Self-Care Flyer

ACUPRESSURE

FOR HEADACHES, LOWER BACK PAIN, NECK PAIN, AND LOWER BACK PAIN WITH SCIATICA

Instructions: Use the acupressure points associated with your pain (identified by numbers). Massage each identified acupressure points for 30 seconds in a circular motion. Use the amount of pressure that feels comfortable and not painful. Repeat as needed.

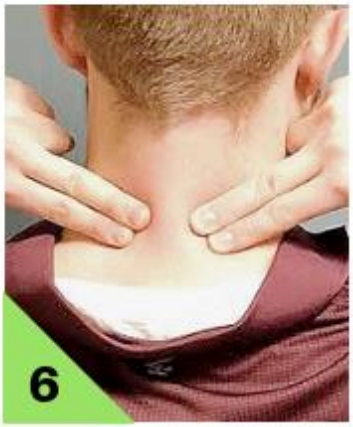
Circle your concern(s) to create a personalized acupressure routine:

Headache: 1, 2, 3, 4, 7

Neck pain: 2, 3, 5, 7

Low back pain: 6, 8, 11, 12

Low back pain with sciatica: 6, 8, 9, 10, 11, 12



Created by: The Office of Patient Care and Cultural Transformation (IHCC)

April 2019