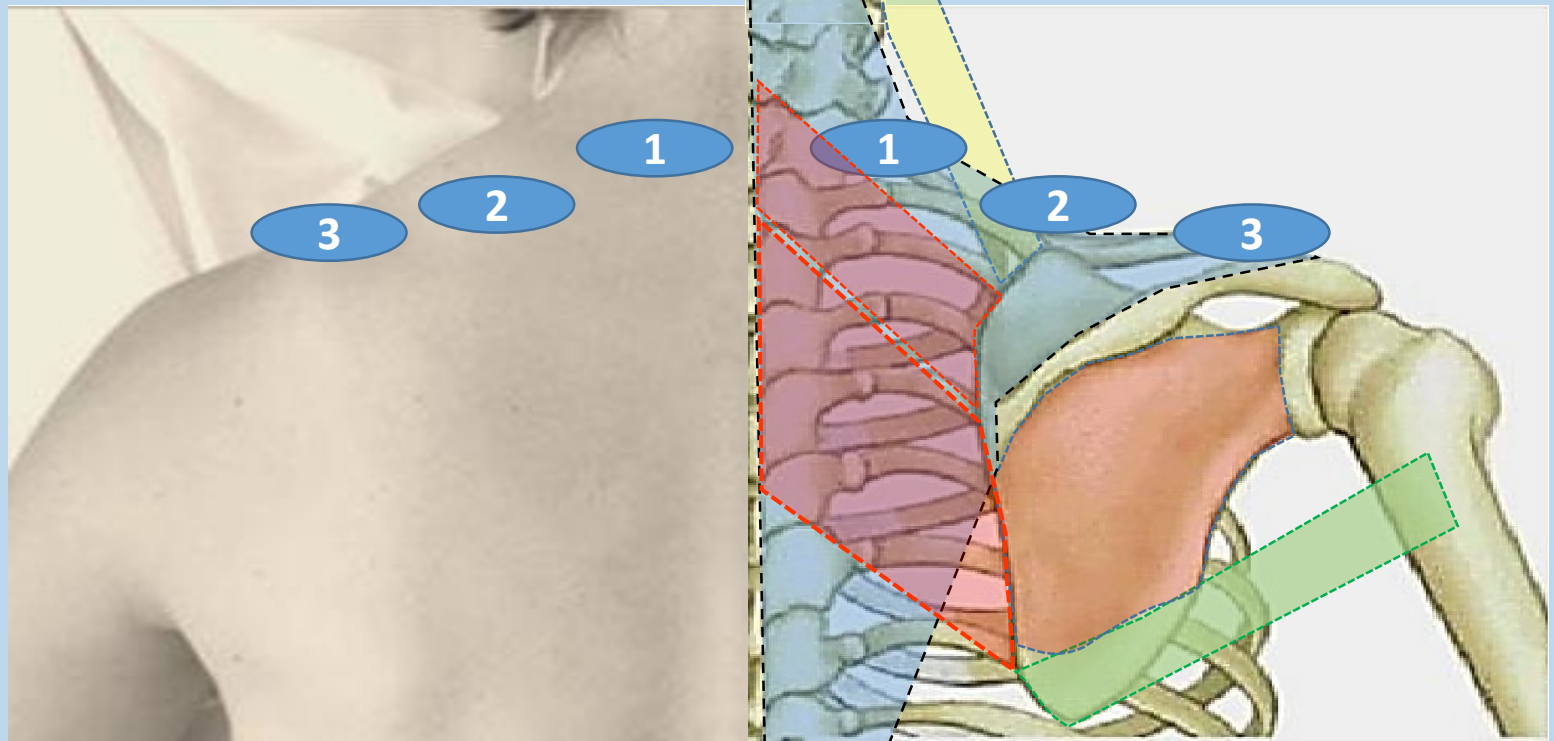


Pressure Points & Energy Balancing

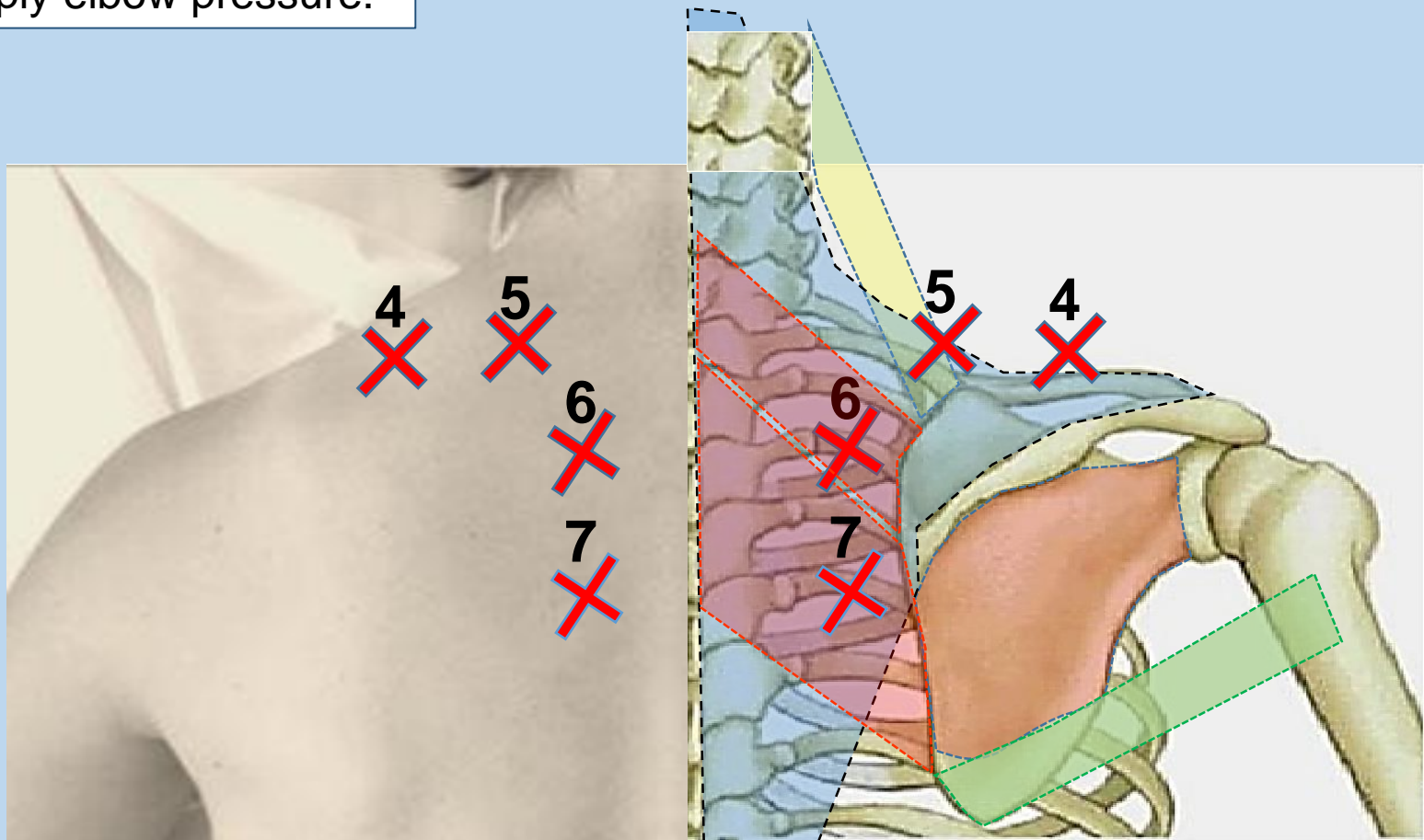
Brian J. Piccolo, LMT
2018

Apply pressure on three pressure points with thumbs, holding each six to ten seconds.



- (1) Beside the 7th cervical.
- (2) Slide thumb over levator scapula.
- (3) Where the clavicle and scapula meet (v shape).

Apply elbow pressure.

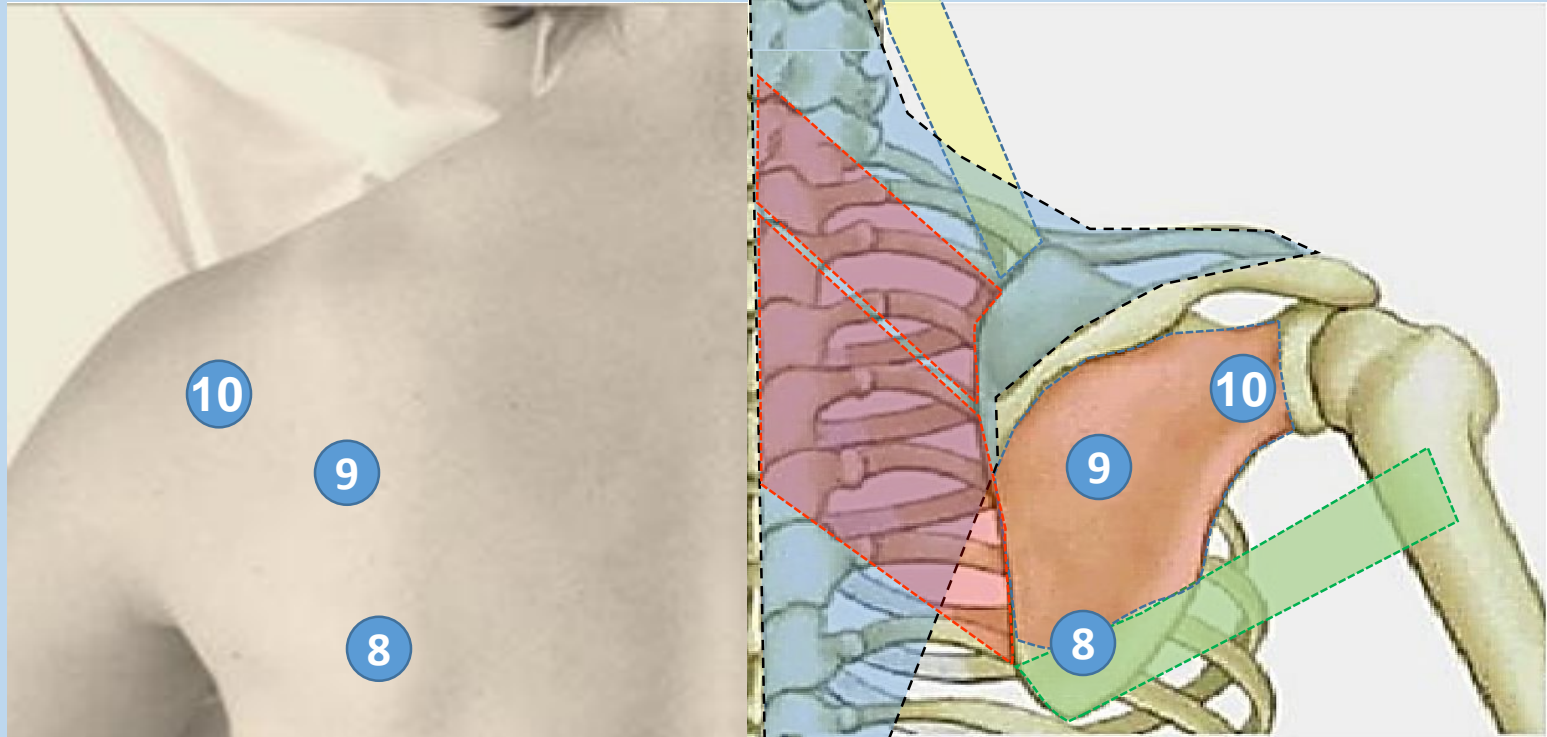


(4) Area of the upper trapezius, near the scapula.

(5) Levator scapula.

(6-7) Rhomboids and middle trapezius.

Gradually apply thumb, finger tip or elbow pressure on the three points over the scapula.



(8) Origin of the Teres Major.
(9) Midpoint of the Infraspinatus.
(10) The origin of the deltoid at the spine of the scapula.



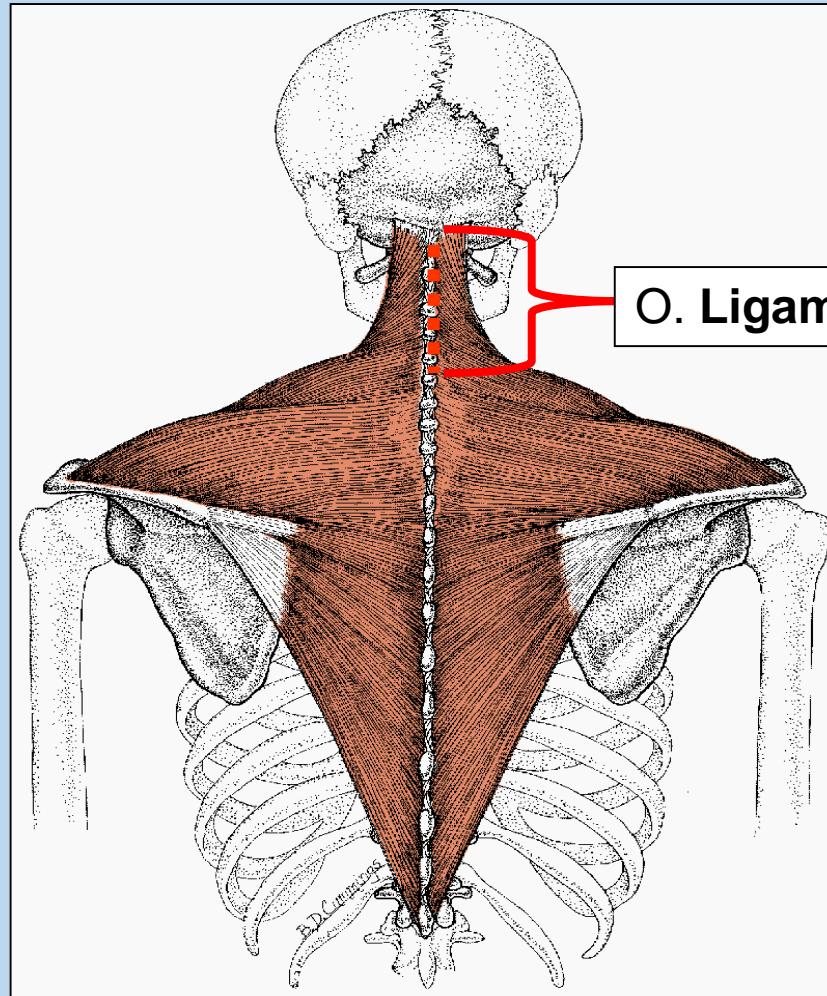
Upper Trapezius



Levator Scapula

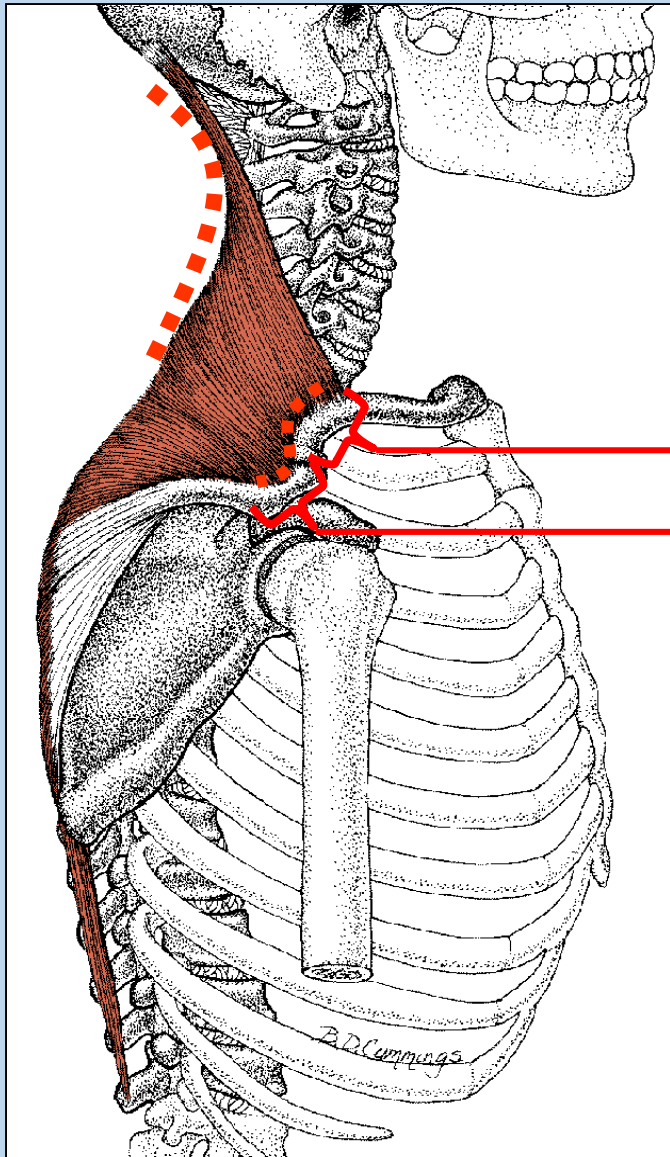


Splenius Capitis



O. Ligamentum nuchae

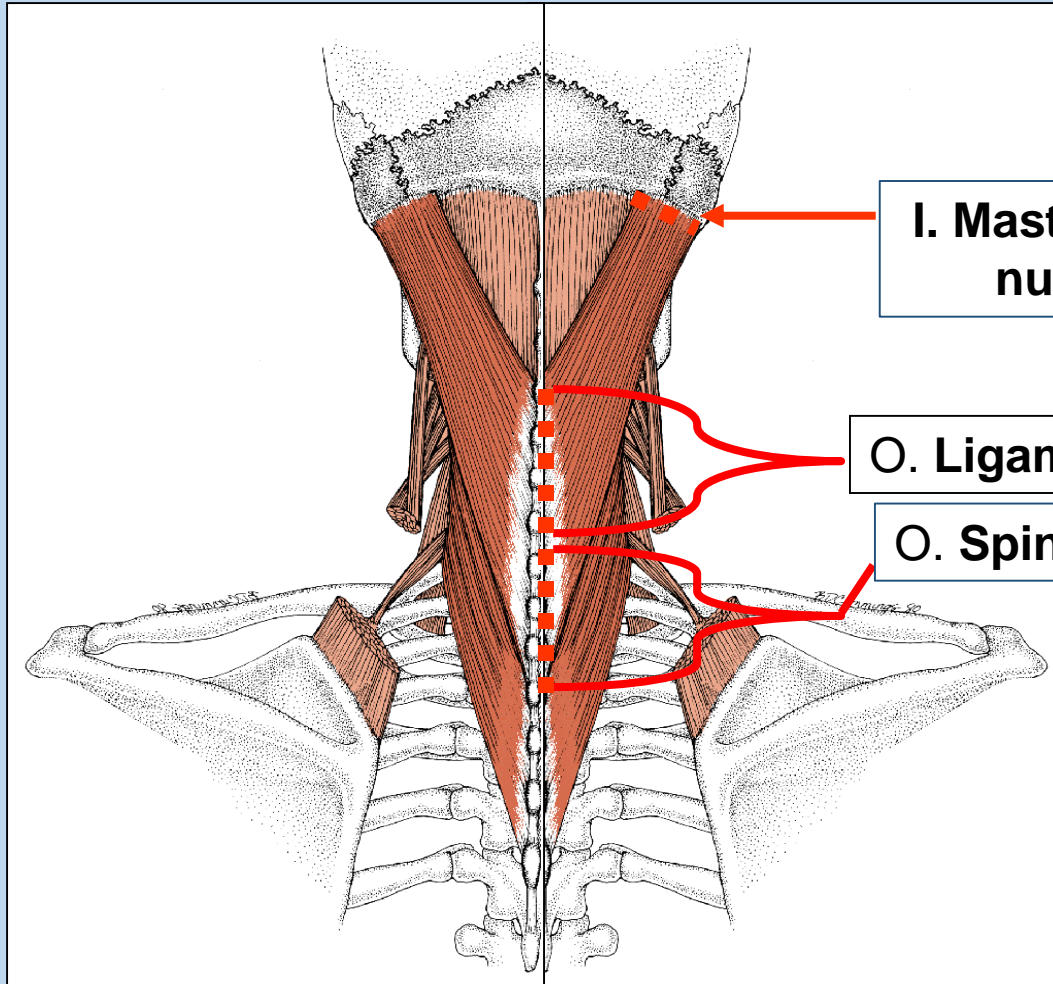
Upper Trapezius



I. Lateral one-third of clavicle

I. Acromion process of scapula

Upper Trapezius

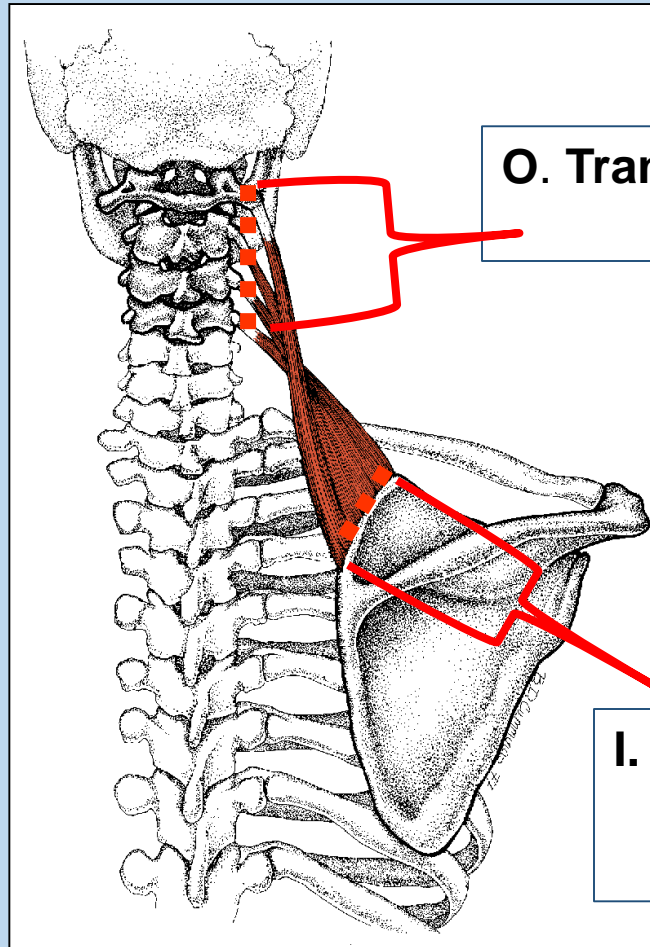


I. Mastoid Process, lateral nuchal line of the occiput

O. Ligamentum nuchae

O. Spinous processes C7-T3

Splenius Capitis



**O. Transverse processes
of C1- 4**

**I. Medial border and
superior angle of
scapula**

Levator Scapula

FINISHED