



Acupressure is a form of massage that can help relax your muscles. Use this acupressure exercise to help ease headaches, shoulder and neck tension, and upper back pain.

In this exercise you will massage your hand between your pinky finger and ring finger.

1. With your right hand, **pinch your left hand between your pinky finger and ring finger.**
2. Feel around so that you are pinching **the area right behind the last knuckle on the back of your hand**, where your pinky and ring finger meet at the back of your hand towards your wrist.
3. **Squeeze to massage the point** on your hand. Massage as often as you need. Remember to relax and breathe deeply as you massage the area.
4. **Repeat on your right hand.**



(photos taken from Explore IM)

**If you have any questions about wellness, please contact  
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