# Pressure Points on the Feet and Legs for Migraines

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# Points on the Feet

1. The points on the feet can be powerful supplemental points.

2. Typically, it is best to combine them with points on the hands or ears.

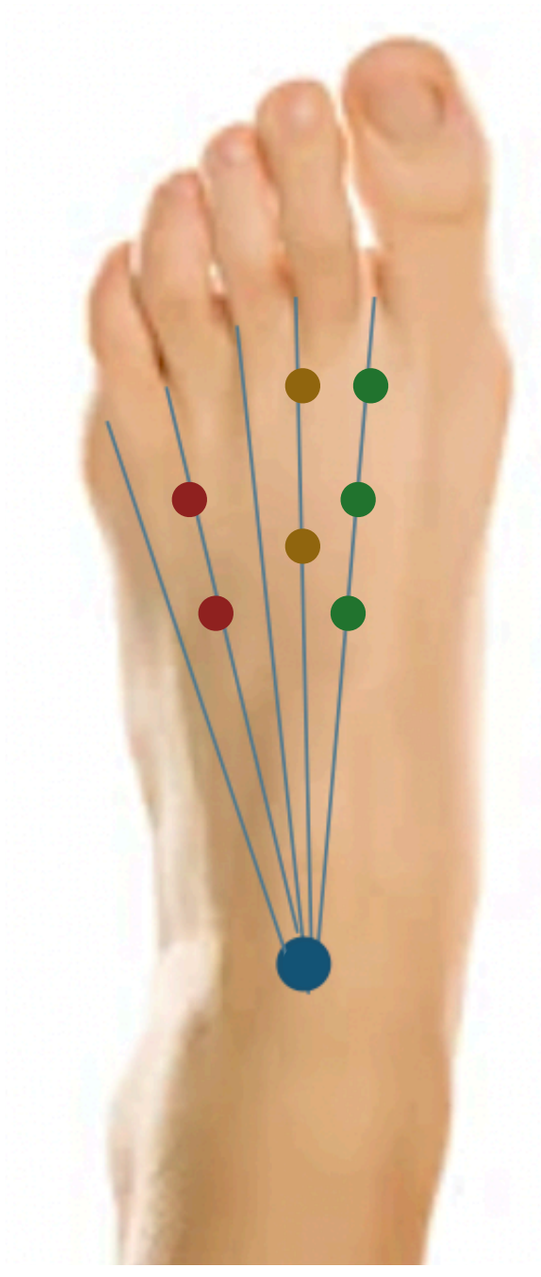
3. If your TENS unit has two channels, you can use one channel on hand or ear points, and the other channel on points on the feet.

4. When doing this, it is often best to use the points on the hands and ears on the opposite side as the pain.

5. For pain on the left side of your head, use hand or ear points on the right side, with foot points on the same side as the pain, or the left side in this case.

6. Use foot points after you have gained some experience with hand and ear points.

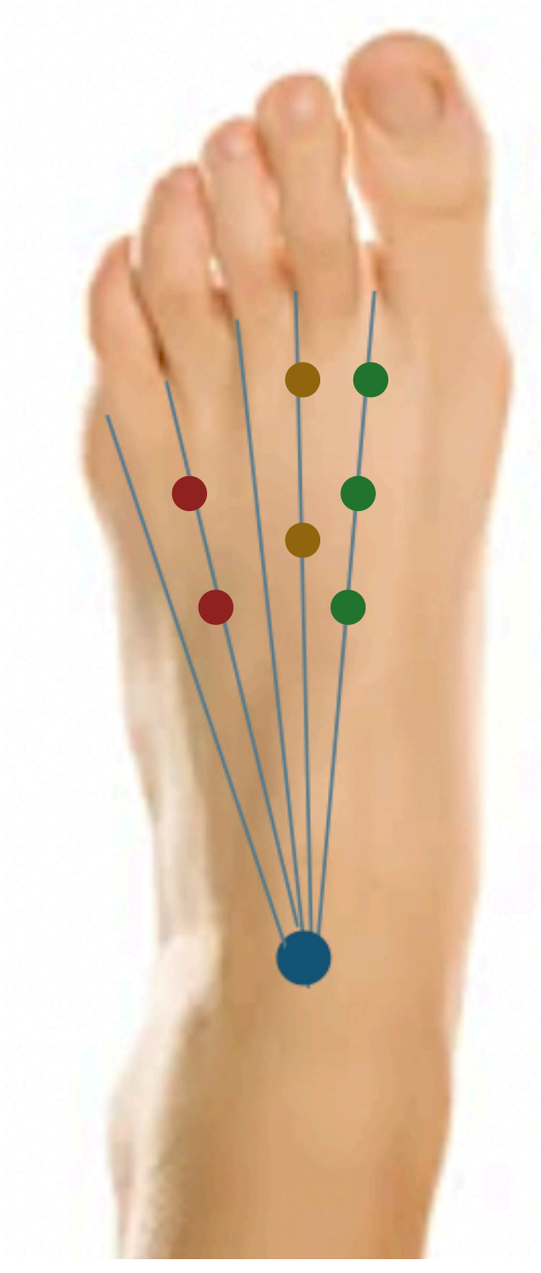
7. **DO NOT USE FOOT POINTS WITH TENS IF YOU ARE PREGNANT.**



# Points on the Feet

1. The green points between the big toe and second toe are some of the most effective points to use. They are good for all kinds of migraines and when the eyes are affected. They are also useful for migraines with visual problems, aurus, and when pain is present at the top of the head. These points are some of the best for menstrual migraines that occur with the period. They can also be used if you have migraines and digestive problems.

2. The points in yellow are also very useful and can be used when the pain is present in the middle of the forehead, front of your head or face, in the eyes, or if you also have sore teeth, sinus congestion, or digestive problems. These points and the points in green also work very well for menstrual pain, PMS, and other gynecolgical disorders. Use the points in green and yellow if you have hormonal and menstrual-related migraines or headaches. The green and yellow points can also be used if you have nausea, vomiting, or other digestive problems.



# Points on the Feet

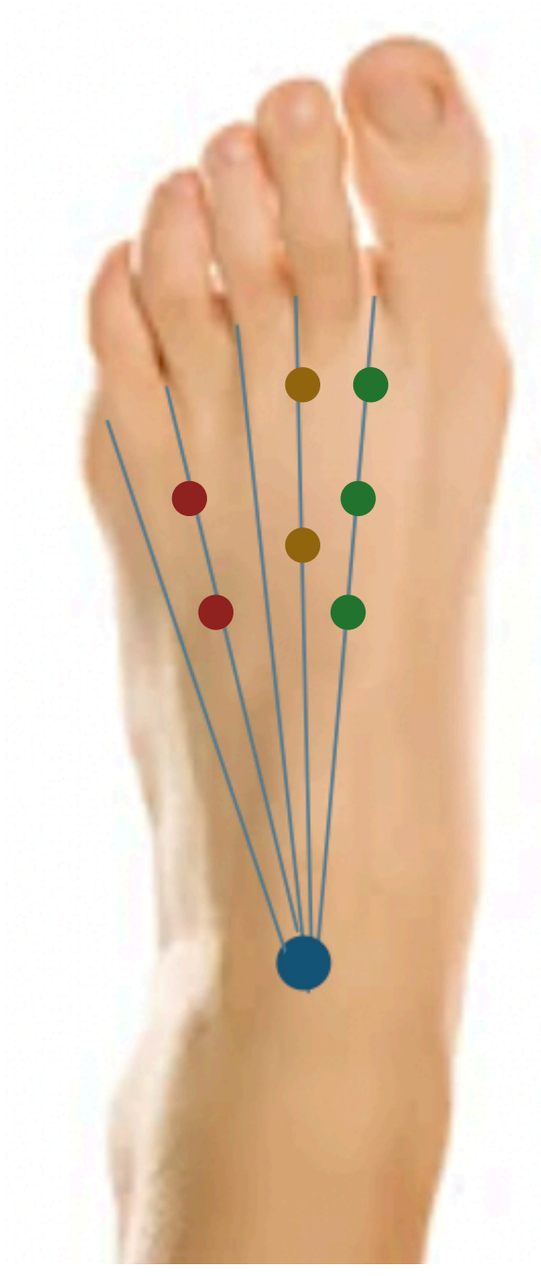
The red points are used for headaches and migraines that occur in the temples and side of the head. They may also be useful if you have pain in your eyes, abdomen, or low back.

All of the points on the feet work in a similar way, but it is common that different people will find different results with the various points.

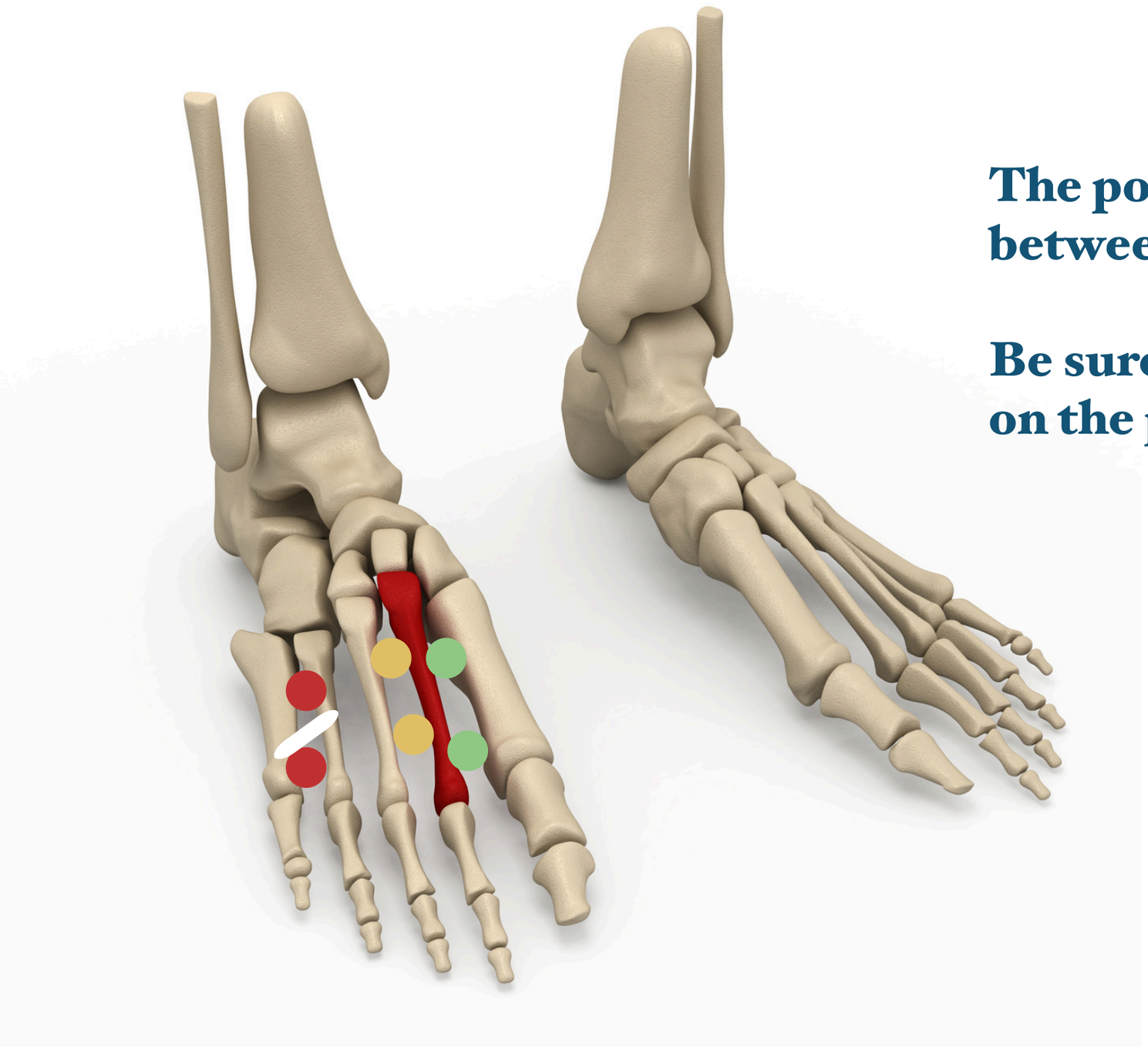
Some people find they get the best results with the green points, while other respond better with the yellow or red points.

One way to help determine what points are best, is to use the pressure probe on your feet to find the points that are most sensitive to the pressure.

If you find that the yellow points are most sensitive, then start by using the TENS pads on the most sensitive yellow points. Similarly, if the green or red points are most sensitive then use them.



# Points on the Feet



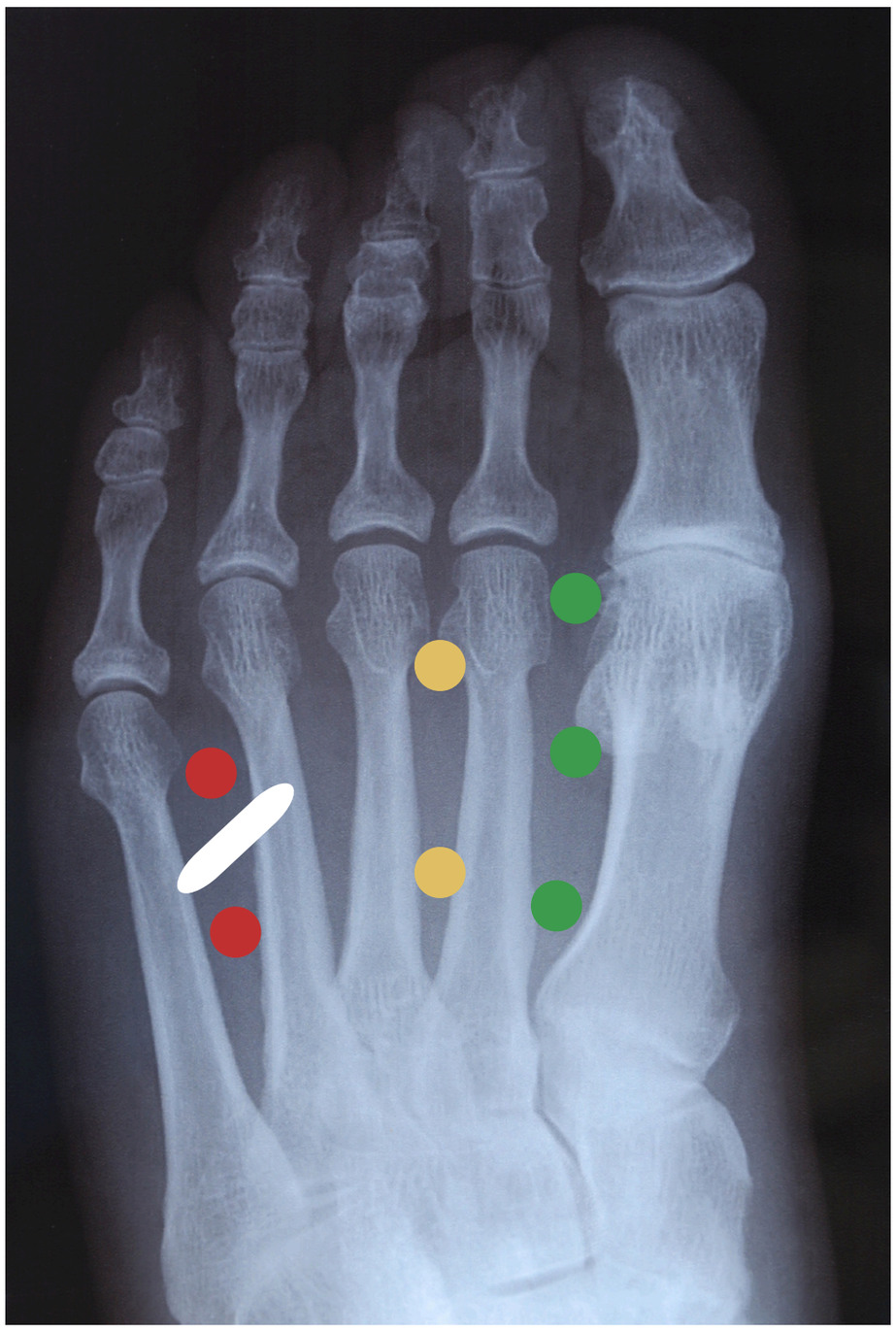
**The points on the feet are located between the bones in the feet.**

**Be sure to place the electrical wire on the pad between the bones.**

# Points on the Feet

**All of the points on the feet can be effective for migraines and headaches. They are also useful for:**

- **Sinus Problems**
- **Digestive Problems**
- **PMS, Menstrual Pain, and Reproductive Disorders**
- **Low Back Pain**
- **Urinary Problems**



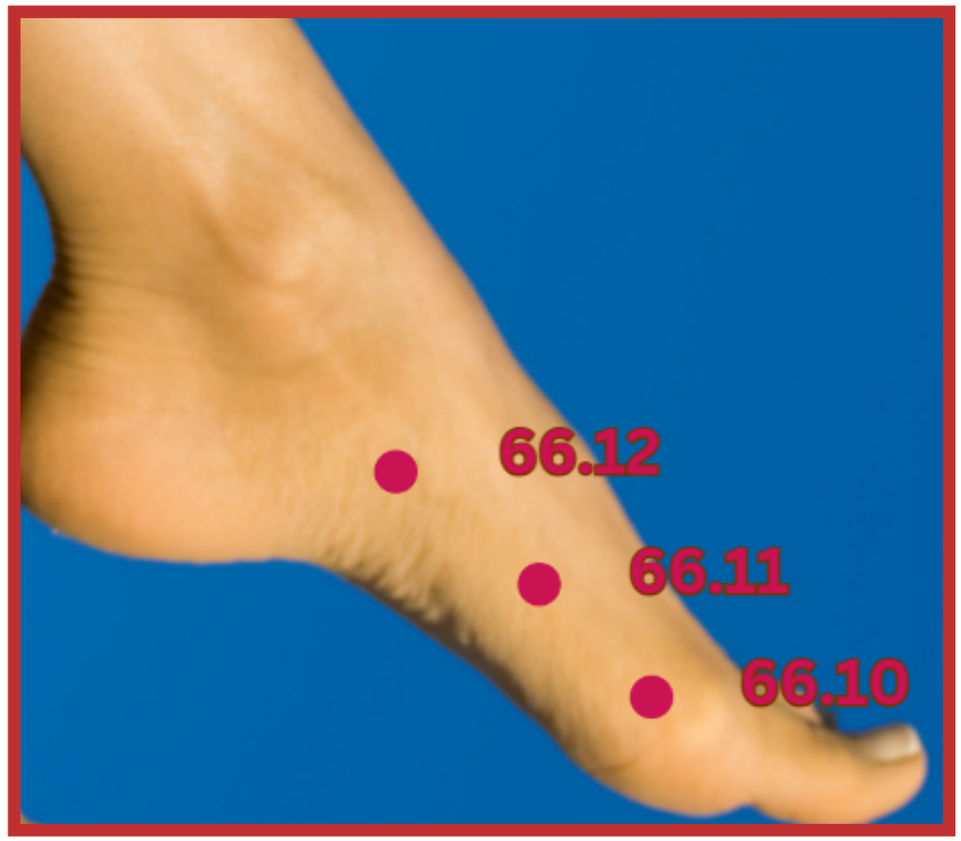
# Points Along the Arch of the Foot

1. Another group of points are located on the arch of the foot, with the first point being just behind the knuckle of the big toe in the soft spot where the arch starts. This point is known as 66.10 or SP 3

2. The second point 66.11 is at the opposite end of the arch and in the soft spot just before the bony area.

3. The next point 66.12 is located about 1/2 way between 66.11 and the large inner ankle bone also known as the medial malleolus.. 66.12 is located just below the big (navicular) bone between 66.11 and the medial malleolus.

4. These points are useful for migraines related to high blood pressure, and when the pain is in the forehead or along the eyebrows.



# Points on the Leg

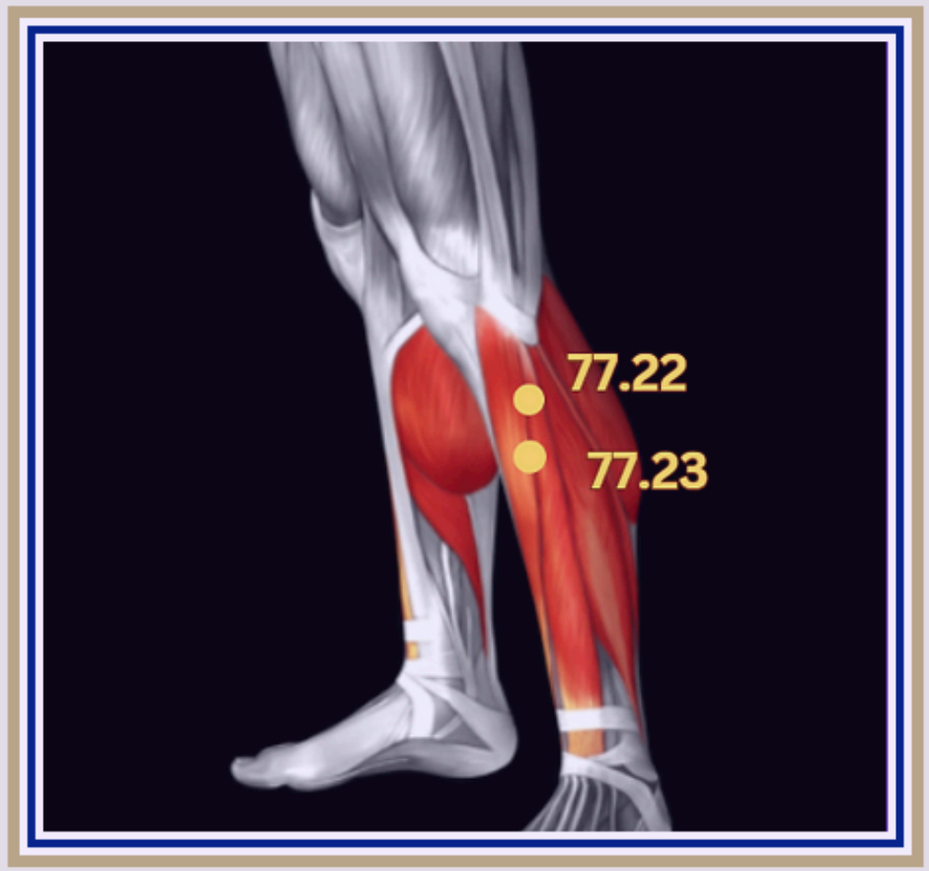
1. These points are located 3 and 5 inches below the knee.

2. To find them, find the depression below your knee cap and on the outside part of the knee. Go down 3 inches and to the side 2 inches.

3. The second point (77.23) is 2 inches below 77.22, or about 5 inches below the depression at the bottom of your knee cap.

4. These points are useful for pain in the forehead and temples.

5. Watch video #29 for more details.




77.22 & 77.23

# Points on the Inner Part of the Lower Leg

1. The two points in blue and just below the knee are useful for migraines in the forehead and eyes. They are also useful for sinus headaches and migraines, and if you have sinus congestion, edema, or water swelling.

2. Find the boney area on the inside part of the knee. The first point is located where the bone flares out and to the inside. <u>Place the TENS pad on the soft area, not on the bone.</u>

3. The second point is about 2 - 3 inches below the first point.

4. The other two points in white in the image may also be used instead.

5. There are several combinations possible when using two pads on these four points. Start with one combination at a time, and change the points as necessary to determine what two points give you the best results.



# Important Final Notes

When using points on the feet, it is also best to combine them with another group of points on either the hands or ears.

If your TENS unit has 2 channels, you can use one channel (2 electrodes) on the hands or ear, and the other channel on the foot.

When doing this, the channels should be on opposite sides of your body. For instance, if you place one channel on your right hand or ear, then use the other channel on your left foot.

Run both channels at the same time, so that either hand or ear points are being stimulated with the foot points.

Before trying this, it is best to be familiar with using only one channel at a time on the hands or ears.

After you are comfortable with stimulating the hands and ears, then add the foot points as needed.

# The Non-Electric Acupressure Pen

The non-electric pen works very well on the foot points.

Use the pressure pen to iron out any hard areas, bumps, or sensitive areas between the bones.

<u>Do not apply direct pressure on the small cord-like tendon between the 4th and 5th toe.</u>

<u>Do not press directly on bones.</u>

Points on the feet can work very quickly. Spend at least 5 minutes stimulating them. Some people will require more time. I have had patients who stimulate these points one time and get pain relief for 5 - 7 days.



When using the pressure probe, hold points for at least 30 seconds to 2 minutes.

# Summary

Find the right points and stimulate them with the right intensity for the right amount of time.

When stimulating points with either the pressure pen or the electric pen, the stimulation should be strong enough that it causes some minor discomfort.

Create a habit around using the devices, or use them at the same time every day.

When using the pressure probe and/or electric pen stimulate at least 3 - 5 points. With a TENS device you can use as few as two points, but the pens and probes typically require using more points.

Do it as part of your morning and evening routines

Include it in to your yoga, meditation, exercise, or self-care practices.