COURSE DESCRIPTION

This course trains the student in a non-needling application of Oriental Medicine, including the practical use of finger or hand pressure on acupuncture points and channels, as well as learning of point functions related to the Acupressure treatment.

LEARNING OBJECTIVES

Students will be able to apply finger and hand pressure on acupuncture points and channels. This gentle form of acupressure allows for application pre-and post-surgical, and can be used in situations where firmer massage is not appropriate. It can easily be incorporated with other styles of bodywork, massage, and acupuncture. It is excellent for stress related conditions, as well as for management of pain and discomfort. By utilizing not only points on the organ meridians, but also points of the 8 extraordinary channels, these treatment patterns may also be used to strengthen the client’s constitution.

COURSE PREREQUISITIES

none

REQUIRED TEXTS

- Laminated acupuncture chart (required)
- Class handouts
- Beach towel or sheet for table

RECOMMENDED TEXTS

COURSE REQUIREMENTS

Written Test
Final Exam

GRADING SCALE: 100-90% A, 89-80% B, 79-70% C, 69% and below F

SPECIAL NOTES

Please dress in comfortable, loose clothing (no dresses or skirts please)

Professionalism and Full and Prompt Attendance: To pass any course (separate from academic performance) all students must meet requirements for professionalism in coursework. Professionalism includes full and prompt attendance: students who miss more than 2 class meetings in a 10-week course or 1 class meeting in a 7-week course will earn an F in that course. Additionally, students who arrive more than 15 minutes to class or leave class before it ends will be given ½ absence towards attendance. NOTE: Students who leave and return to class late from a break or leave during the class (especially if this is repeated) or who disrupt the class in other ways may earn an F in that class and/or be referred to the Academic Dean for professionalism.

CLASS ONE (The syllabus is subject to change at the discretion of the instructor.)

1. Introduction To Acupressure, Contraindications And Precautions.
   A. Neck Pain: Structural And Muscular Tension, Injuries
B. Neck Release

CLASS TWO
2. Arm And Shoulders Pain, Tmj, Wrist Pain, Carpal Tunnel Syndrome, Arthritis
A. Shoulder Release, Tmj Release

CLASS THREE
3. Low Back Pain: Muscular And Structural Issues, Qi Deficiency
A. Back Release

CLASS FOUR
4. Liver Qi balancing release: Letting go of anger, and other emotional blockages, Liver Qi stagnation and respiratory issues

CLASS FIVE
5. Simple Hara diagnosis:
   a. Abdominal massage/acupressure/self-treatment
   b. Intro to Yang release

CLASS SIX
6. Yang release:
   a. Hot flashes, migraine headaches
   b. Review for written test

CLASS SEVEN
7. Written test
   Chakra balancing release: Emotional stress release - calming and strengthening Jing through Ren and Du channel

CLASS EIGHT
8. Blood deficiency, menopause, and digestive problems

CLASS NINE
9. Intro to Cancer support and neuropathies: Tremors, bone pain and parasthesia release

CLASS TEN
10. Final exam: Practice

CLASS ELEVEN

REFERENCE MATERIAL
Acupressure Way of Health, Jin Shin Do by Iona Marsala Teeguarden

FACULTY INFO
Marsten, Ingrid
Please check with instructor during class to get updated contact info.
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HARA REFLEX ZONES by Masunaga (Zen Shiatsu)

Palpating those zones can give the therapist a good indication of imbalances within the client’s meridian system and organs (according to TCM).

- Jitsu: Full, hard, tight, sensitive to the touch, may be hot
- Kyo: Empty, hollow, soft, likes pressure, may be cold due to Qi deficiency
- Stagnation: Tight (but NOT sensitive to normal pressure)

Remember that “diagnosis is treatment, and treatment is diagnosis” (Toru Namikoshi). By touching, you are changing the energetic field and re-balance Qi. Please ask permission and be sensitive to client’s personal space.

1. HT, PC – orange
2. ST, TH, LU – blue
3. GB, LIV, LU – green
4. SP, KI, UB – yellow
5. LI, SI – purple (LEFT of client’s abdomen)
6. LI, SI – purple (RIGHT of client’s abdomen)

![Hara Reflex Zones Diagram]

LU = Lung
LI = Large Intestine
SL = Small Intestine
KI = Kidney
BL = Bladder
LR = Liver
ST = Stomach
GB = Gallbladder
SP = Spleen
HT = Heart
PC = Pericardium
TH = Triple Heater
Blood building and digestive support
your hand under the back of patient. You will cover several points at the same time to make sure that your hand follows the contour of your patient’s back, and that there is no tension in your hand or wrist. The body weight of your patient and gravity usually provide enough pressure, however, if you need to apply stronger pressure, you may gently pushing your fingers/hand upwards.

T hand on **UB 17** - *(T7)*, over erector muscles

**UB 18** - *(T9)*, over erector muscles
- **RIGHT** hand on **SP 10** *(3 fingers above the medial, superior border of patella, at vastus medialis)*
- **RIGHT** hand on **SP 6** *(4 fingers above the medial malleolus)*

T hand on **UB 20** - *(T11)*, over erector muscles

**UB 21** - *(T12)*, over erector muscles
- **RIGHT** hand on **ST 36** *(at the lateral, inferior head of tibia)*
  - **SP 9** *(at the medial, inferior head of tibia)*
  - **ST 37** *(4 fingers below ST 36)*

T hand on **UB 23** and **UB 52** - *(L2)* over erectors
- **RIGHT** hand on **Ren 4** and **Ren 6** *(place hand below the navel)*

T hand on **PC 6** *(3 fingers above the crease of the wrist on inside of arm)*
- **RIGHT** hand on **LV 3** *(in the web between the first and second metatarsals)*
- **RIGHT** hand on **SP 4** *(in the depression distal and inferior to the 1st metatarsal, where skin changes from light to dark)*

T hand on **DU 14** *(on the spine between C7 and T1)*
- **RIGHT** hand under sacrum
BONE PAIN, TREMORS, PARASTHESIA
The purpose of this flow is to release toxic heat, cool the blood, strengthen the kidney energy (bones), regulate liver energy. This will reduce tremors, paraesthesia, and reduce bone pain. It also works to support digestion, and reduce nausea. Please also use the blood building flow regularly, as it will help to increase the yin energy.

**LEFT hand on UB 18 and UB 47** – *(level with T9)*
- **RIGHT** hand on LV 14 *(in the 6th intercostal space, directly below the nipple)*
- **RIGHT** hand on GB 34 *(anterior, inferior to the head of the fibula)*
- **RIGHT** hand on GB 39 *(4 fingers above external malleolus, at anterior border of fibula)*

**LEFT** hand on LI 4 *(between 1st and 2nd metacarpal bone, towards the 2nd)*
- **RIGHT** hand on LV 3 *(in the web between 1st and 2nd metatarsal bone)*

**LEFT** hand on LI 11 *(at lateral end of transverse crease of elbow)*
- **RIGHT** hand on LU 9 *(at radial end of transverse crease of wrist)*

**LEFT** hand on PC 6 *(3 fingers above crease of the wrist on inside of arm)*
- **RIGHT** hand on SP 4 *(in the depression distal and inferior to the 1st metatarsal, where skin changes from light to dark)*

**LEFT** hand on SJ 5 *(3 fingers above the crease of wrist on outside of arm)*
- **RIGHT** hand on GB 41 *(in the depression distal to the 4th and 5th metatarsal bone)*

**LEFT** hand on ST 36 *(at lateral, inferior head of tibia)*
- **RIGHT** hand on ST 44 *(between 2nd and 3rd toe, proximal to the web)*

**LEFT** hand on UB 23 and UB 52 *(level with L2, over the erectors)*
- **RIGHT** hand on Ki 9 *(7 fingers above medial malleolus, at the lower end of gastocnemius muscle)*
- **RIGHT** hand on Ren 4 to Ren 6 *(below navel)*

**BOTH** hands on GB 20 *(base of the skull)*
CHEST/ABDOMINAL RELEASE
Many emotional problems are due to stagnation of Qi in the abdomen and chest. Moving these stagnations can release quite a few ailments from depression to digestive problems. The following Jin Shin release works on opening the chest and abdominal breathing, thus allowing the HARA to fill with Qi and internally massage the organs.

- **LEFT** hand holds UB 47 (level with lower border of 9th TV, on spinal border of scapula)
  - **RIGHT** hand on LV 14 (directly below the nipple, in the 6th ICS)
  - **RIGHT** hand on GB 34 (anterior and inferior to the head of the fibula)

- **LEFT** hand on UB 43 (level with border of 4th TV, on spinal border of scapula)
  - **RIGHT** hand on ST 13 (lower border of middle of clavicle - 4 cun lateral to REN)
  - **RIGHT** hand on SP 12 (lateral side of femoral artery, level with upper border of pubic symphysis)
  - **RIGHT** hand to SP 9 (on lower border of medial condyle of tibia - level with the tuberosity of tibia)
  - **RIGHT** hand on PC 6 (2 cun above crease of wrist, between ulna and radius on interior side of arm)
  - **RIGHT** hand on PC 2 (2 cun below end of the anterior axillary fold, between the two heads of biceps brachii muscle)

- **LEFT** hand on LU 1 (at lateral side of 1st ICS – 6 cun lateral to REN)
  - **RIGHT** hand on LU 10 (radial side of the head of 1st metacarpal, where skin changes from red to white)
  - **RIGHT** hand on ST 16 (3rd ICS, 4 cun lateral to REN)
Locally:

- Broken bones, however you can work “close” distally with gentle acupressure
- Open wounds and lesions
- Burns, including radiation sites for at least 6 weeks after end of tx
- Rashes, poison oak/ivy, hives ---- Psoriasis is NOT a contra-indicated condition, however avoid “breaks” in the skin = lesions
- Shingles, as long as the blisters have not dried they are still “shedding” the virus; additionally, due to the nerve inflammation, tx may be too painful locally
- Fungus: i.e. nail fungus, athlete’s foot
- Varicose veins
- Inflammation

General:

- High fever
- Intoxication (drugs or alcohol)
- Contagious diseases like Chicken Pox, Measles, severe flu, Shingles
- High risk pregnancies (former miscarriages, IVF in the first trimester, ill health of pregnant woman, hemorrhaging) – acupressure may be applied in certain cases if you have extra training
- Uncontrolled Diabetes
- Severe Osteoporosis (can include paraplegia and quadriplegia) – only treat with very gentle acupressure, NO deep pressure
- Severe nerve damage

Careful: (Adjust treatment to client’s daily condition)

- Limited range of motion
- Post-surgery: Depending on the surgery, deep pressure may not be applicable at all or only in certain areas. Note: No Shiatsu for a minimum of six (6) months after a spinal fusion. Please confirm with physician.
- Low immune system: Adapt time and intensity to client’s daily condition.
- Cancer: do not work directly over tumors. Given that many Cancer patients undergo surgery, chemo therapy and/or radiation therapy, you need to take adequate precautions. Clients undergoing chemo or radiation therapy should be treated as having a lowered immune system. If you choose to perform acupressure, please apply very
- AIDS: Avoid open wounds, adapt treatment time and intensity to client’s daily condition. That means sometimes you may have to shorten the time and/or intensity of massage.
- High blood pressure: Acupressure stimulates the parasympathetic nervous system, which lowers blood pressure. Note: If BP is high, client should be under care of Physician.
- Pregnancy: Please refer to handout that shows contra-indicated points and areas. Acupressure per se is not contra-indicated during a healthy pregnancy; however refrain from strong stimulation of the points in above mentioned handout according to TCM. Realistically, however, if the pregnancy is a healthy one, there are no contraindications with gentle acupressure. We do respect the principles of TCM though, and as certain points are known to strongly move blood and Qi or have the ability to cause contractions, we should be especially aware and careful.
- Certain medications can predispose the client to bruising. Examples are blood thinners (like “Coumadin” or even Aspirin”) and steroids (like “prednisone”). Please ask your clients about any medication they take, and if you do not know its application, ask the client and/or look it up online. Please make sure you are careful with pressure – and inform/confirm with the client that they have tendency to bruising.

IMPORTANT NOTE/Disclaimer: Acupressure (acupuncture without needles), can be helpful in alleviating many complaints from tight muscles and joint pain to headaches, PMS, and digestive problems. However, acupressure is NOT considered a medical modality in the US, and it is NOT in the scope of a massage therapist to “diagnose or treat” medical conditions. Evaluations should only be applied as they pertain to “energy/Qi – flow” in the client. If your client seems to have a medical condition, please refer the client to a qualified medical practitioner. Licensed
Jin Shin is a gentle form of acupressure, utilizing the vital points accessing the powerful eight extra channels.

The main function of the eight extra channels is to act as reservoirs of energy in relation to the organ meridians. This means that they can both absorb energy from the main channels, as well as transfer energy to them when needed (i.e., in case of shock).

The extra channels all derive their energy from the kidneys and all contain essence, which they circulate through the body. This function helps with the integration of nutritive Qi and essence, and for this reason the eight extra channels are the link between Pre-Heaven and Post-Heaven Qi. This allows treatments on a much deeper level as it relates to Pre-Heaven Qi and thus to the patient’s constitution.

The eight extra channels also circulate Wei Qi over thorax, abdomen and back, and therefore play an important role in the body’s resistance to pathogenic factors.

In Jin Shin we apply gentle pressure to various points, holding these points for 30 seconds to one minute (depending on the blockage of Qi flow sometimes longer). Our hands act as “magnets” attracting Qi to the points and allowing the Qi to move blockages out of the way. We hold the points until we feel a pulsation, then wait for the pulses between the two points to harmonize. These pulsations are not blood pulses but they represent the Qi making its way to the points. Sometimes we may not feel the pulsation but feel heat generated from the points we are holding instead - and that’s all right too.

Jin Shin has almost no contraindications and can be used as an acupuncture treatment without needles. It is perfect for patients who have an excess condition and may not be able to tolerate the pressure applied in other forms of massage or acupressure. It is also an excellent treatment for people who have a deficient condition, as it does not drain their energy further.

Jin Shin does neither sedate nor tonify per se - it harmonizes and balances the Qi flow, where necessary the Qi will drain, and at other places the Qi will stay: Nature’s way of self-regulating.
- **RIGHT** hand on UB 52 (level with lower border of 2\textsuperscript{nd} LV, lateral border of erector spinae)

- **LEFT** hand on UB 54 (on the level of the 4\textsuperscript{th} sacral foramen, 3 cun lateral to median sacral foramen)
  - **RIGHT** hand on UB 40 (behind knee, midpoint of crease in the poplitial fossa)

- **LEFT** hand on UB 40
  - **RIGHT** hand on UB 60 (halfway between lateral malleolus and achilles tendon)
  - **RIGHT** hand on UB 67 (lateral side of 5\textsuperscript{th} toe nail)

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**Low Back Pain During Pregnancy:**

You can apply acupressure when a woman is pregnant, however, please be careful with the amount of pressure you apply to the low back and abdomen. Do not press directly (90 degrees) into the back or abdomen. If your patient has a high risk pregnancy (former miscarriages, IVF, diabetes, bleeding,..., make sure you consult with her OB/GYN. Also, please do NOT stimulate the following points in ANY pregnant woman, as those are contra-indicated during pregnancy:

* DU 20 (with downwards pressure)
* GB 21 (with downwards pressure)
* LI 4
* SP 6
* SP 10
* UB 60
* UB 67
1. BOTH hands hold GB 20 (slide up lateral border of trapezius muscle until you reach occipital protuberance – just below is GB 20)
2. BOTH hands hold ashi point (halfway between GB 20 and base of neck)
3. BOTH hands hold GB 21 (top of shoulder)
4. BOTH hands move to SJ 15 (medial, superior border of scapula)
5. BOTH hands move to SI 10 (slide fingers directly upwards from axillar crease until it falls into the depression just below the scapular spine)
6. BOTH hands move to UB 43 (level with 4th TV, on medial border of scapula)

**SHOULDER, UPPER BACK/MIDBACK RELEASE:**

- **RIGHT** hand on SJ 5 (2 cun above crease of wrist between ulna and radius on anterior side of arm)
  - **LEFT** hand on GB 21 (top of shoulder)
  - **LEFT** hand on SJ 15 (medial, superior border of scapula)
- **RIGHT** hand on PC 6 (2 cun above crease of wrist between ulna and radius on interior side of arm)
  - **LEFT** hand on UB 43 (level with border of 4th TV, on spinal border of scapula)
  - **LEFT** hand on LU 1 (at the lateral side of 1st intercostal space)

**END OF TREATMENT PATTERN/CENTERING SEQUENCE:**

- **RIGHT** hand on DU 20 (on the midline of the head, approximately on the midpoint of the line connecting the apexes of both ears = crown chakra)
- **LEFT** hand holds YINTANG (midway between the medial ends of the two eyebrows = 3rd eye)
- **RIGHT** hand moves to REN 17 (on the midline of the sternum, in the depression level with the 4th intercostal space and the sternum = heart chakra)
- **LEFT** hand on HARA (about 1.5 cun below umbilicus)
- **BOTH** hands to KI 1 (on the sole of the foot, between 2nd and 3rd metatarsals, appr. 1/3 the distance b/w base of 2nd toe and heel, in the depression formed when the foot is plantar flexed)
LEFT hand on SI 10 (slide finger up from axillary crease until it falls in depression just below scapular spine)
- RIGHT hand on GB 41 – cross over to other side (in the depression distal to junction of 4th and 5th metatarsal)

LEFT hand on GB 21 (top of shoulder)
- RIGHT hand on LI 4 (at the junction of 1st and 2nd metacarpal, against 2nd metacarpal)

LEFT hand on SJ 15 (superior, medial border of scapula)
- RIGHT hand on SJ 5 (2 cun above crease of wrist between ulnar and radial bone on anterior side)
- RIGHT hand on each fingertip (slight squeeze)

LEFT hand on UB 47 (level with lower border of 9th TV, 3 cun lateral to spine)
- RIGHT hand on GB 34 (anterior, inferior to head of fibula)
- RIGHT hand on LIV 3 (in the depression distal to junction of 1st and 2nd metatarsal on dorsum of foot)
- BOTH hands on UB 1 – bilateral (superior to inner canthus, medial corner of eye)
- BOTH hands on ST 8 – bilateral (0.5 cun within anterior hairline, at the corner of the head)
- BOTH hands on GB 20 – bilateral (slide up lateral border of trapezius muscle until you reach occipital protuberance – just below is GB 20)

- BOTH hands move lateral to UB 10 (1 cun lateral to GB 20, in the occipital RIDGE)
- BOTH hands move to ashi point (halfway between GB 20 and base of neck)
- BOTH hands move to GB 21 (top of shoulder)