



KICOTAN ACUPUNCTURE

Gentle Knee Pain Relief

— *for* —
Seniors



A Caregiver's
Step-by-Step
Acupressure Guide



No needles
100% natural



Easy-to-follow
step-by-step
techniques



Safe, gentle care
you can do
at home



HELP YOUR LOVED ONE LIVE WITH LESS PAIN AND MORE JOY



DESIGNED FOR CAREGIVERS • AGES 65+

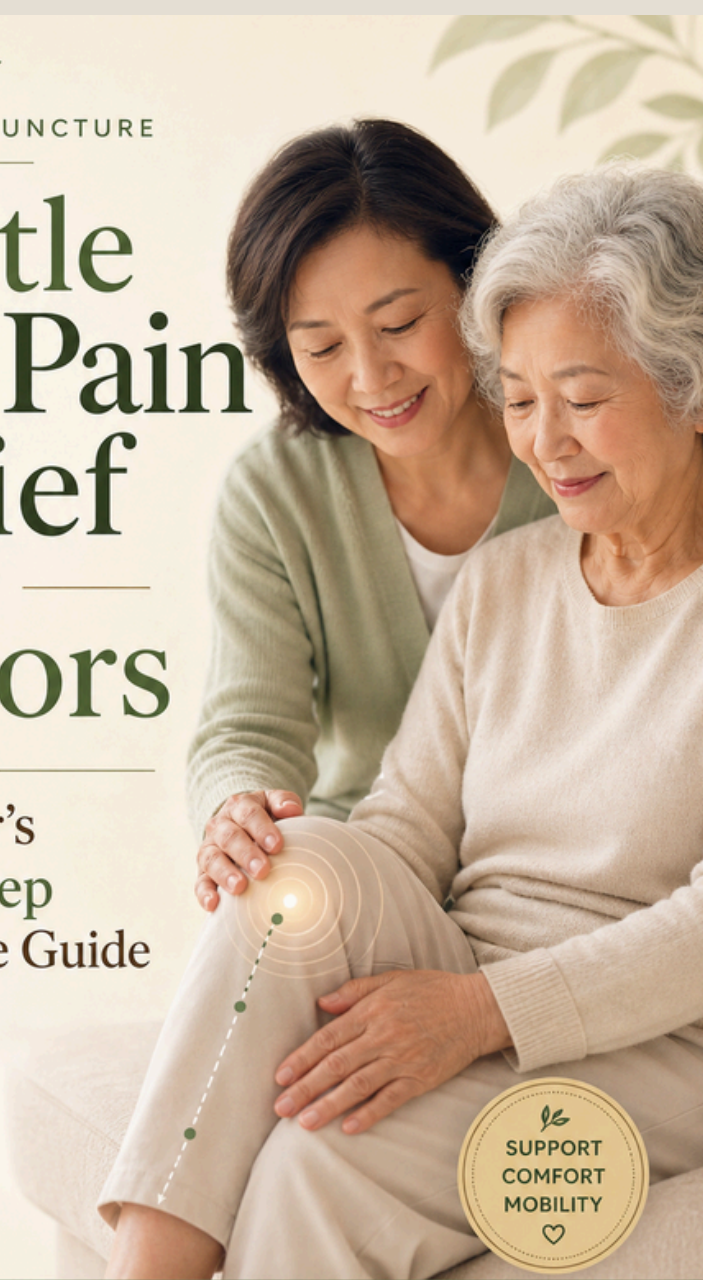


Table of Contents

[Welcome](#)

[Understanding Knee Pain in Seniors](#)

[Before You Begin](#)

[Acupressure Points for Knee Relief: 1 Knee Eye](#)

[7- 2. Yanglingquan GB34](#)

[8-3. Zusanli \(ST. 36](#)

[9-4 Yinglingquan Sp9](#)

[10 - Warm Therapy](#)

[11 - Simple Daily Routine](#)

[12 - Gentle Movement Support](#)

[13 - Safety Guidelines](#)

[14 - Caregiver Support Matters](#)

[15 - Kicotan Acupuncture Philosophy](#)

Welcome

This guide is designed to help caregivers provide safe, gentle, and effective support for seniors experiencing knee pain.

At Kicotan Acupuncture, we believe healing happens through compassion, consistency, and gentle care.

This simple routine can help:

- ✓ Reduce knee pain
- ✓ Improve comfort and mobility
- ✓ Support circulation
- ✓ Promote relaxation

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Understanding Knee Pain in Seniors

As we age, the body naturally changes.

Knee pain may be caused by:

- Reduced circulation
- Joint wear and stiffness
- Weakness in the legs
- Cold or sensitivity in the joints
- Occasional sharp pain due to stagnation

The goal is not forceful treatment — but gentle support and comfort.



Before You Begin

Create a calm, safe environment:

- ✓ Have the senior sit comfortably (chair or bed)
- ✓ Keep the knee slightly bent
- ✓ Make sure hands are warm
- ✓ Use gentle, steady pressure

! Important:

- Never press hard
- Stop if pain increases
- Avoid broken or swollen skin



Acupressure Points for Knee Relief

1. Knee Eyes (Xiyan)

Location:

On both sides of the kneecap (small soft indentations)

How to Apply:

- Place thumbs on both sides of the knee
- Press gently inward
- Hold for 1–2 minutes



Benefits:

- ✓ Reduces pain
- ✓ Improves local circulation
- ✓ Eases stiffness

Acupressure Points for Knee Relief

2. Yanglingquan (GB34)

Location:

Outside of the leg, just below the knee

How to Apply:

- Press with thumb
- Hold for 1 minute each side

Benefits:

- ✓ Supports tendons and ligaments
- ✓ Improves knee flexibility
- ✓ Helps sharp pain



Acupressure Points for Knee Relief

3. Zusanli (ST36)

Location:

Four finger-widths below the kneecap, one finger-width outside the shin bone

How to Apply:

- Press gently
- Massage in small circles
- 1–2 minutes each side

Benefits:

- ✓ Boosts energy
- ✓ Improves circulation
- ✓ Supports overall strength



Acupressure Points for Knee Relief

4. Yinlingquan (SP9)

Location:

Inside of the knee, just below the joint

How to Apply:

- Apply gentle pressure
- Hold for 1 minute

Benefits:

- ✓ Reduces swelling
- ✓ Helps fluid movement
- ✓ Eases heaviness



Warm Therapy

Heat helps the body relax and improves circulation.

How to Use:

- Apply a warm compress or heating pad
 - Use for 10–15 minutes
-
- ✓ Before or after acupressure
 - ✓ Especially helpful in cold weather



Simple Daily Routine

1–2 times per day (10–15 minutes total)

1. Apply warm compress (optional)

2. Press each point in order:

- Xiyan
- GB34
- ST36
- SP9

3. Encourage slow breathing



Gentle Movement Support

Movement helps prevent stiffness.

- ✓ Short walks
- ✓ Seated leg extensions
- ✓ Gentle stretching

Keep movements slow and safe



Safety Guidelines

Movement helps prevent stiffness.

- ✓ Short walks
- ✓ Seated leg extensions
- ✓ Gentle stretching

Keep movements slow and safe

Seek Medical Care If:

- Sudden severe knee pain
- Swelling, redness, or heat
- Recent fall or injury
- Inability to walk



Caregiver Support Matters

**Your care makes a difference.
Even gentle acupressure can:**

- ✓ Bring comfort
- ✓ Reduce anxiety
- ✓ Improve quality of life
- ✓ Strengthen connection



Kicotan Acupuncture Philosophy

We believe in supporting the body through the Three Treasures:

- Jing – Strength and foundation
- Qi – Movement and circulation
- Shen – Calm and emotional balance

Need Additional Support?

Kicotan Acupuncture offers:

- ✓ Gentle acupuncture care for seniors
- ✓ Caregiver guidance
- ✓ Personalized wellness plans

Supporting Comfort, Dignity, and Healing
— One Gentle Touch at a Time



Kicotan Acupuncture



Supporting Comfort, Dignity, and Healing

One Gentle Touch at a Time



Important Reminders

- **Your Gentle Care Makes a Meaningful Difference**
- **Consistency is more important than pressure**
- **Listen to the Body and move with compassion**
- **You are not alone we are here to support you**

Disclaimer

This guide is for educational and wellness support only and is not a substitute for medical advice.

Always consult a qualified healthcare provider before beginning any new care routine, especially for seniors with medical conditions or those taking medications.

Stop use if pain increases or discomfort occurs. Seek immediate medical attention for sudden pain, swelling, injury, or changes in mobility.

*Thank You for your
Compassion,
Dedication, and Loving
Care*

Kicotan Acupuncture

www.kicotanacupuncture.com