



970-930-1809

[www.infinetewellnessacu.com](http://www.infinetewellnessacu.com)

Glenwood Springs, CO

## Chinese Medicine Acupressure for Neck and Low Back Pain

*You don't have to deal with those annoying aches and pains!*

Do you tend to carry your stress in you neck, low back, mid or upper back? Many of us do! Then add the years of carrying your kids on one hip or repetitive motions at work and home and it results in those annoying aches and pains!

Here are acupressure points to apply pressure to daily or multiple times a day! You can hold these points for 30 seconds to a few minutes.



### **Neck Pain: Luo Zhen**

Located on the base of the middle finger joint, on top of the hand. Apply pressure while you move your neck around, side to side, up and down then ear to the shoulder. You will feel less tension, increased range of motion, less pain. Sometimes you may hear popping or a crunch, this is the increase in circulation.



### **Low Back Pain: Yao Tong Xue**

Located: On top of the hand, in a divot, in between the pinky and ring finger, where the finger bones meet the wrist bones and the pointer and middle finger, where the finger bones meet the wrist bones. Apply pressure while moving your lower back, try to touch your toes, twist and arch. You will feel less tension, increased range of motion, less pain. Sometimes you may hear popping or a crunch, this is the increase in circulation in that area.

If you are still dealing with any aches and pains, after trying acupressure, make an appointment today to get natural lasting pain relief! The #1 ailment acupuncturists treat is pain, especially low back pain!

At Infinite Wellness Acupuncture, we don't charge extra your 1st appointment. The fee is a sliding scale: \$35-\$75, depending on your household income. It is important to us that we offer sliding scale, so many more people can afford acupuncture and experience the benefits. Everyone gets into a very relaxed state during each treatment, while also boosting immunity and decreasing stress. Acupuncture is also wonderful for digestive issues, emotional disorders, problems sleeping, stress and SO much more! Call

970-930-1809 or visit [www.infintewellnessacu.com](http://www.infintewellnessacu.com) for more information, or to schedule an appointment. You deserve an hour of relaxation and relief from whatever ailment you are experiencing!!