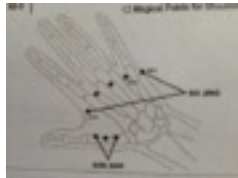


## Shoulder Pain

So Jing San Jian	He 5 to 7 (if temple HA add He-8) Lu 9 to 7 Pc 7 to 6
Sp 5 to 5.5 (Treats top of scapula, touch the bone Sp-SJ) Liv 4 to 5 Kid 3	Gb 34 (T) Gb 38 Gb 40 (1 cun deep) Bl 64

### 12 Magical Points for shoulder pain

LI 3 SJ 3 SI 3	Lu 8 Pc 6 He 5
Sp 9 Liv 8 (T) Kid 10	St 38 Gb 37 (5^) Bl 58 (7^)



### Shoulder / Neck area pain

- a) Kid + Liv  
b) Kid + Heart  
Liv-4 + Ashi on Liv channel  
(inclined)



### Magical 12 for ALL Throat & Neck problems

SJ 4 LI 5 SI 5	Pc 7 Ht 7 Lu 9
Liv 4 Kid 3 Sp 5	St 41 Gb 40 St 41

### Throat & Neck

(Pt chew gum whilst needles in)

SJ 5 LI 5	Pc 6 Ht 5
Liv 8 (T) Kid 2,4,7	St 36 Gb 36 (T)

## Migraine

### 12 Magic points for ANY headache.

Use when case is hard to diagnose and problem covers multiple channels.

### Migraine with Vomiting

SJ 3 and SJ 10	Pc 3 and Pc 10	LI 4 (3) SJ 3 SI 3	Lu 11 Pc 9 He 9
Liv 3 or Liv 8(T) and Sp 9	St 36 and Gb 34(T)	SP 6 Liv 4 (5) Kid 7 (3)	St 36 Gb 34(T) Bl 40

### Any Upper Back Pain!!! Tai Yin - Tai Yang (I / IV)

For any reason muscular soreness of the back: (Scapula, shoulder, Bl channel muscles, ribcage, sternum)

Cold/flu with body aches & fever, deep lung cough or chronic cough (not throat cough), emphysema, COPD.

SI 1 SI 4	Lu 8 Lu 11
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Sp 3 Sp 9	Bl 64 Bl 67
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### Liv-Lu TaiYang

SI	Lu
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Liv	Bl
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## Low Back Pain

LI4/5 + SI4 + SJ3.5 + Yao Tong  
Ashi points on the Lung He 3 +  
Heart Ashi Opposite side!

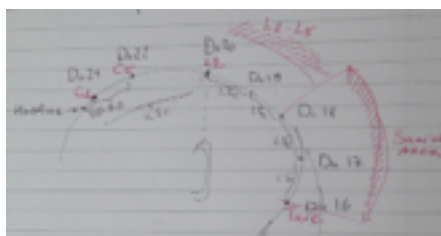
For Low Back Pain in Dai Mai area  
or from GYN causes also use Dr  
Loo's Point (bet GB 40 & Bl 62).  
For Kid Xu add auricular points.

### 12 Magical points (when pain moves around)

Ling Ku Da Bai Zong Bai SI 4	LU 5 PC 3 HT 3,7
Kid 3,10 Sp 6 Liv 5	GB 41 Bl 65

### Back Pain 12 Magic

Ling Ku com Yao Tong SI 4	Lu 5-6 A He 3-3.5 A Pe 3
Kid 10 Liv 8 Sp 9	Gb 34 T Bl 40 St 36



### Extracts from Dr Tan books

**HA:** - GB HA One side GB HA - He 8

- One side GB HA radiating to the top / side

SJ 3 H 8

Liv 3 GB 41

- One side HA GB 31 + Liv 3 Opposite side (GB must be sensitive)

**Frontal HA** Sp 9 + LI 4

**TMJ** SJ + GB 41 Change later for GB 31 / GB 32

Related points to TJM: Sp4, LI 4, GB 33-31, LI 10.6 / LI 10.8

**Vertical dizziness** LI 11 + P 9 + He 9

**Neck pain Tai Yang** SI 3 + Bl 65

**Shoulder pain** GB GB 40

Shoulder pain LI St 41 (opposite side), GB 40 (opposite side), Sp Ashi

Whole shoulder St 38 + Sp Ashi

**Elbow:** Yang Ming + Shao Yang GB 33 + Ling Ku or GB 33 + Ling Ku + Sp 9 + Lu 5

**Wrist** (Carpal Tunnel) St 41+ Liv 3

**Scapula** Shao Yang + Tai Yang SJ 5 H 4

Sp 6 GB 39

**Scapula SI** SI 6 He 4

Sp 6 GB 39 + St 41 later

**GB Rib pain** SJ 5, SJ 6-7 Ashi (Check GB leg Ashi also)

**Sacral pain** Kid 3

**Hip pain** He 5

## Low kidney function 12 Magic

Ling Ku com Yao Tong SI 4	Lu 5-6 A He 3-3.5 A Pe 3
Kid 2, 4, 7 Sp 6 Liv 5 for higher Liv 4 for lower	Gb 34 T Bl 40 St 36

## Back Pain

Ling Ku Da Bai Yao Tong	Lu 5-6 A He 3-3.5 A
Kid 7 Liv 8	Gb 41 Bl 65

## Kid XU with Low Back Pain

LI 4 or Ling Ku combo + SI 4	Lu 5-6A
Kid 7 - 8	Bl 65 Bl 58-57

C1- C2	Hairline
C3 - C5	Du24 - Du22
T1 - T12	Du22 - Du20
L2 - waist	Du20
L2 - L5	Du20-18
Sacral area	Du18-16
Tailbone	Du16