

# ACUPRESSURE FOR POST- STROKE SHOULDER PAIN

## Background and Locations

### ACUPRESSURE

Used for thousands of years, during acupressure, direct, focal pressure is applied to various points located around the body. While more research needs to be performed, several Cochrane reviews suggest positive treatment effects associated with its use.



### GB 21

Located parallel (but lateral to) C7 /T1; pressure is applied to the trapezius, on each side To use acupressure on this point, (1) locate the point and pinch as directed, then (2) using your index finger, apply downward pressure to massage and stimulate the area for 4-5 seconds while releasing your pinch..

### GB 20

Located at the "base of the skull;" Called the "gate of consciousness." feeling for the mastoid (ear) bone and following the groove back to where the neck muscles attach to the skull. To use acupressure on this point, locate the point and use a deep, firm pressure towards skull to massage and stimulate the area for 4-5 seconds.



### L 10

Located on the outer surface of the forearm and three fingers breadth below the elbow crease when the elbow is bent 90 degrees. To use acupressure on this point, (1) locate the point then (2) use a deep, firm pressure to massage and stimulate the area for 4-5 seconds

