

## **Knee Massage Routine**

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1. Rub knee up and down 12 times, then side to side 12 times
2. Acupressure: Spleen 10 + Stomach 34: Squeeze “Crazy points” spot above the knee. Find most sensitive spots, squeeze firmly, and rotate around for 12 times.
3. Acupressure: Liver 8: Tendons on inside of leg just above or at the knee bone. Massage in circles twelve times.
4. Most important: Acupressure: Stomach 36: the depression at the top outside edge of shinbone.