

Urinary incontinence

In older people urinary incontinence is common. Also in women who have had many children, there is sometimes difficulty in holding the urine especially when coughing or straining.

P O I N T S

B23 This lies one and a half thumb's width to each side of the second lumbar vertebra.

B28 This lies one and half thumb's width to each side of the centre of the top the sacrum.

B40 This lies directly behind the knee joint in the centre of the crease.

Cv2 This lies just on the upper edge of the pubic bone in the mid-line.

K7 This lies two thumb's width above the bone forming the inner ankle joint.

Liv3 This lies in between the tendons of the big toe and the first toe, two thumb's width towards the top of the foot from the web.

Sp6 This lies one hand's width (four fingers) up from the inner ankle joint. It lies just behind the tibia bone at this point.

Sp9 This lies just below the inside of the kneecap and below the top of the tibia. This point is usually tender when pressed with a finger tip.

Ear Ear point

