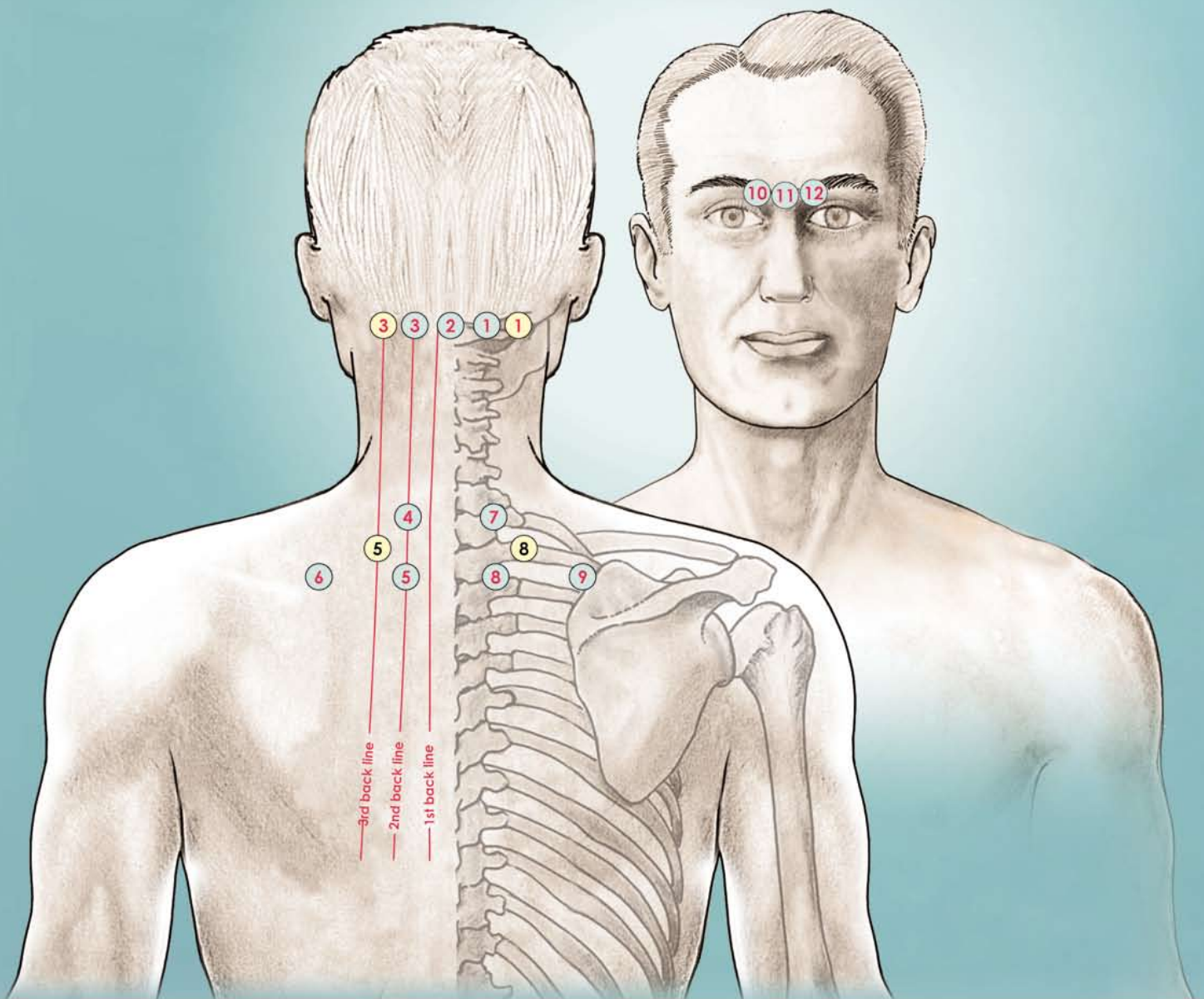


THAI ACUPRESSURE

For Orthopedic Disorders

As instructed by the Wat Po School, Bangkok



A Step-By-Step Guide

by Noam Tyroler

Traditional Thai Acupressure Points

THE ANATOMICAL ATLAS

Scapula Line

This line runs through 8 landmarks:

1. Above the midpoint of the spine of the scapula
 2. Above the spine of the scapula just lateral to its medial end
 3. The upper angle of the scapula
 4. The lower angle of scapula
 5. Below the lateral end of the spine of the scapula, directly above the axillary crease
 6. Inferior to the spine of the scapula just lateral to its medial border
 7. Above the lower angle of the scapula
 8. The center of the scapula
- This line begins at a depression above the midpoint of the spine of the scapula.
 - It travels inward just reaching lateral to the medial border of the scapular spine.
 - It turns upward to the upper angle of the scapula.
 - It turns down and runs along the medial border of the scapula reaching its lower edge.
 - It then turns up again running along the lateral border of the scapula.
 - It passes medial to the posterior axillary crease going up and reaching the inferior border of the spine of the scapula (Scapula- I 3).
 - It then turns inward running along the inferior edge of the spine of the scapula turning downward at the lateral edge of the medial border of the scapula (Scapula- I 4).
 - It runs 1 finger lateral to the medial border of the scapula.
 - It reaches a depression above the lower tip of the scapula in a V-like bony angle (Scapula- I 6).
 - It turns upward again, ending in the center of the scapula (Scapula- I 7).

Middle Finger Line

This line runs through 4 landmarks:

1. The middle finger
 2. The radial edge of the lateral epicondyle (head of the radius)
 3. At the posterolateral aspect of the arm bone 3 fingers above the olecranon
 4. The depression inferior and posterior to the tip of the acromion when the arm is raised sideways
- The line starts at the midpoint of the dorsal crease of the wrist, in line with the middle finger in a depression inferior to the meeting point of the head of the ulna and distal (far) end of the radius on the lunate bone.
 - It runs up the outer forearm in a depression between the ulna and the radius
 - It continues on the radius on the extensor digitorum and then between the muscles extensor digitorum and extensor carpi radialis.
 - It reaches the elbow crease at its lateral end when the

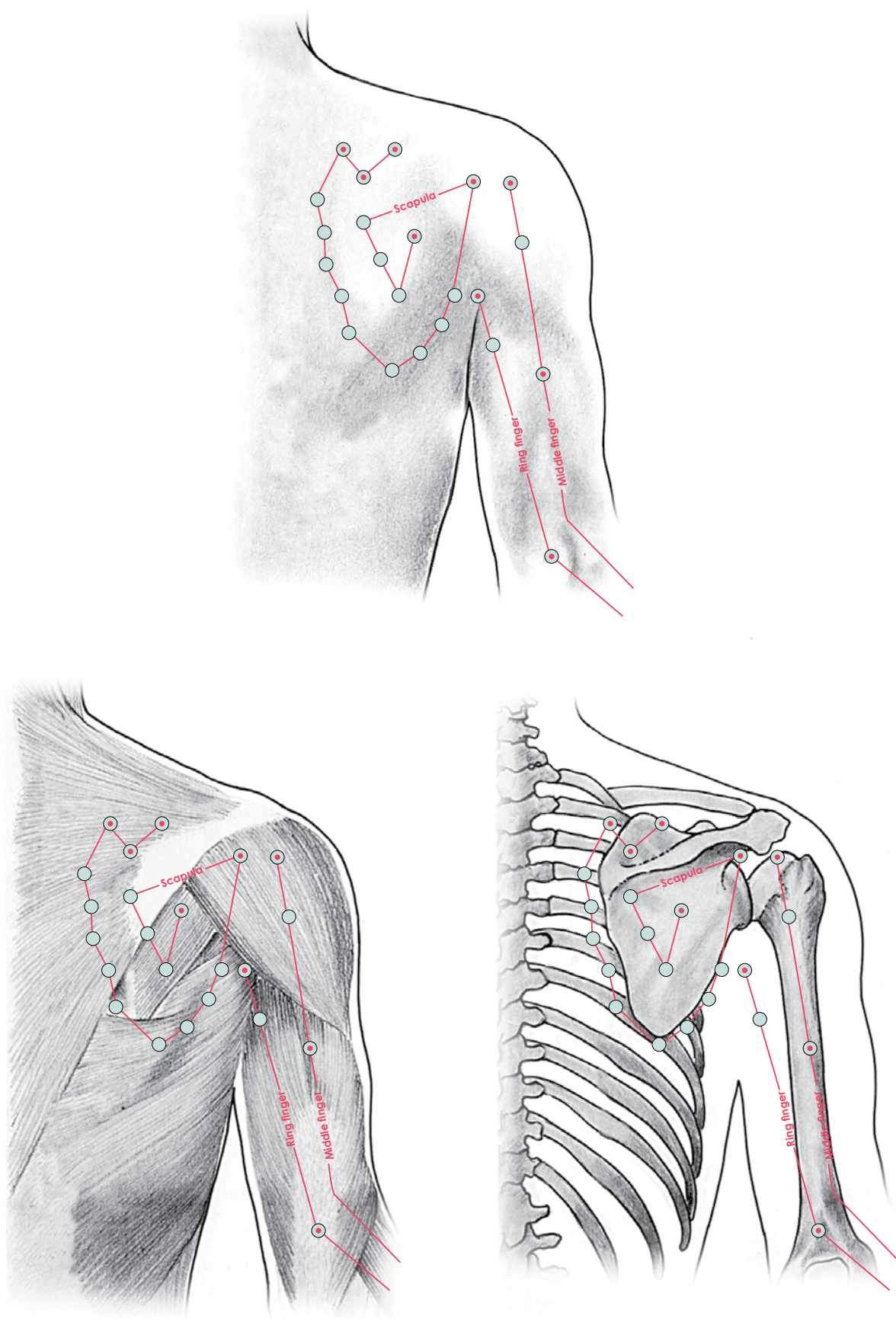
elbow is flexed, radial to the lateral epicondyle (head of the radius).

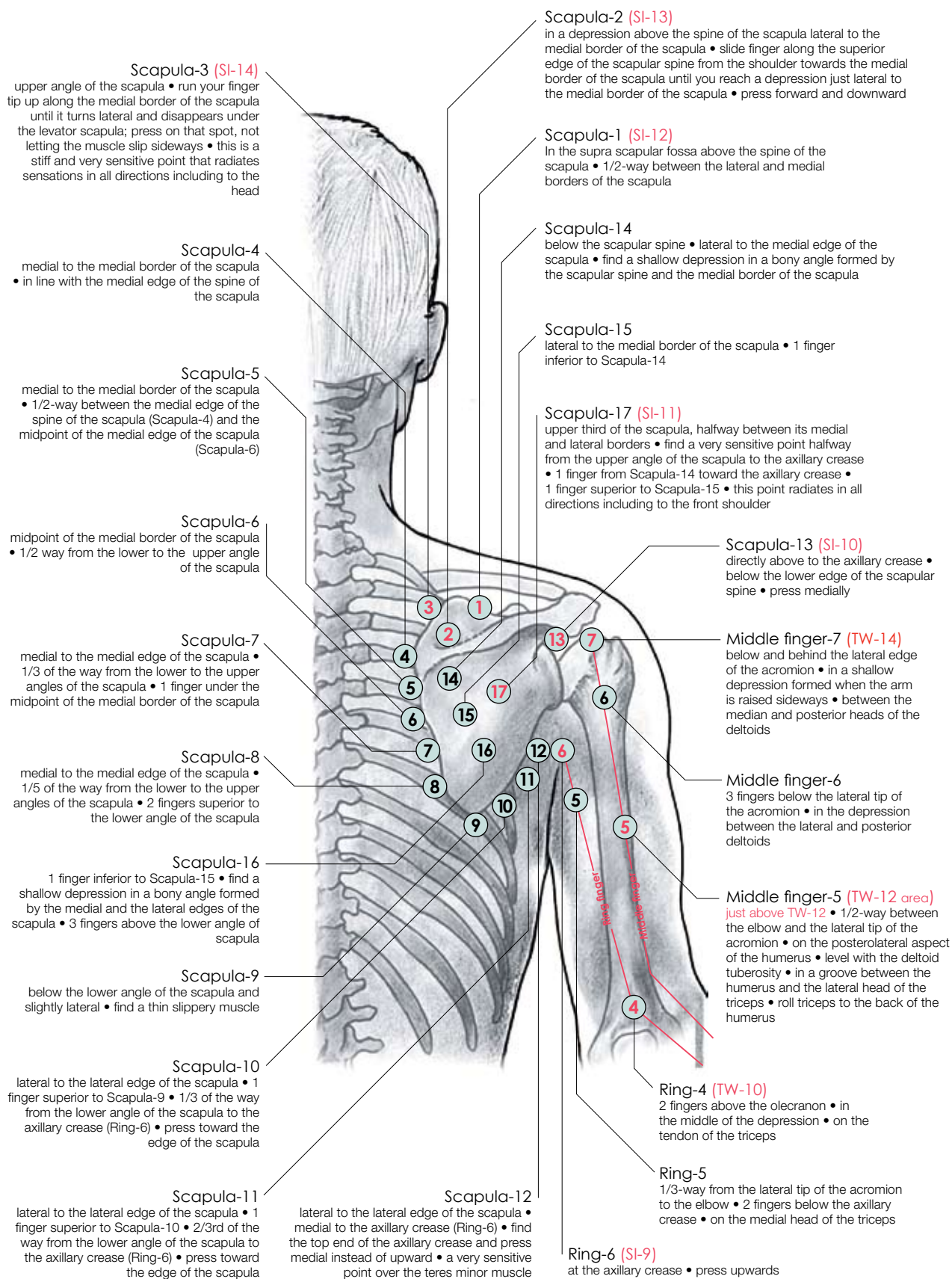
- It starts again at the posterolateral edge of the arm bone 3 fingers above the olecranon.
- It runs upwards on the posterolateral edge of the humerus.
- It continues in a groove between the median and posterior deltoids.
- It then ends posterior and inferior to the lateral tip of the acromion in a depression formed when the arm is raised sideways.

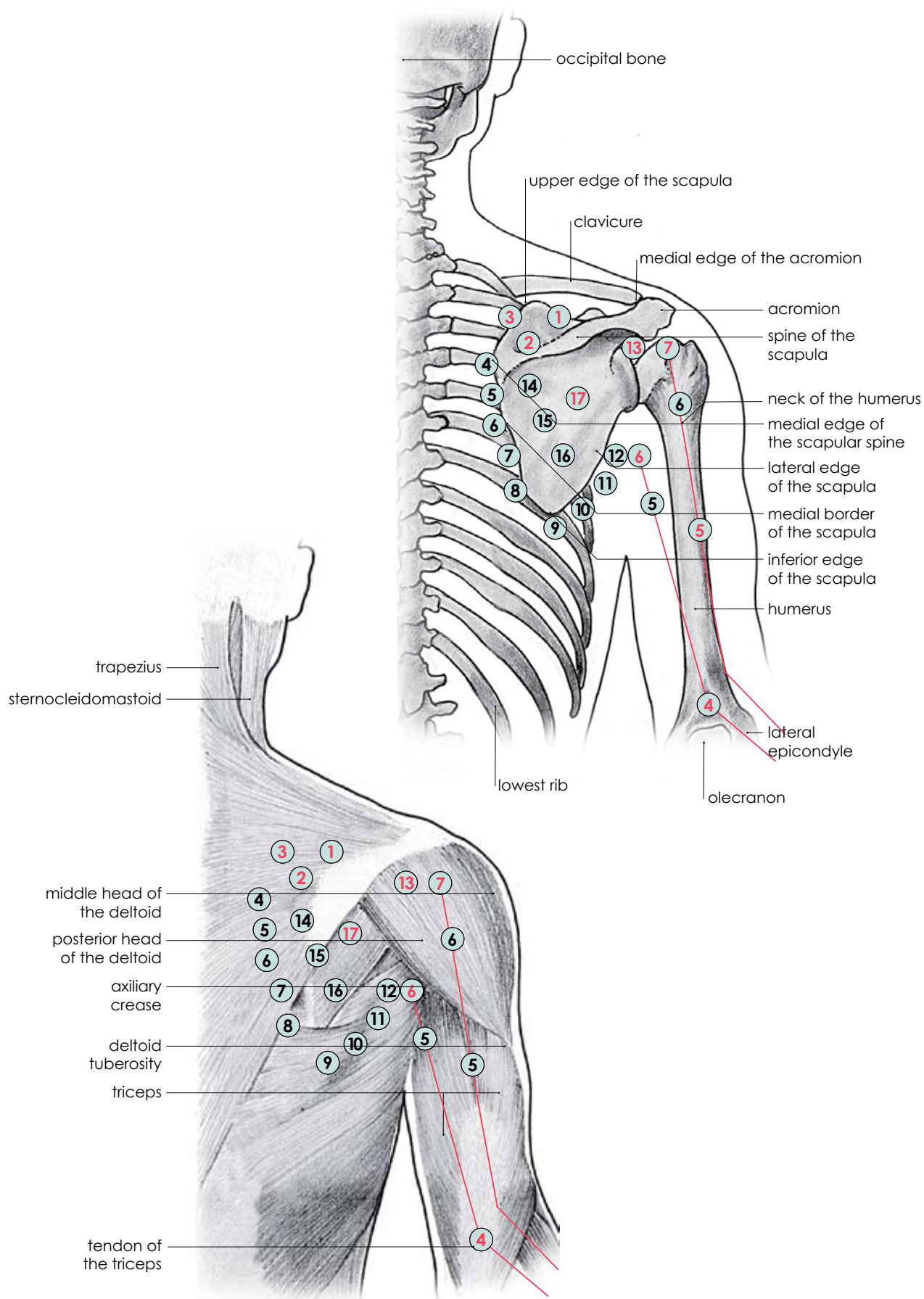
Ring Finger Line

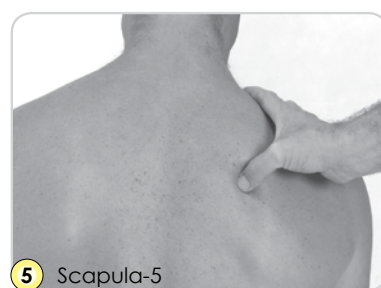
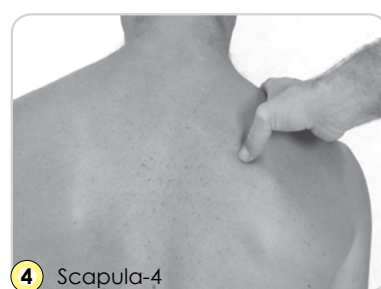
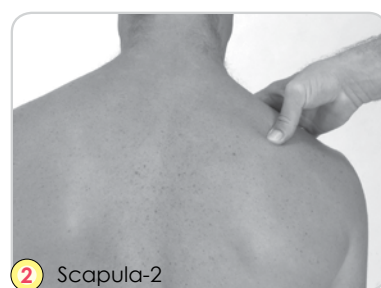
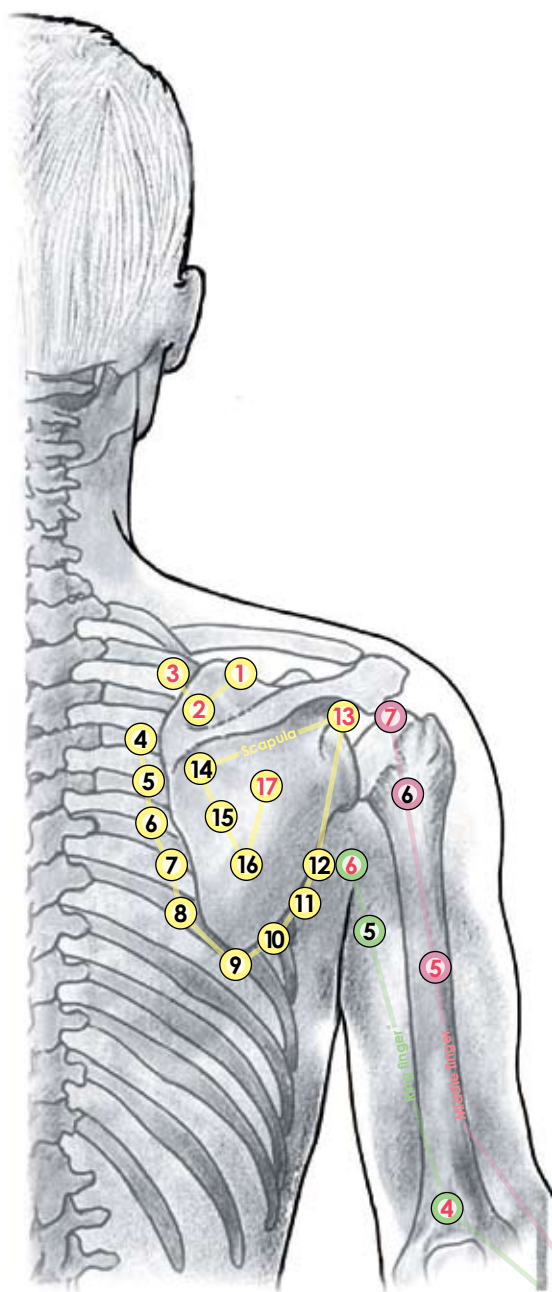
This line runs through 4 landmarks:

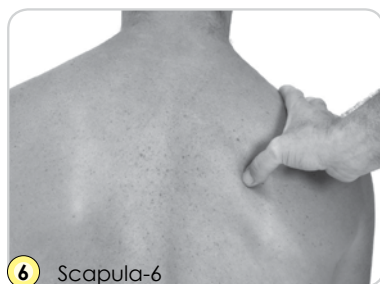
1. The ring finger
 2. The lateral epicondyle (head of the radius)
 3. The depression superior to the olecranon
 4. The superior end of the axillary crease when the arm hangs in the adducted position
- This line begins at the dorsal crease of the wrist in a depression inferior to the head of the ulna, in line with the ring finger between the tendons of carpi ulnaris and digiti minimi.
 - It travels on extensor carpi ulnaris up to the neck of the head of the radius (lateral epicondyle).
 - It starts again in the depression superior to the olecranon.
 - It runs up the midline of the triceps to the superior end of the axillary crease when the arm hangs in the adducted position.



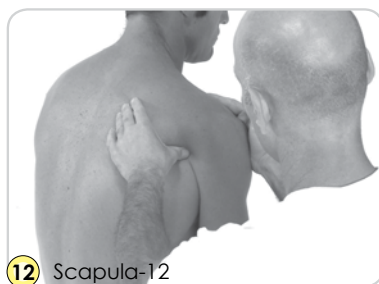








6 Scapula-6



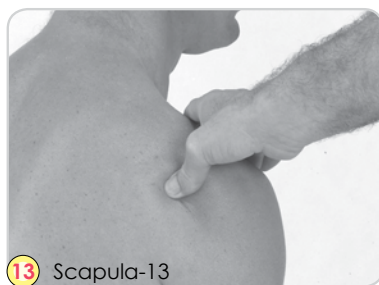
12 Scapula-12



4 Ring-4



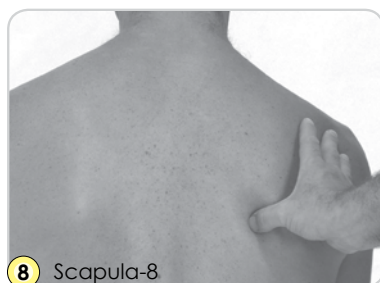
7 Scapula-7



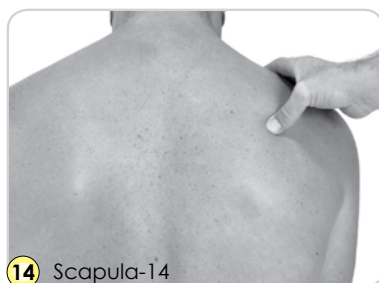
13 Scapula-13



5 Ring-5



8 Scapula-8



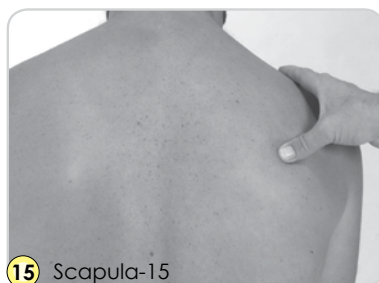
14 Scapula-14



6 Ring-6



9 Scapula-9



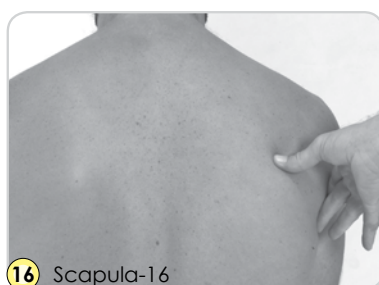
15 Scapula-15



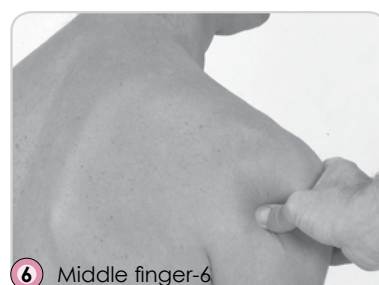
5 Middle finger-5



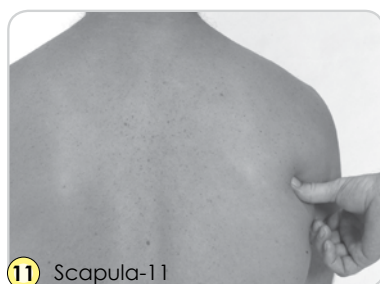
10 Scapula-10



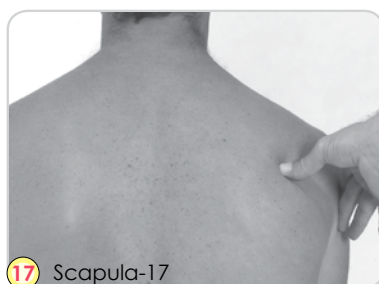
16 Scapula-16



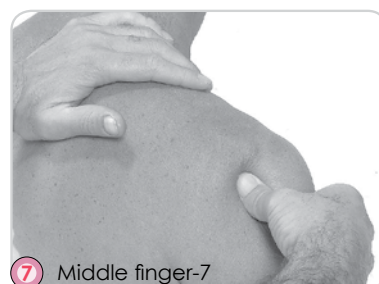
6 Middle finger-6



11 Scapula-11



17 Scapula-17



7 Middle finger-7