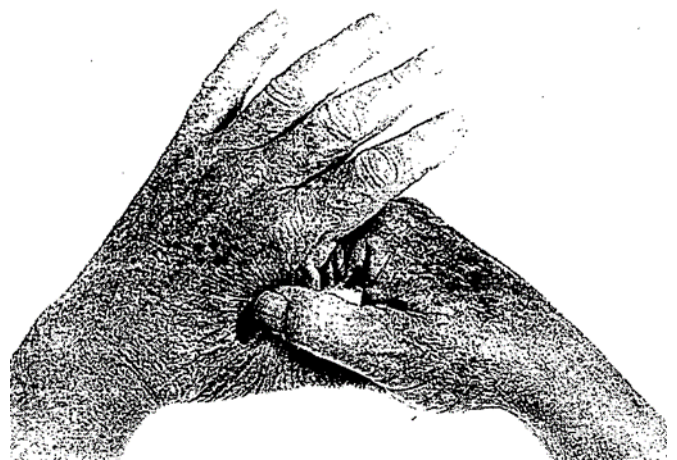
### Massage Joining the Valley

Joining the Valley (Hoku) (LI 4)

Location: in the webbing between the thumb and index finger, on the back of the hand, on the highest spot of the muscle when the thumb and index fingers are brought together

Benefits: relieves pain and inflammation in the hand, wrist, elbow, shoulder and neck

Place your right thumb into the webbing between the thumb and index finger of the left hand. Gradually direct pressure underneath the bone that attaches to your index finger. Press for two minutes while breathing deeply, then switch and do the same on the right hand.



### Massage Outer Gate

#### Outer Gate (TW5)

Location: on the top of the forearm between the two arm bones, two and one-half finger widths above the wrist crease

Benefits: relieves rheumatism, tendonitis, wrist pain and shoulder pain

Place the knuckles of your left hand on top of your right forearm two and one-half finger widths from the wrist crease. Use your knuckles to apply firm pressure on this point as you breathe deeply for one minute. Switch and massage the same point on the left arm.



### Massage Gates of Consciousness

#### Gates of Consciousness (GB20)

Location: below the base of the skull, in the hollow between the two large, vertical neck muscles, two to three inches apart

Benefits: relieves arthritis, headaches, insomnia, stiff neck, fatigue and irritability

Place your thumbs underneath the base of the skull, two to three inches apart, into the two hollow areas. Apply pressure gradually and slowly tilt your head back. Press firmly up and underneath the skull for one minute while taking long, slow breaths.



### Massage Crooked Pond

#### Crooked Pond (LI 11)

Location: on the top, outer end of the elbow crease

Benefits: relieves arthritic pain, especially in the elbow and shoulder

Bend your right arm in front of you with palm facing down. Place the fingertips of your left hand on top of the right arm where the elbow crease ends. Press firmly into the elbow joint with your fingers and breathe deeply for one minute. Switch and repeat on the same point on the left arm.

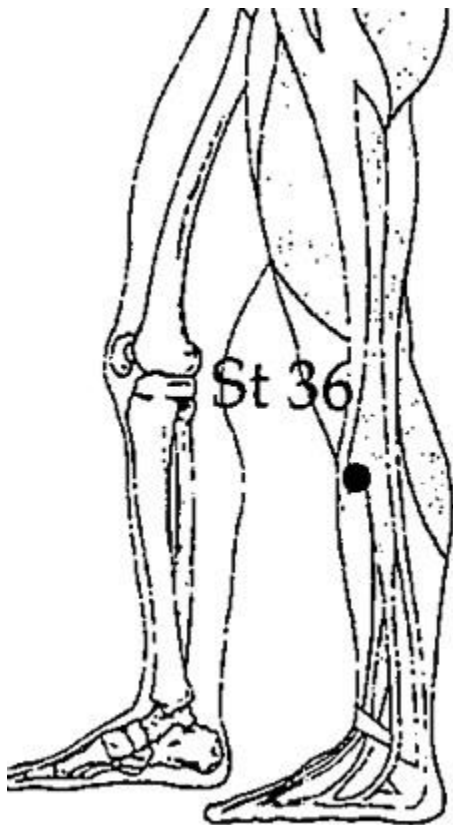
### Massage Three Mile Point

#### Three Mile Point (ST 36)

Location: four finger widths below the kneecap, one finger width to the outside of the leg

Benefits: strengthens the whole body, benefits the joints, relieves fatigue from arthritic pain

Measure four finger widths below your kneecap, placing your fingertips one-half inch outside the shinbone. The muscle should flex as you move your foot up and down. Make two fists and place them slightly to the outside of both legs just below your knees. Use your fists to briskly massage up and down along the outside of the shinbones for one minute.



Philip Lai, CPA, CMA

President and Founder of Philip Lai Qi Gong Association

Certified Naturopath Therapist and Energy Healer

Expert in TCM acupressure and massage

Qi Gong and Kung Fu Master Instructor

Reiki and Tai Chi Master

Email: [philip.lai@rogers.com](mailto:philip.lai@rogers.com)

Website: [www.philiplaiqigong.ca](http://www.philiplaiqigong.ca)

Facebook:

<https://www.facebook.com/PhilipLaiQiGong/>

Linkedin: Philip Lai