

## ***Presentation:***

# **Side position therapy points & specialized techniques**

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*This is an old collection of six important Thai pressure points which are helpful for the general well-being of your client. The points may be worked individually at any time during a complete session, working progressively from bottom to the top.*



### **1. Center of the back of the knee**

Indications: Knee pain, lower back pain, sciatica, leg paralysis, numbness of the leg, impotence, urinary tract infections, skin diseases, stomach distension, calf muscle cramps, allergies.



### **2. Last point before the knee on the calf of the outside leg**

Indications: Knee pain, leg paralysis, nausea, constipation, gastritis, stomach ulcers, diseases of the pancreas, diarrhea, insomnia, hypertension, shock, fever, stomach cramps, vomiting, acne, allergies, itching, menstrual pain, excessive menstrual bleeding, irregular menstruation, varicose veins.



### **3. On the dorsum of the hand in the center of the web between thumb and index finger.**

Indications: Major anaesthetic point, headache, toothache, abdominal pain, constipation, tonsillitis, facial paralysis, cold diseases, fever, intestinal disorders, lung diseases, pain in thumb and forefingers, pain in the wrist joint, circulation problems, neck pain, stiff neck, sinusitis.



**4. On the lower arm, two finger widths back from the wrist.**

Indications: Headache, cough, bronchitis, nasal obstruction, sore throat, stiff neck, asthma, facial paralysis, trigeminal disorders (facial sensory nerve), skin disorders.



**5. Three finger widths back from the wrist.**

Indications: Mental disorders, anxiety, epilepsy, insomnia, hysteria, shock, nausea, angina pectoris, vomiting, morning sickness, sore throat, chest pain, gastric distension, cardiac arrhythmia, varicose veins.



**6. Center of the upper lip, below the nose.**

Indications: Shock, coma, sunstroke, respiratory failure, faint, epilepsy, facial paralysis. The 'unconsciousness' or 'wake up' point.



This sequence of exercises which start in the side position demonstrate the amazing creativity which can be used when the therapist follows his intuition. The grace and flow of this sequence are typical of the way the late Asokananda worked and taught. Exercises for back problems **1 & 2** - Opening the hips **3 & 4** - Flowing into a one handed stomach massage **5** - Then into a wonderful leg stretch **6** - into a complete turnaround of the patient **7 & 8** , where you can work backlines, sacrum or the third leg line, and where you can use elbows or lower arms to work on a patient **9-14**





