

Pressure Point Therapy For Knee Pain

Rose J. Griscom

In this Knee Pain Pressure Point Therapy class we will provide a quick overview of acupressure points which can relieve knee pain. This material is taken from ITM-Chiang Mai. Knee Therapy is often done in conjunction with the basic massage session, or within a Sen Therapy treatment (such as Ittha - Pingkhala, Kalathari, or Sahatsarangsi - Thawari). ITM-USA teaches a specific Knee Pain Therapy which incorporates working these pressure points into a 45-minute routine with beneficial stretches.

The general method of working the pressure points is to thumb press (TP) each point 3 times, soft-medium-hard, holding for 5-10 seconds each, releasing with a thumb circle (TC). Intensity is increased if you can simultaneously traction and flex or extend the joint. Warm the area with palm presses (PP) before attempting deep TPs. When working the leg lines, you can spend extra time with TP on the Knee Pain points lying along the respective lines, especially Outside Line 1 and 2, and Inside Line 1. You can also spend more time with TP or finger presses (FP) around the patella.

If there is inflammation, Chongkol says to “move the energy to the joint, hold the point until you feel heat, otherwise too much”. You can also apply a hot towel or herbal compress to the knee before or after treatment.

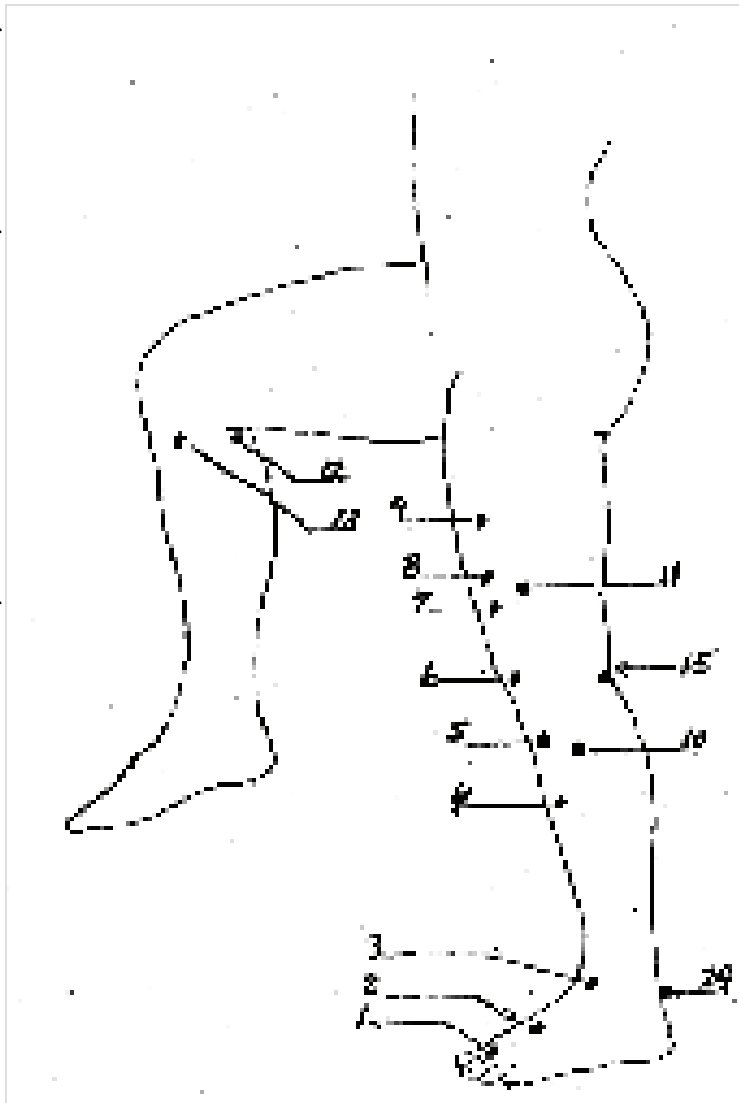
Remember mindfulness. Study diligently and bring honor to traditional nuad boran.

Notes:



Identification of points:

1. At the base of and between the second and third toes (*ie, joint of phalange and metatarsal*).
2. One thumb-length up from Pt. 1 on the top side of the foot, in the channel between the bones (*ie, at the meeting of metatarsals*).
3. Same as TCM St. 41 (*ie, hollow at front of ankle, base of tibia*).
4. On the first outside line of the leg, Pt. 4 is four finger-widths below the bottom edge of the patella, at the end of the Line 1 below the knee (*ie, in the depression of the tibia shelf*).
5. At the lower border of the patella, just lateral to the center.
6. At the upper lateral corner of the patella, the beginning of Outside Line 1 above the knee.
7. On Outside Line 1 of the thigh, four finger-widths up from Pt. 6 (*ie, the border of rectus femoris and vastus lateralis*).
8. One-half thumb-length above Pt. 7, along Outside Line 1 of the thigh.
9. One thumb-length above Pt. 8, along outside line 1 of the thigh.
10. At the end of Outside Line 2 below the knee (*ie, top of groove between tibia and fibula*).
11. On Outside Line 2, up one thumb-length from the start of the line on the thigh (*ie, lateral edge of the quadriceps, above the iliotibial band*).
12. In the depression of the posterior side of the knee joint. It is felt as the extremity of the groove when the knee is bent, (*ie, the medial side of the medial tendon, gracilis*).
13. At the end of Inside Line 1 below the knee (*ie, base of the head of fibula*).
14. On the Achilles tendon on the center line of the leg above the calcaneous.
15. On the posterior side of the knee joint, at the center of the crease behind the knee.



How to work the points

(Points on the foot can easily be worked while sitting at the client's feet in front position.)

TP Pt. 1 (on top of foot between second and third toes). Hold the point, and flex the toes forward to increase the pressure. Release with TC. Repeat 3 times. Can be done simultaneously on both feet, or one foot at a time.

TP Pt. 2 (up 1 thumb-length). Hold the point and flex toes forward. Keep pressure toward the bones. Repeat 3 times. Can be done simultaneously on both feet, or one foot at a time.

TP Pt. 3 (at ankle hollow, St. 41). Hold the point with TP or DTP, and flex the foot forward (dorsiflexion) to allow the thumbs to sink into the point. Use deep pressure. Alternately, TP Pt. 3 as flex the foot upward, then slowly press the foot down (plantar flexion), opening the joint. As you feel this opening, press deeply into the hollow. Release with TC. Repeat 3 times. You can also work this point while thumbing the outside leg lines.

The pressure points lying along the leg lines can be worked while thumbing the lines, in either Front or Side Position. Sitting to the client's side while working one leg at a time allows easy access to the points plus the ability to add movement.

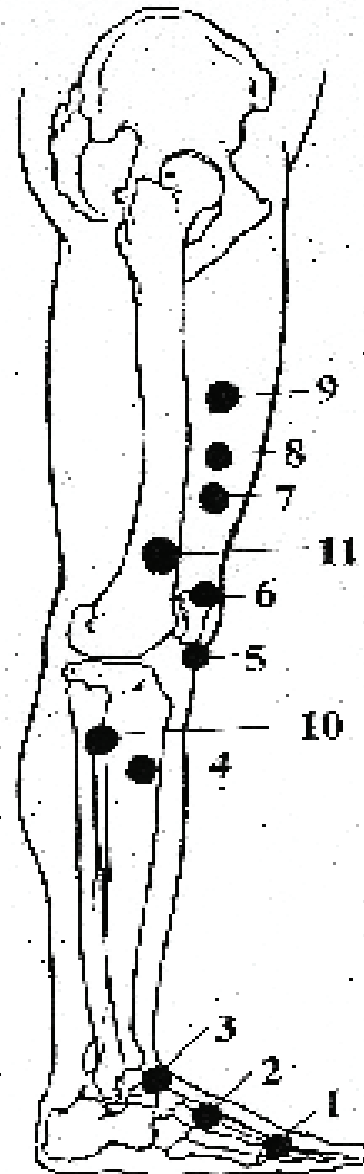
TP Pt. 4 (end of Outside Line 1 below the knee), 3 times. To increase intensity, rotate the foot inward as you TP, using either your hand or foot to rotate near the ankle. Repeat 3 times.

TP Pt. 5 (lower edge of the patella). Direct the pressure toward the patella, as if you were directing the pressure toward the center of the knee. Rotate the foot inward as you press. Repeat 3 times.

You may also thumb or finger press around the lower border of the patella, or cup the hand so that the patella is under the palm of the hand and rotate. You can also thumb slide across the patella by moving toward the center while shifting around the patella border.

TP Pt. 6, Pt. 7, Pt. 8, Pt. 9, each 3 times, releasing with TC. Apply pressure down and in, directing energy toward the knee, working up along Outside Line 1. To increase intensity as you TP, rotate the foot inward, or flex the foot upward (dorsiflexion).

TP Pt. 10 (end of Outside Line 2 below the knee). Apply pressure toward the knee. Rotate the foot inward as TP 3 times, release with TC.



TP Pt. 11 (one thumb length above the knee on Outside Line 2). TP 3 times, release with TC. Direct the pressure toward the knee. Rotate foot inward or flex foot as you press.

TP Pt. 13 (at the end of Inside Line 1 below the knee), 3 times, deeper each time, releasing with TC. Can also be accessed when the knee is placed upright with the foot on the floor (as in “Lemon Squeeze Thigh”).

TP Pt. 14 (on the Achilles tendon). Press firmly and as you release the point, make a slight upward movement of your thumb (“flicking”). Or, press simultaneously on either side of the attachment and squeeze upward together (“plucking”). Repeat TP/finger press at least 3 times. Can be accessed while thumbing the leg lines, or when the knee is placed upright with the foot on the floor, or during the “Achilles Stretch”.

TP Pts 5 & 6, and all around the border of the patella. Can be worked while thumbing or palming the leg lines, or with the knee placed upright and holding the leg steady between your knees. Can work with one hand at a time all around the patella, or both hands together moving in opposite directions. Keep the pressure directed toward the center of the knee. Work slowly and deeply. You can also thumb slide around the patella border. Or cup the patella in the palm of the hand and circle deeply. Or use the ‘tiger’s claw’ to cup the patella and circle.

TP Pt. 12 and/or Pt. 15 (in the crease behind the knee), 3 times each. Use thumb or fingers to reach the points. Can be worked with the knee placed upright, using both hands simultaneously to reach behind the knee and FP. You may also support the knee with one hand, using the other hand to lift the leg up and bend and straighten the leg several times as you press the points.

These two points can also be worked during some stretches, such as “Knee to Opposite Shoulder”, or “Foot Press Back of Thigh” (using the toe to press Pt. 15). While in Back Position, you can sit with the client’s legs resting across your thighs and TP the points while lifting your body to bend and straighten the legs.

