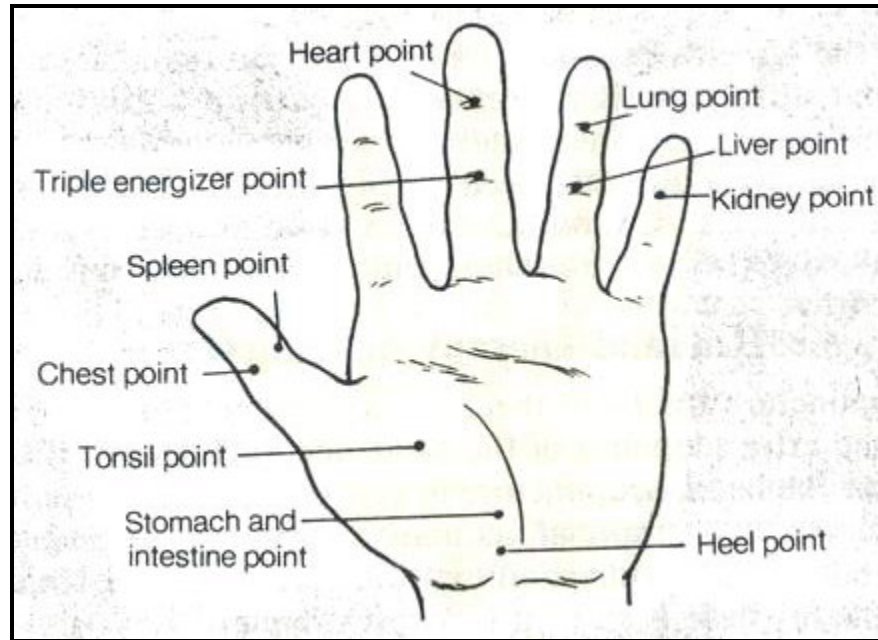


## Printable Hand Reflexology Chart



Here are the locations and therapeutic indications of some commonly used hand pressure points on the **front** of the hand. All points are bilateral, i.e. they're located on both hands. Use your thumbnail to press points on the other hand. Press till you feel no more than a comfortable pain. Hold the pressure while rubbing in very small circular movements for about one minute, 2-3 times a day. After 7 days, stop for 3 days then continue with the same points (if the condition persists) or choose new points.

**Kidney point:** On the little finger at the midpoint of the skin crease on the distal knuckle. Used for bed-wetting at night, frequent urination, kidney problems.

**Liver point:** On the ring finger at the midpoint of the skin crease on the proximal knuckle. Used for liver and gallbladder problems.

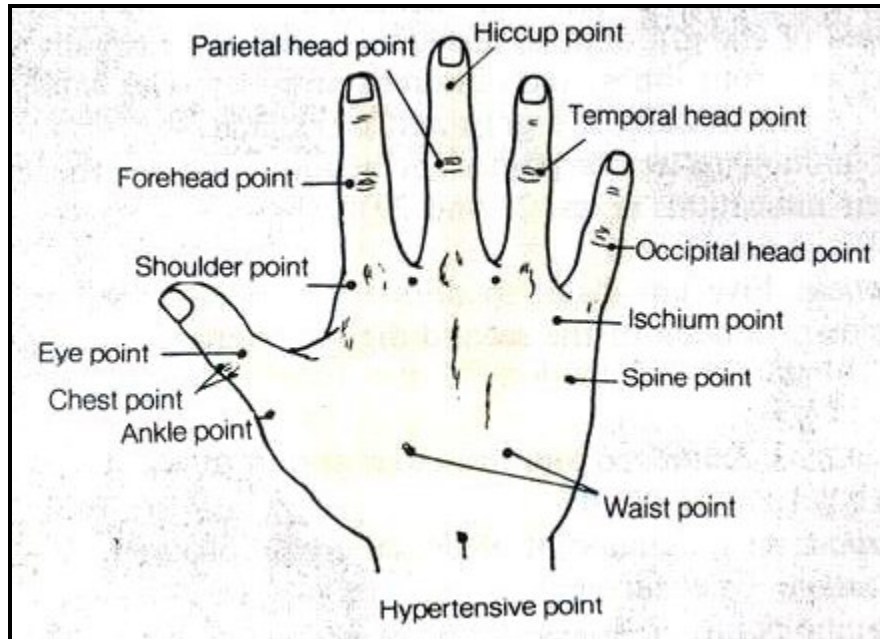
**Lung point:** On the ring finger at the midpoint of the skin crease on the distal knuckle. Used for respiratory system problems.

**Heart point:** On the middle finger at the midpoint of the skin crease on the distal knuckle. Used for cardiovascular problems.

**Spleen point:** On the thumb at the midpoint of the skin crease on the distal knuckle.

**Note:** This chart is not meant to replace advice or treatment from your health professional.  
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## Printable Hand Reflexology Chart



Here are the locations and therapeutic indications of some commonly used hand pressure points on the **back** of the hand. All points are bilateral, i.e. they're located on both hands. Use your thumbnail or a fingernail to press points on the other hand. Press till you feel no more than a comfortable pain. Hold the pressure while rubbing in very small circular movements for 1-2 minutes, 2-3 times a day. After 7 days, stop for 3 days then continue with the same points (if the condition persists) or choose new points.

**Hypertensive point:** At the midpoint of the skin crease running across the wrist. Used to reduce blood pressure. **Note:** Do not reduce or stop taking high blood pressure medication without first consulting your doctor.

**Occipital head point:** On the little finger on the outside edge of the skin crease on the proximal knuckle. Used for headache at the back of the head.

**Temporal head point:** On the ring finger on the outside edge of the skin crease on the proximal knuckle. Used for headache and migraine in the temple region.

**Parietal head point:** On the middle finger on the radial side (thumb side) edge of the skin crease on the proximal knuckle. Used for headache at the top of the head.

**Forehead point:** On the index finger on the radial side (thumb side) edge of the skin crease on the proximal knuckle.

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