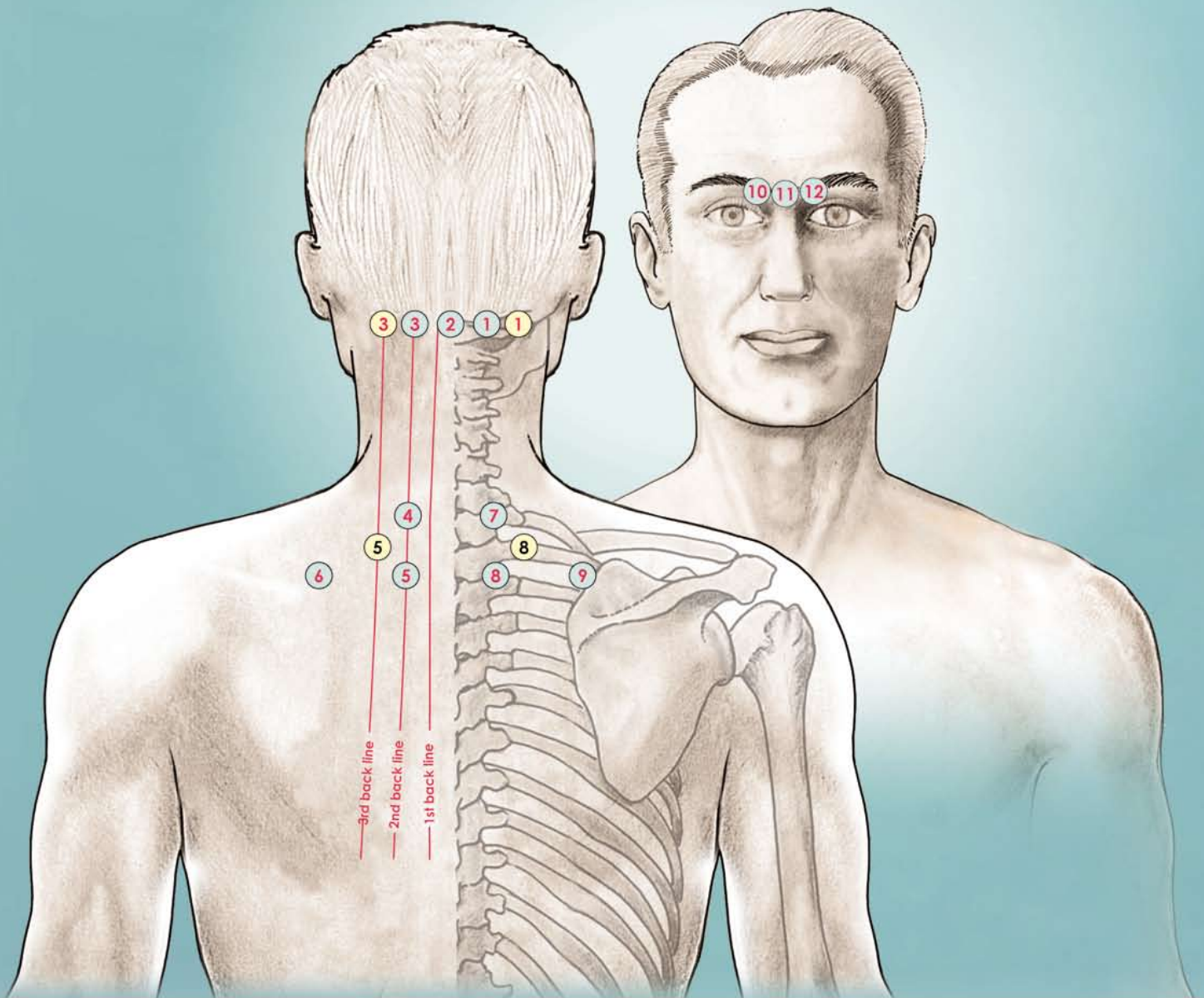


THAI ACUPRESSURE

For Orthopedic Disorders

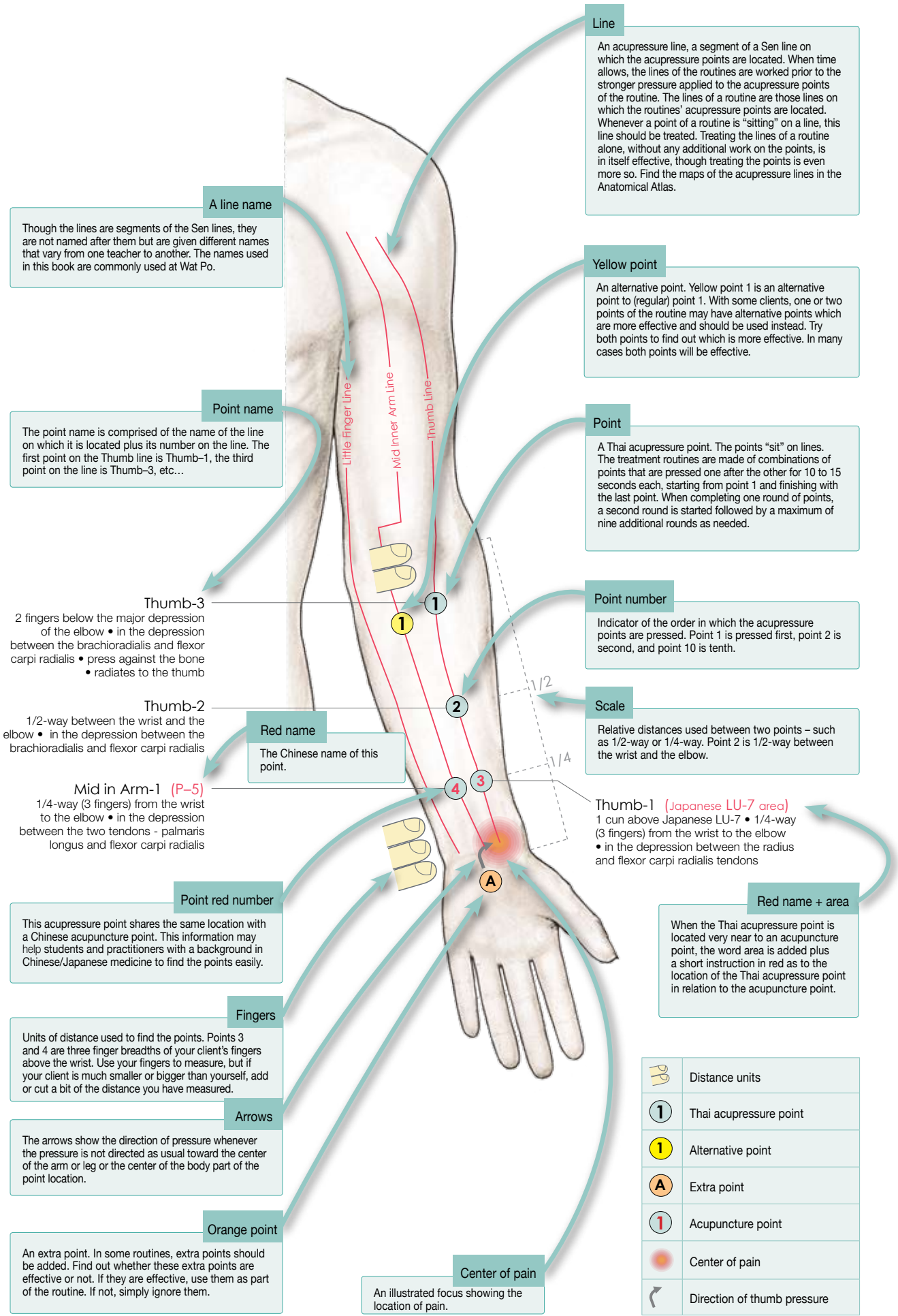
As instructed by the Wat Po School, Bangkok



A Step-By-Step Guide

by Noam Tyroler

INTRODUCTION Symbols and Language



Line
An acupressure line, a segment of a Sen line on which the acupressure points are located. When time allows, the lines of the routines are worked prior to the stronger pressure applied to the acupressure points of the routine. The lines of a routine are those lines on which the routines' acupressure points are located. Whenever a point of a routine is "sitting" on a line, this line should be treated. Treating the lines of a routine alone, without any additional work on the points, is in itself effective, though treating the points is even more so. Find the maps of the acupressure lines in the Anatomical Atlas.

A line name
Though the lines are segments of the Sen lines, they are not named after them but are given different names that vary from one teacher to another. The names used in this book are commonly used at Wat Po.

Point name
The point name is comprised of the name of the line on which it is located plus its number on the line. The first point on the Thumb line is Thumb-1, the third point on the line is Thumb-3, etc...

Yellow point
An alternative point. Yellow point 1 is an alternative point to (regular) point 1. With some clients, one or two points of the routine may have alternative points which are more effective and should be used instead. Try both points to find out which is more effective. In many cases both points will be effective.

Point
A Thai acupressure point. The points "sit" on lines. The treatment routines are made of combinations of points that are pressed one after the other for 10 to 15 seconds each, starting from point 1 and finishing with the last point. When completing one round of points, a second round is started followed by a maximum of nine additional rounds as needed.

Thumb-3
2 fingers below the major depression of the elbow • in the depression between the brachioradialis and flexor carpi radialis • press against the bone • radiates to the thumb

Point number
Indicator of the order in which the acupressure points are pressed. Point 1 is pressed first, point 2 is second, and point 10 is tenth.

Thumb-2
1/2-way between the wrist and the elbow • in the depression between the brachioradialis and flexor carpi radialis

Scale
Relative distances used between two points – such as 1/2-way or 1/4-way. Point 2 is 1/2-way between the wrist and the elbow.

Red name
The Chinese name of this point.

Mid in Arm-1 (P-5)
1/4-way (3 fingers) from the wrist to the elbow • in the depression between the two tendons - palmaris longus and flexor carpi radialis

Thumb-1 (Japanese LU-7 area)
1 cun above Japanese LU-7 • 1/4-way (3 fingers) from the wrist to the elbow • in the depression between the radius and flexor carpi radialis tendons

Point red number
This acupressure point shares the same location with a Chinese acupuncture point. This information may help students and practitioners with a background in Chinese/Japanese medicine to find the points easily.

Red name + area
When the Thai acupressure point is located very near to an acupuncture point, the word area is added plus a short instruction in red as to the location of the Thai acupressure point in relation to the acupuncture point.

Fingers
Units of distance used to find the points. Points 3 and 4 are three finger breadths of your client's fingers above the wrist. Use your fingers to measure, but if your client is much smaller or bigger than yourself, add or cut a bit of the distance you have measured.

Arrows
The arrows show the direction of pressure whenever the pressure is not directed as usual toward the center of the arm or leg or the center of the body part of the point location.

Orange point
An extra point. In some routines, extra points should be added. Find out whether these extra points are effective or not. If they are effective, use them as part of the routine. If not, simply ignore them.

Center of pain
An illustrated focus showing the location of pain.

	Distance units
	Thai acupressure point
	Alternative point
	Extra point
	Acupuncture point
	Center of pain
	Direction of thumb pressure

Common techniques to press the therapy lines and acupressure points



Thumb over thumb crossed
Used to press away from your body or directly downwards.
The most used thumb pressure technique.



One thumb
Used to press away from your body or toward your body or directly downward.
A very common thumb pressure technique.



Thumb over thumb
Used to press directly downward or sometimes also away from your body.
A very common thumb pressure technique.



Thumb over thumb turned
Use to press downward and toward your body.
Use when you don't want to change position and move to the other side of your client.



Thumbs side by side
Used to press downward and toward your body.
Used to apply superficial pressure.



Fist
Used to press downward.
Used to apply superficial but deep pressure.
Used when your thumbs are tired.



Palm
Used to press downward.
Used to apply gentle non-penetrating pressure when treating a sensitive area or client.