



the automatic TENS pen

## Acupoint Guide

Follow this simple guide to find your condition and locate the relevant points of acupuncture.



### Non-Invasive acupuncture

When more than three points are listed for a condition, start by trying out the first three points. If the effect is not satisfactory, vary the points until you find the best combination for you. Allow 30 seconds' per acupoint. For migraine or headache, you should apply stimulation to the opposite of the body. If the headache or migraine is on the right side of the head, you should apply stimulation to the left side of your body, for example, on the left arm or the left hand.

#### Trunk

- (Nocturnal) leg cramps: 4
- Chest: 3, 2, 1, 7
- Abdomen:
  - upper: 5, 6
  - lower: 9, 5, 6, 2, 19
- Ovaries and uterus: 8, 13, 5, 6
- Hernia: 5, 6, 19
- Sciatica: 9, 4, 5, 6, 24, 22
- Muscle cramps: 25, 26
- Lungs: 7
- Stomach: 8, 5, 6, 2
- Menstruation: 13, 5, 2, 15, 26, 19
- Neck: 8, 1, 7, 16, 17, 26, 23
- Backache:
  - in general: 9, 4, 5, 6, 17, 20, 22, 23
  - upper back: 17, 22, 23, 9, 4
  - lower back: 4, 5, 6, 20
- Muscle pain brought on by straining or twisting: 4
- Lumbago: 9, 4, 5, 6, 14, 1, 7, 24
- Testicles: 4, 5, 6
- Urinary tract /genitals: 13, 25, 26, 19
- Neck whiplash: 8, 4, 1, 7
- Neuralgia: 4

### Head

- Head injury or pain: 8, 3, 7, 6, 2, 10, 1, 11, 20, 23
- Headaches:
  - in general: 1, 3, 7, 4, 6, 2, 10, 11, 19, 20
  - migraine: 1, 7, 12
- Throat: 10, 3, 14, 1, 7, 12
- Toothache: 4, 1, 18, 21
- Ears: 3, 1

### Arms and legs

- Arms: 8, 3, 2, 12, 17, 23
- Arthritis/arthritis, gout: Use paingone plus at the site of the pain
- Legs: 9, 4, 5, 6
- Thighs: 9
- Elbows: 8, 3, 2, 14, 1, 23
- Ankles: 4, 5, 6, 1, 25, 18, 19, 20
- Hands: 3, 2, 10, 1, 12
- Hips: 4, 5, 6
- Knees: 9
- Armpits: 2, 12
- Forearms: 8, 2, 10, 1, 12
- Wrists: 7, 3, 12
- Shoulders: 8, 3, 2, 14, 1, 7, 17, 26
- Fingers: 10, 3, 2, 1, 12
- Feet: 4, 5, 6, 1, 25, 18,

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