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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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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