GentlePoints | Gentle self-care

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ST36 | Leg Three Miles (Zusanli)

1. Sit with knee bent.
2. Measure 4 fingers below kneecap.
3. Touch muscle 1 finger outside shin.

Sit securely. Never press a swollen calf.

Light thumb-pad touch or tiny circles: 30-60 seconds per side. No pain; never above 2-3/10. More pain is not more benefit. Stop for pain, dizziness or tingling.

Comfort only. Organ maps cannot diagnose, treat or reverse heart disease, high blood pressure, diabetes or kidney disease. Never stop or reduce prescribed medicine. Sources: MSKCC/VA, NIH; WHO locations only.

Stay seated on a sturdy, wheel-free chair. Support your foot; never balance on one leg.

Call 911 / Seek Immediate Medical Care

Sudden severe headache (the worst headache of your life); chest pain/pressure or shortness of breath; sudden weakness/numbness on one side or slurred speech; sudden dizziness/fainting; vomiting blood or persistent severe vomiting.

US: 911. Elsewhere: local emergency number (EU: 112). Do not try pressure first.

General Safe Touch Rules

Never press over open wounds, rash, skin infection, varicose veins, suspected blood clots (DVT), recent fractures or surgical sites. Avoid numb areas and red, hot, swollen or painful joints during an acute arthritis flare.

Taking blood thinners (e.g., warfarin, apixaban, aspirin), or bruising easily? Use feather-light touch only. Stop if bruising occurs; ask your clinician if unsure.