

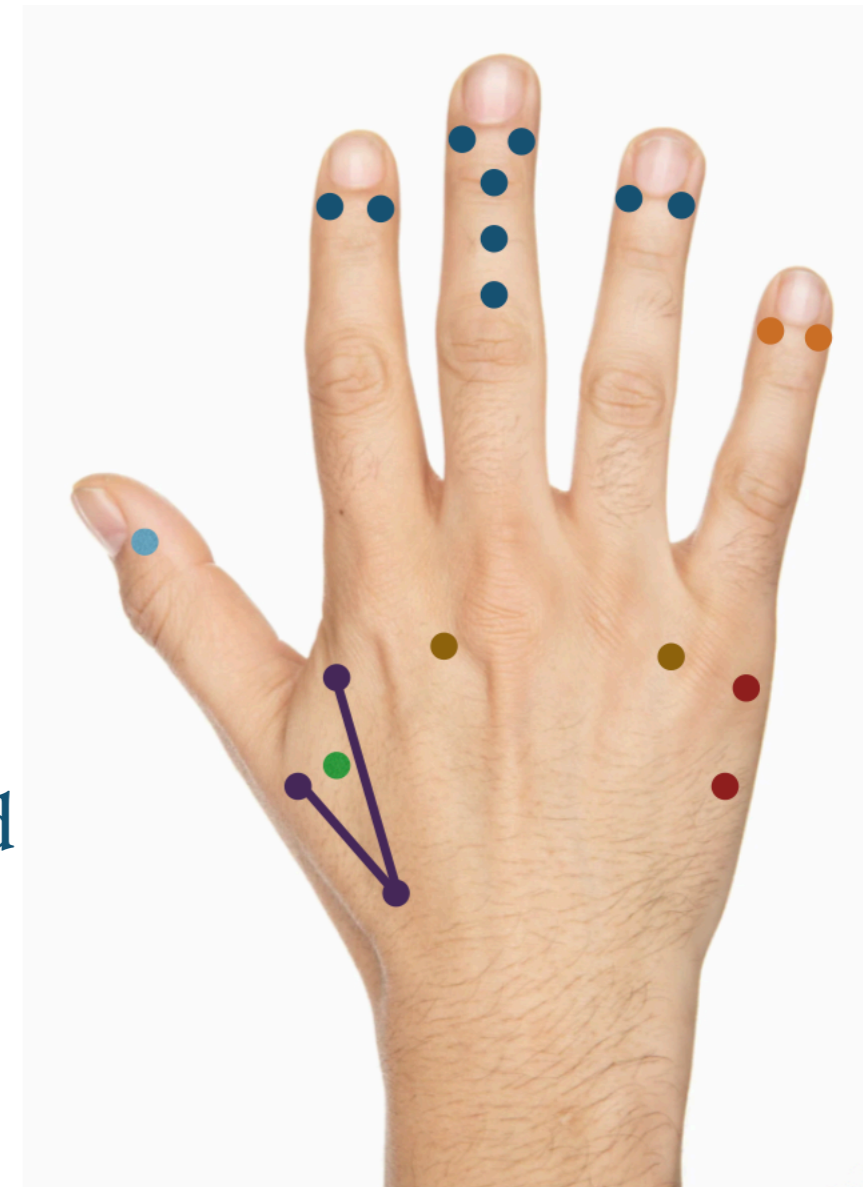
Pressure Points on the Hands and Fingers for Headaches and Migraines

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By James Spears M.S., L.Ac
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Intro to Finger and Hand Points

1. There are many points on the hands that can be effective for headache and migraine relief.
2. In this section we will learn to use the points on the fingers, hands, and arms.
3. It is good to think in terms of areas rather than specific points. Don't worry about getting the exact location of a specific point, but you do need to be in the specific area.
4. There are differences between point locations from person to person. Find the points that are most sensitive for you.



Finger and Hand Points

1. The points on the fingers work well when pressed on using your fingernail, an electric acupuncture pen, or preferably a TENS unit.
2. With the points on the fingers and thumb you can use an electrode clip with the TENS.
3. You can also attach the clip on the points in the webbing between your thumb and fingers.

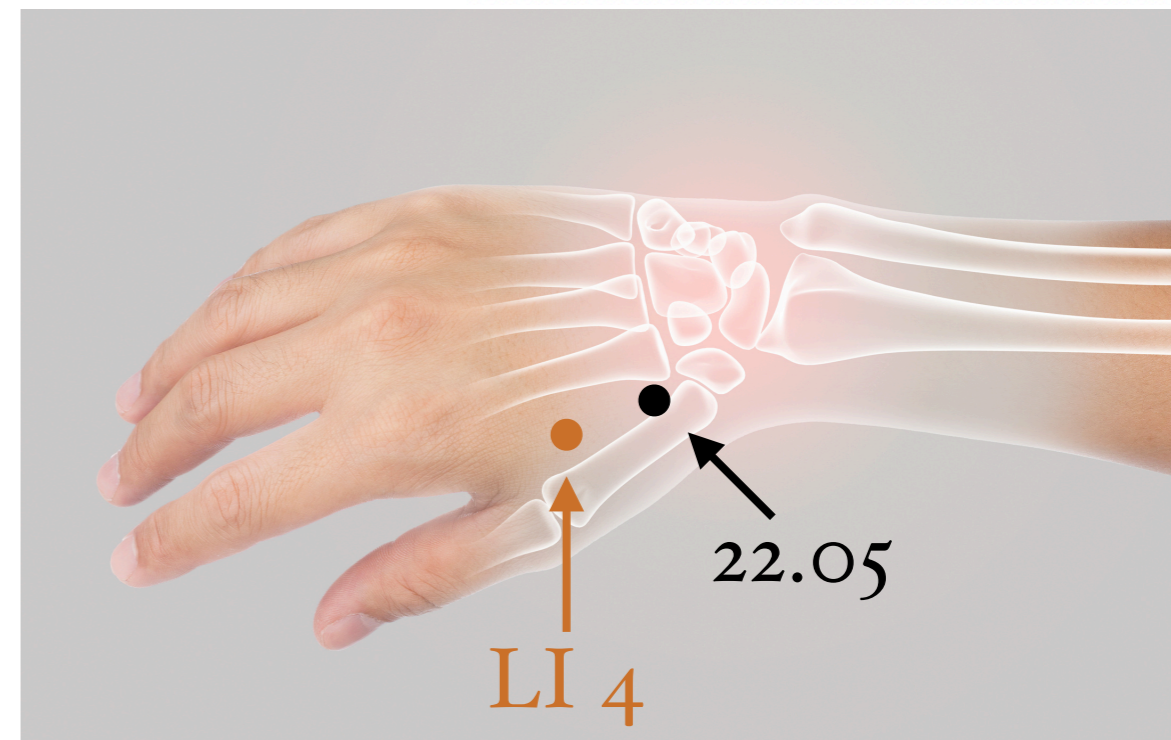


Watch Video #6 to Learn How to Use LI 4 and the Point on Your Thumb

Primary Finger Points for Migraines & Headaches

Watch Video #6

1. The two points shown in the image are the best to start with.
2. The point on your thumb is between your knuckle and the bottom of your thumbnail.
3. The other point (22.05) is at the base of a V formed between the long bone of your thumb and index finger. The orange point in the image below is LI 4, which may be used instead, but the point in black tends to be more powerful.



Primary Finger Points for Migraines & Headaches

Watch Video #8

1. Try the thumb and points in the webbing (LI 4 and 22.05) for the first week to gauge your results with those points.
2. Use one electrode on 22.05, and a point on the index finger, with pain in the center of the forehead, sinus pain, and/or behind the eyes.
3. Use the middle finger if you also have nausea, vomiting, or pain in your spine.
5. Use the ring finger if you have temple headaches in the side of your head, or if your ears also have a problem like tinnitus, ringing, or hearing problems.
6. Use the small finger if you also have pain in the back of your head or neck.



Press the Points Below Your Fingernails

Watch Video #9

1. The points just below the base of the fingernails can be very effective for many kinds of migraines.
2. The point on the thumb closest to your index finger can easily be pressed with the fingernail of your index finger.
3. Use your fingernails to press into these points. Apply enough pressure that it causes a moderately sharp pain.
4. Hold for 20 seconds to 2 minutes.
5. Release the pressure and wait 1 or 2 minutes.
6. Repeat by applying pressure for 20 seconds to 2 minutes.
7. Release the pressure for 1 or 2 minutes.
8. Repeat pressure and release for a total of 5 to 20 minutes or until the pain stops or sufficiently subsides.



The Neck Points Behind the Knuckles

Watch Video #10

1. The points shown in the image are highly effective for neck and shoulder pain.
2. If you suffer from neck pain that progresses into migraines, use these points as they may provide an additional level of benefits that other points don't.
3. These points are most effective for acute neck pain, or if you have only had neck pain for a short time.
4. You can use these points if you wake up with neck pain after sleeping.
5. If you have pain at the top of your shoulders and tend to hold your shoulders up from stress and tension, these points can help to relax the muscle at the top of your shoulders.



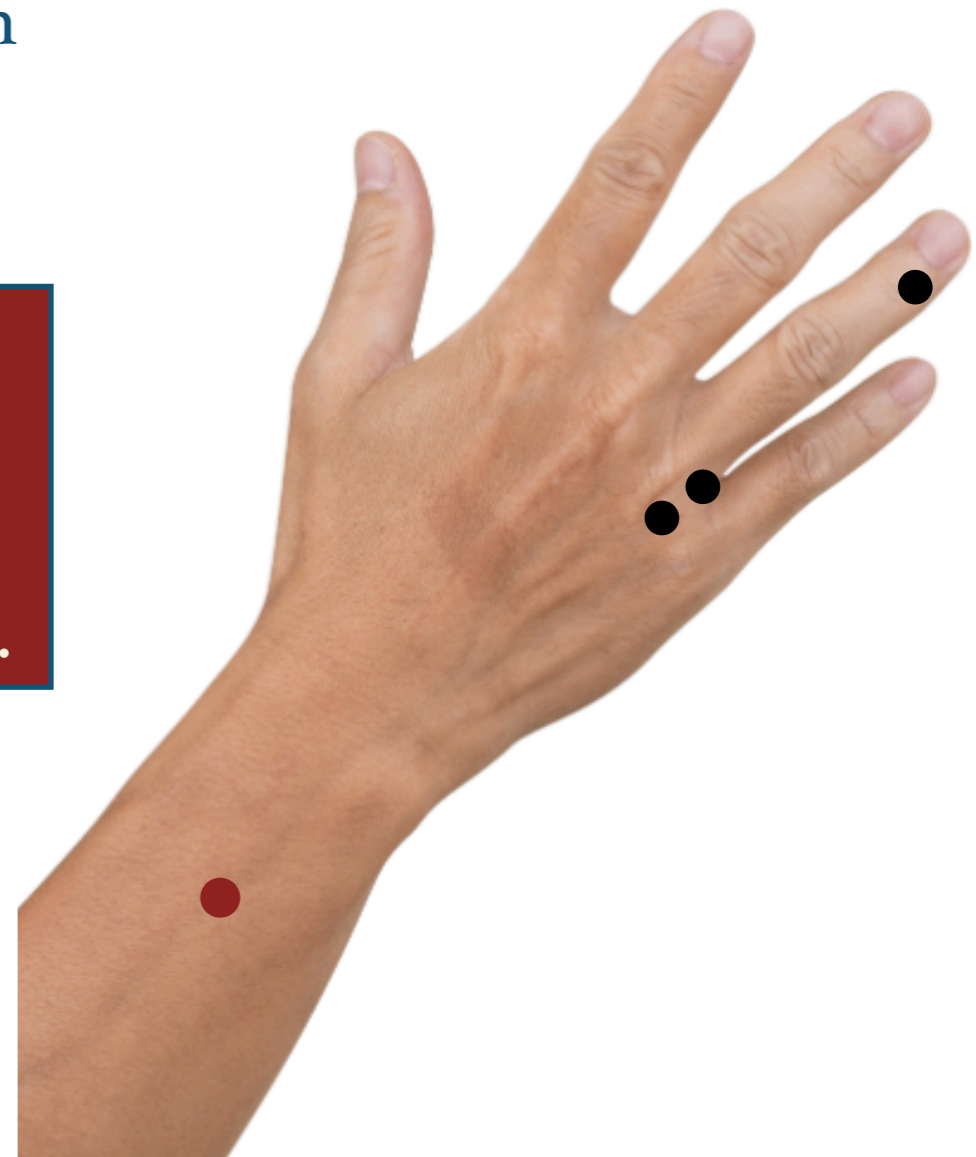
Ring Finger to Wrist Watch Video #11

This point combination uses a point on your ring finger, behind the knuckle, or in the webbing between your ring finger and little finger, with another point about 2 inches above your wrist.

Pick one of the three points in black and combine it with the point above your wrist.

Choose the point on the finger or hand that produces the strongest electrical feeling with the point on the wrist.

This combination can be effective for temple migraines, if the eyes or ears are involved, and are generally useful for stress related headaches.



Webbing Points

Watch Video #12

The points in the webbing between your fingers can be very effective and tend to be less sensitive than the points on your fingertips.

Use these points if your fingers are too sensitive to the electricity.

Start by placing both clips on webbing points.

You can also experiment with one clip on a webbing point, and another clip or pad on some of the other points we have already discussed.

Always use the two electrodes on the same hand.



LI 4 and TW 5 Watch Video #13

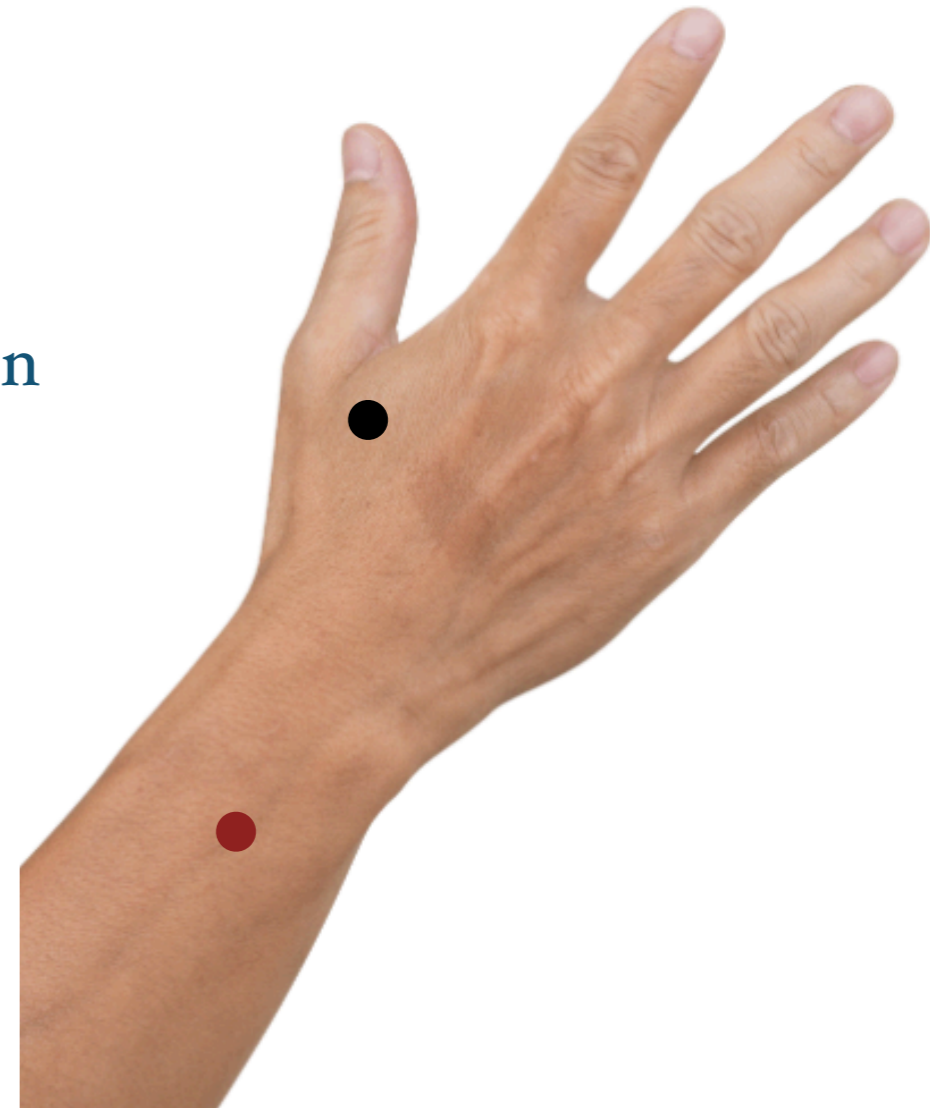
In this combination we use LI 4 and TW 5 together.

This is an all purpose combination and works for many different migraine patterns.

Use the pad on the wrist point and either a pad or clip on the LI 4 point.

If you are using a clip on LI 4 and the TENS machine shuts off before it is strong enough, use a pad on LI 4 instead. This will allow you to turn up the electricity.

**Use this combo when you have pain
between your forehead and temples.**



SI 3 and SI 6 Watch Video #14

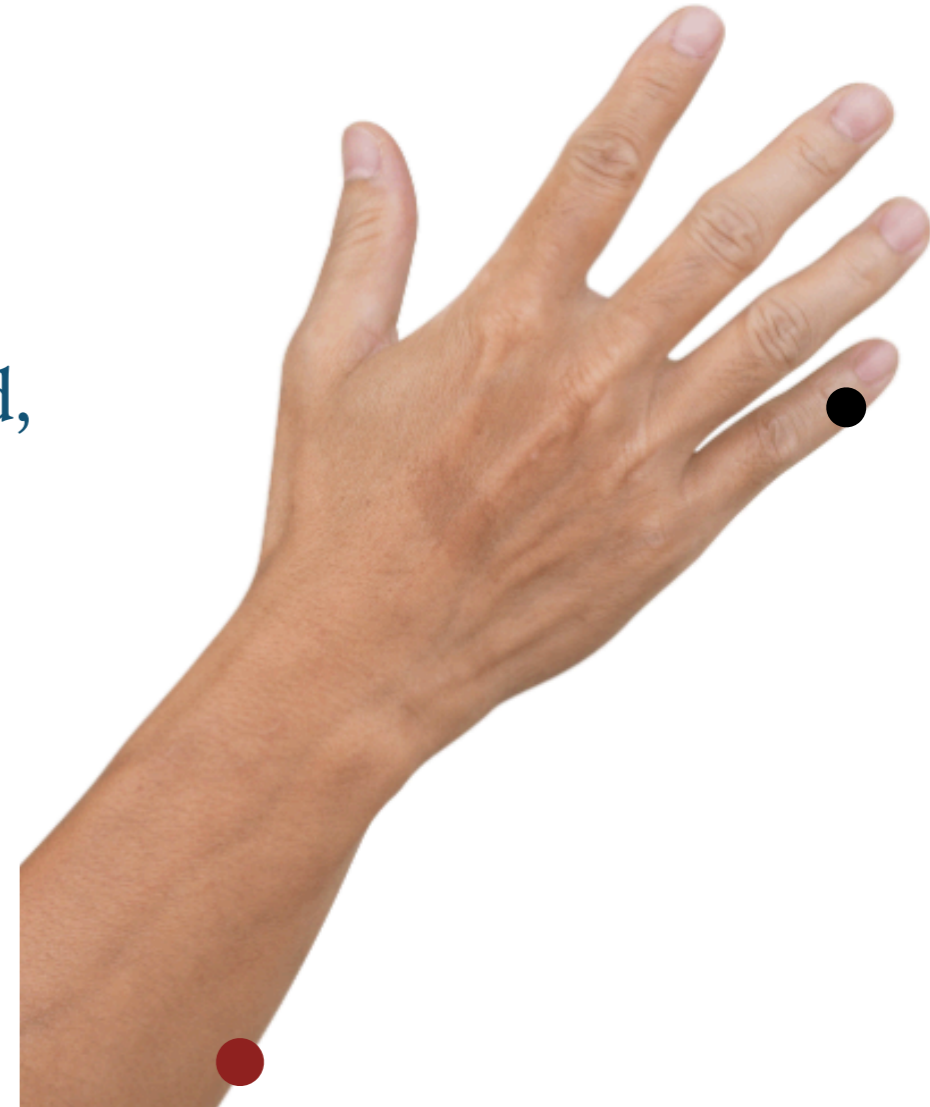
In this combination we use SI 3 and SI 6 together.

This combination is to be used if you have migraines and neck pain together.

Use it for migraines that start in the back of your head, if you have disc herniations in your neck, and for pain that extends to your shoulder blades.

Use the pad on the point on your arm and the clip on your little finger.

Use this combo when you have migraines with pain in the back of your head and/or neck.



TW 5 and PC 6 Watch Video #15

In this combination we use PC 6 and TW 5 together.

This combination can be used if you have nausea, vomiting, or other digestive problems. ***DO NOT use TENS while you are vomiting.**

This combination also works for sleep disturbances and insomnia. Use it 1 hour before going to bed.

These points can also be good for headaches and migraines related to stress.

Use the pads on both points.



Dosage & How Many Points to Use

When starting with TENS use points as directed in the videos.

Most people get the best results by using the TENS continuously for 20 - 30 minutes.

DO NOT stimulate points for more than 30 minutes at a time. If you go over 30 minutes it may even produce less results.

You can use the TENS 2 or 3 times a day, but it is best to wait 3 - 4 hours before using it again, and especially on the same points.

You can also use different point groups as taught in this class when you stimulate the points a second or third time in a day. For instance, you can use hand points in the morning, ear points in the afternoon, and points on the feet in the evening.

DO NOT use the TENS for more than 60 minutes per day. If you stimulate the points three times a day, then only use the TENS for 20 minutes in each session. If you use the TENS twice a day, you can stimulate them up to 30 minutes each time. More is not necessarily better.

As everyone responds differently, you will want to determine what points work best for you. Keep a journal and note your improvements, so you can know what is working best.

Summary

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

- Create a habit or ritual around using the device. For instance, do it every day at the same time, and when you are doing something you enjoy like relaxing after dinner.
- Use it when you are drinking tea or coffee in the morning, or use it when you are watching movies in the evening.
- Do it as part of your morning and evening routines.
- Include it in to your yoga, meditation, exercise, or self-care practices.

Watch all the videos about using the pressure points on the fingers and hands. These points are some of the best for pain relief.

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