



# 目錄

## Table of Contents

繁體中文

ENGLISH

穴位療法 / Acupoint Therapy	1
人體主要穴位 / Human Body Points	2~12
舒緩痛症 / Pain Relief	13
痛症療法 / Pain Therapy	14~20

Wish you health and peace.

願健康與平安歸給您。

## 穴位療法

穴位按摩（推拿）是中國醫學的重要組成部分，它是以中國醫學理論為指導，以經絡腧穴學說為基礎，用來防病治病的一種手段。

穴位療法具有刺激人體特定的穴位，激發人的經絡之氣，以達到通經活絡、調整人的機能、祛邪扶正的目的。

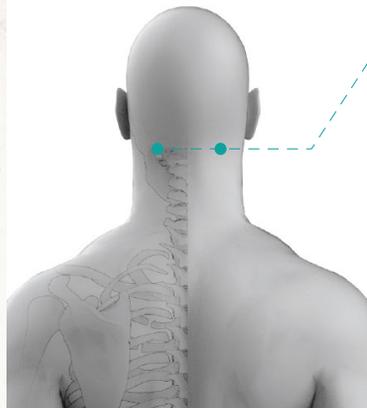
本冊子是為使用者更有效地應用Dr. Rock溫灸鎮痛槍以幫助身體恢復健康、放鬆肌肉、舒緩痛症及解除疲勞。

## Acupoint Therapy

Acupoint massage (Tui Na) is an important part of Chinese medicine. It is a means of preventing and curing diseases guided by Chinese medical theory and based on the theory of meridians and acupoints.

Acupoint therapy stimulates specific acupoints in the human body and stimulates the qi in the meridians to achieve the purpose of dredging blood vessels, adjusting human functions, and eliminating evil and strengthening the body.

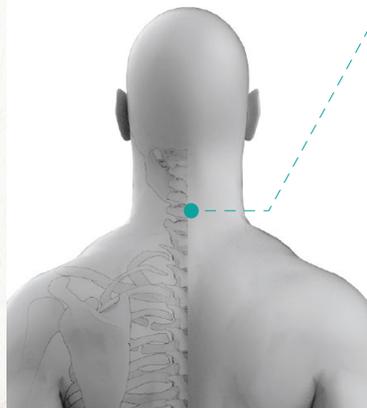
This booklet is for users to use Dr. Rock Heat Therapy Pain Relief Gun more effectively to help the body recover, relax muscles, relieve pain and relieve fatigue.



## 風池穴 – Fengchi Point

位置：位於後枕部，枕骨下緣與頸椎第一椎骨之間的凹陷處。  
Location : Located at the back of the head, in the depression between the lower edge of the occipital bone and the first cervical vertebra.

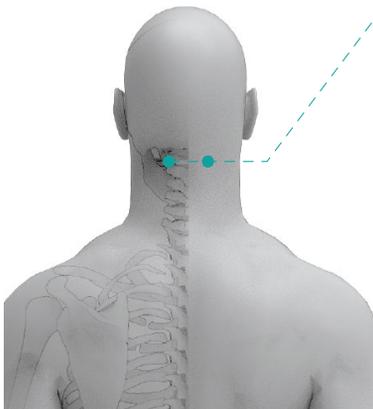
防治頸椎痛，緩解頭痛、頭暈。  
Prevent and treat cervical pain, relieve headaches and dizziness.



## 大椎穴 – Dazhui Point

位置：位於頸後部，第7頸椎棘突下凹陷中。  
Location : Located at the back of the neck, in the depression below the spinous process of the 7th cervical vertebra.

緩解頸項不適，改善骨節疼痛、頸椎痛。  
Relieve neck discomfort, improve joint pain and cervical pain.

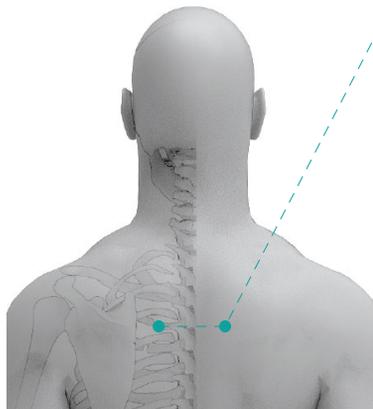


## 天柱穴 – Tianzhu Point

位置：在頸後區，橫平第2頸椎棘突上際，斜方肌外緣凹陷中。  
Location : In the posterior neck, at the same level as the upper edge of the spinous process of the second cervical vertebra, in the depression on the outer edge of the trapezius muscle.

改善肩膀肌肉僵硬、酸痛，  
緩解頭痛。

Improve shoulder muscle stiffness  
and soreness and relieve headaches.

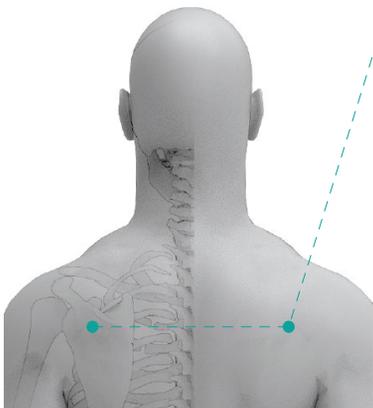


## 心俞穴 – Xinshu Point

位置：位於背部，第五胸椎棘突下，後正中線旁開 1.5 寸。  
Location : Located on the back, below the spinous process of the fifth thoracic vertebra, 1.5 inches lateral to the posterior midline.

可改善心胸煩悶、心痛、  
驚悸等症狀。

It can improve symptoms such  
as chest tightness, heartache,  
and palpitations.

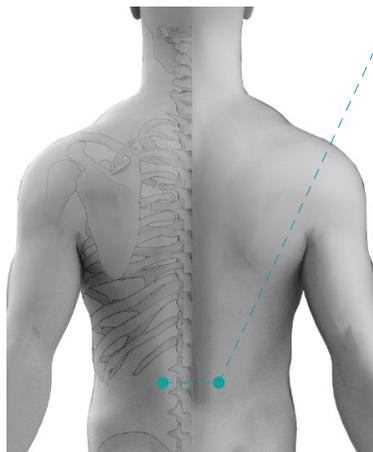


## 天宗穴 – Tianzong Point

位置：在肩胛部，當岡下窩中央凹陷處。  
Location : In the scapula, in the central depression of the infraspinous fossa.

可改善肩胛疼痛、  
緩解肩臂酸痛。

It can improve shoulder blade pain  
and relieve shoulder and arm pain.

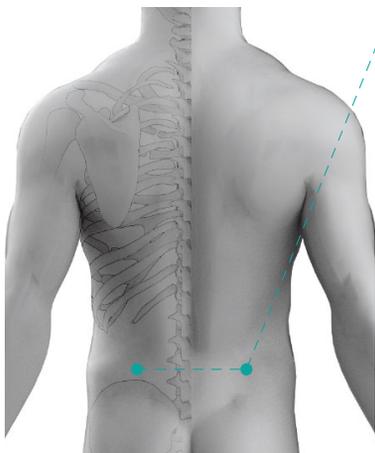


## 腎俞穴 – Shenshu Point

位置：位於腰背部，第2腰椎棘突下，後正中線旁開 1.5 寸。  
Location : Located on the lower back, below the spinous process of the second lumbar vertebra, 1.5 inches lateral to the posterior midline.

有助於緩解腰酸背痛、  
腰肌勞損。

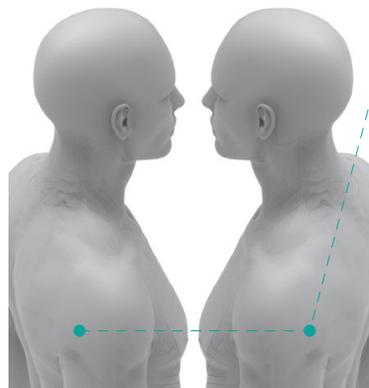
Helps relieve back pain and  
lumbar muscle strain.



## 腰眼穴 – Yaoyan Point

位置：在人體位於腰部第四腰椎棘突左右3—4寸的凹陷處。  
Location : Located in the depression 3—4 inches to the left and right of the spinous process of the fourth lumbar vertebra in the waist.

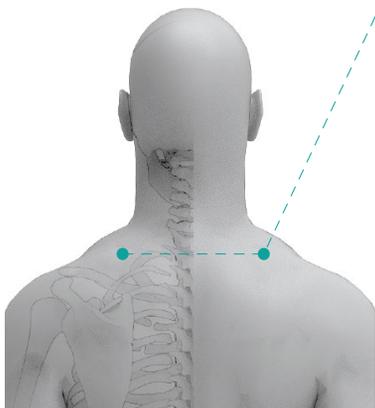
緩解腰痛，提高腰肌耐力。  
Relieve low back pain and improve lumbar muscle endurance.



## 肩髃穴 – Jianliao Point

位置：在三角肌區，肩峰角與肱骨大結節兩骨間凹陷中。  
Location : In the deltoid region, in the depression between the acromion angle and the greater tuberosity of the humerus.

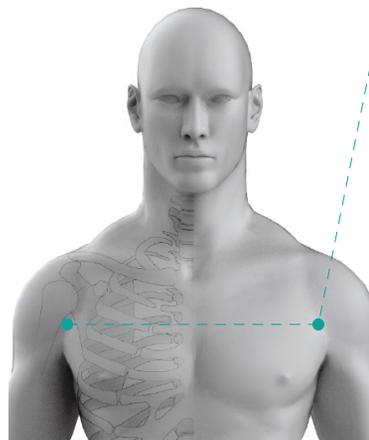
可改善臂痛，  
肩關節周圍炎等問題。  
It can improve problems such as arm pain and shoulder periarthritis.



## 肩井穴 – Jianjing Point

位置：在肩胛區，第7頸椎棘突與肩峰最外側點連線的中點。  
Location : In the scapular region, midpoint of the line connecting the 7th cervical spinous process and the most lateral point of the acromion.

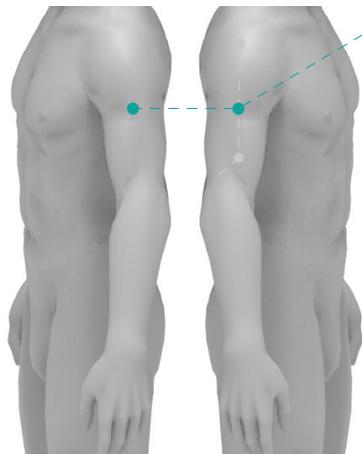
可改善肩背疼痛，  
肩關節周圍炎等問題。  
It can improve shoulder and back pain, shoulder periarthritis and other problems.



## 肩前穴 – Shoulder point

位置：位於肩前部，腋前皺襞直上1.5寸處。  
Located : Located on the front of the shoulder, 1.5 inches directly above the anterior axillary fold.

改善肩臂痛，  
上肢關節痛、肩周炎。  
Improve shoulder and arm pain, upper limb joint pain, and periarthritis of the shoulder.

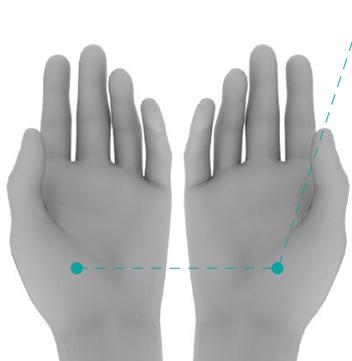


## 臂臑穴 – Binao Point

位置：位於人體的臂外側，曲池上7寸，三角肌前緣處。  
Location: Located on the outside of the arm, 7 inches above Quchi, at the front edge of the deltoid muscle.

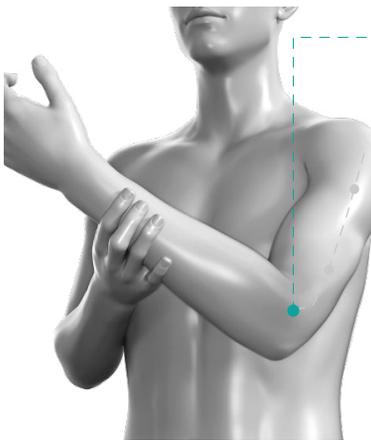
可緩解頸、肩部酸痛等。  
Can relieve neck and shoulder pain, etc.

## 魚際穴 – Yuji Point



位置：手掌橈側，第一掌骨橈側中點赤白肉際處。  
Location: On the radial side of the palm, at the middle point of the radial side of the first metacarpal bone, at the red-white flesh border.

緩解手腕疲勞，對咽喉腫痛、牙痛有幫助。  
Relieves wrist fatigue and is helpful for sore throat and toothache.

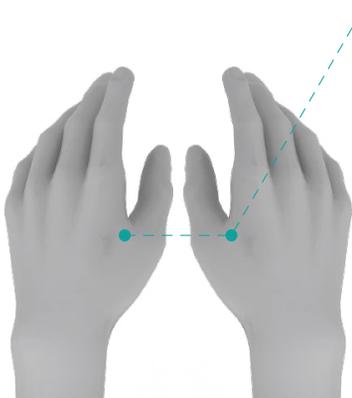


## 曲池穴 – Quchi Point

位置：在肘區，在尺澤穴與肱骨外上髁連線的中點處。  
Location: In the elbow area, at the midpoint of the line between Chize Point and the lateral epicondyle of the humerus.

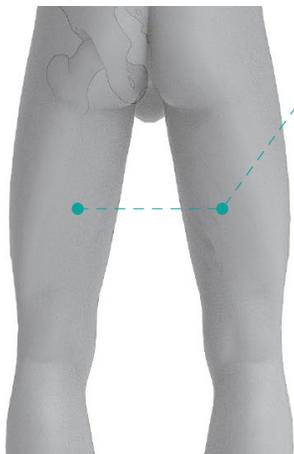
可改善上肢疼痛、手臂麻木。  
It can improve upper limb pain and arm numbness.

## 合谷穴 – Hegu point



位置：手背部，位於虎口位置。  
Location: The back of the hand, at the tiger's mouth.

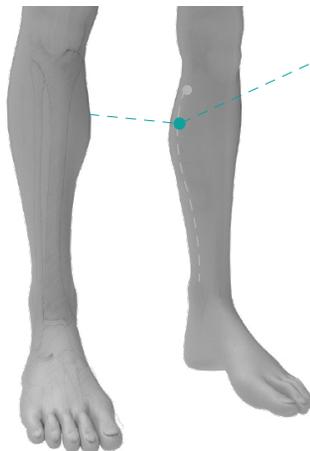
可改善頭痛、牙疼等問題。  
Improves headaches, toothaches, etc.



### 殷門穴 – Jianliao Point

位置：在股後側，臀溝下6寸，股二頭肌與半腱肌之間。  
Location: The back of the hand, at the tiger's mouth.

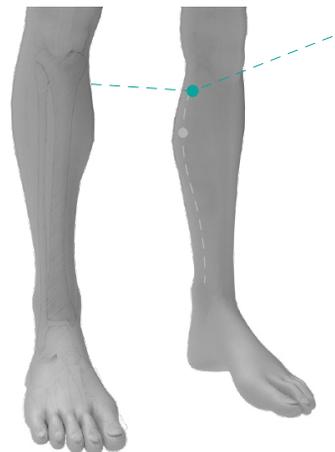
具有疏通經絡、強健腰腿的作用。  
It can improve headaches, toothaches and other problems.



### 地機穴 – Dijie Point

位置：小腿內側，陰陵泉下3寸，脛骨內側緣後際。  
Location: Inside the calf, 3 inches below Yinlingquan, posterior edge of the inside edge of the tibia.

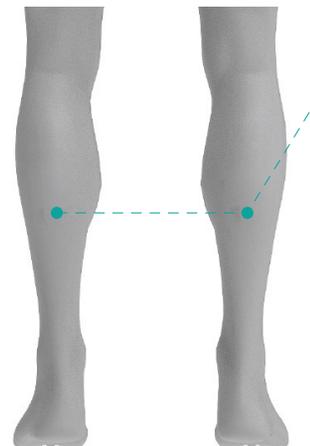
通經活絡、調補氣血、調理月經。  
It can promote blood circulation, replenish qi and blood, and regulate menstruation.



### 膝關穴 – Xiguan Point

位置：在膝部，小腿內側，當脛骨內上髁的後下方。  
Located: At the knee, on the inner side of the calf, behind and below the medial epicondyle of the tibia.

可以緩解膝髌腫痛、下肢痿痺等不適。  
It can relieve knee patellar swelling and pain, lower limb paralysis and other discomforts.



### 承山穴 – Chengshan Point

位置：在小腿後面正中，委中穴與崑崙穴之間。  
Location: In the middle of the back of the calf, between the Weizhong Point and the Kunlun Point.

可緩解小腿痙攣、小腿疲勞、臀部疼痛、坐骨神經痛。  
It can relieve calf cramps, calf fatigue, hip pain, and sciatica.

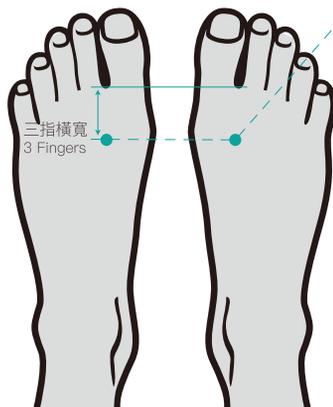


## 足三里穴 – Zusanli Point

位置：在小腿外側，犢鼻下3寸。  
Location : On the outer side of the calf, 3 inches below the calf nose.

健脾祛濕，可改善消化不良，  
緩解腿部疼痛。

Strengthening the spleen and  
removing dampness can improve  
indigestion and relieve leg pain.



## 太沖穴 – Taichong Point

位置：位於足背，  
第1、2跖骨結合部前方凹陷處。  
Location : Located on the dorsum  
of the foot, in the depression in  
front of the junction of the first  
and second metatarsal bones.

緩解不良情緒，  
可改善頭暈、頭痛問題。  
Relieve negative emotions and  
improve dizziness and headaches.

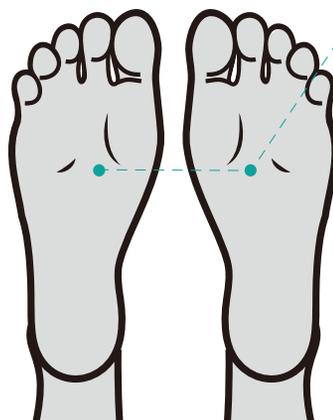


## 三陰交穴 – Sanyinjiao Point

位置：在小腿內側，當足內踝尖  
上3寸，脛骨內側緣後方。  
Location : On the inner side of the  
calf, 3 inches above the tip of the  
inner ankle, behind the inner edge  
of the tibia.

行氣活血，疏經通絡，  
改善手腳冰冷。

It promotes the circulation of qi  
and blood, dredges the meridians  
and relieves cold hands and feet.



## 湧泉穴 – Yongquan Point

位置：位於足底，  
曲足卷趾時足心最凹陷中。  
Location : Located on the sole of  
the foot, in the deepest depression  
when the foot is bent and the toes  
are curled.

緩解頭痛，改善手腳冰涼、  
改善睡眠質素。

Relieve headaches,  
relieve cold hands and feet,  
and improve sleep quality.

# 痛症 Pain

用 Dr. Rock 溫灸鎮痛槍，能幫助改善人體微循環，暢通氣血，舒緩各種痛症。

Using Dr. Rock Heat Therapy Pain Relief Gun, It can help improve the body's microcirculation, smooth qi and blood, and relieve various pains.

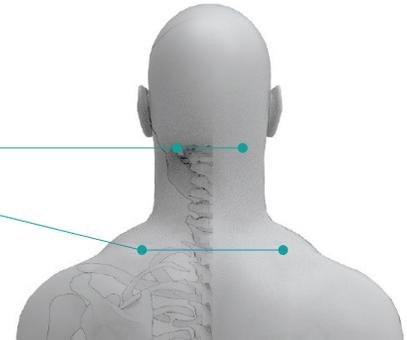
## 頭痛 Headaches

在生活、工作上的多種壓力下，不少都市人都會遇上頭痛問題，因而影響生活質素。中醫大多認為頭痛是源於外感或內傷導致，兩者皆因氣血運行受阻，或氣血不足，經絡不通，導致頭痛。Stress is one of the most common factors that trigger headaches that can either be physical or mental. From the Traditional Chinese Medicine's perspective, headaches fall into two general categories: congestion and deficiency. Both result in the diminished flow of "Qi" and blood in the head. In Chinese medicine it is known, when the meridian flow is blocked, it will result in pain or diseases.

### 療法一 Therapy 1

風池 Fengchi

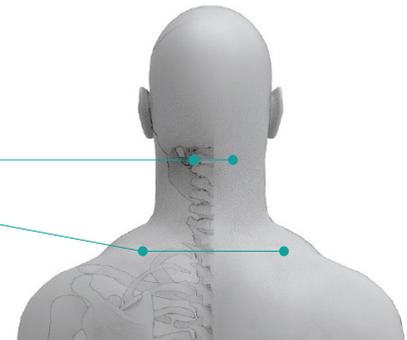
肩井 Jianjing



### 療法二 Therapy 2

天柱 Tianzhu

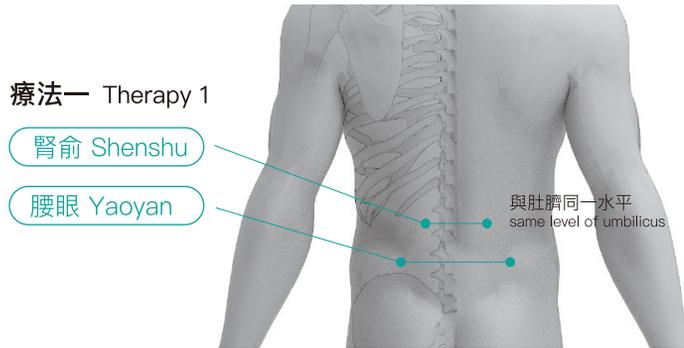
肩井 Jianjing



## 腰背痛 Back pain

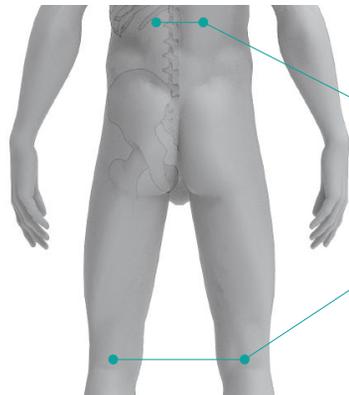
腰背痛的原因很多，大多是由於腰背部的軟組織慢性勞損而引起，如急性扭傷未完全治癒，反覆受傷，令肌肉長期受牽伸緊張等，中醫認為腰背痛與腎虛，足太陽經氣失調及腰背部經筋受損有關。 There are many causes of low back pain, most of which are caused by chronic strain on the soft tissues of the low back, such as acute sprains that are not fully healed, repeated injuries, and prolonged tension on the muscles, etc. Chinese medicine practitioners believe that low back pain is related to kidney deficiency, imbalance of the qi of the foot and sun meridians, and damage to the meridians of the low back.

### 療法一 Therapy 1



腎俞 Shenshu

腰眼 Yaoyan



### 療法二 Therapy 2

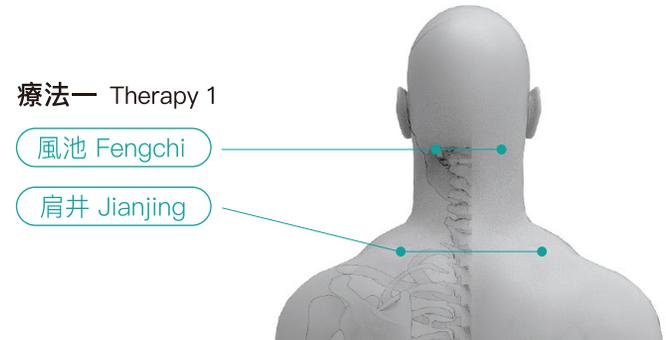
三焦俞 Sanjiaoshu

委中 Weizhong

## 肩頸痛 Neck and shoulder pain

肩頸酸痛常因坐姿不良，頸部需要長時間固定姿勢，令肩頸肌肉長期繃緊或沒有適當休息而引起；最常見的病因是落枕、肩頸肌筋膜炎。 Pain in the neck and shoulders can be caused by poor posture, strains from overexertion, tendonitis from overuse and pinched nerves. Degenerative diseases, such as arthritis and acute fibrositis are the most common causes of neck and shoulder pain.

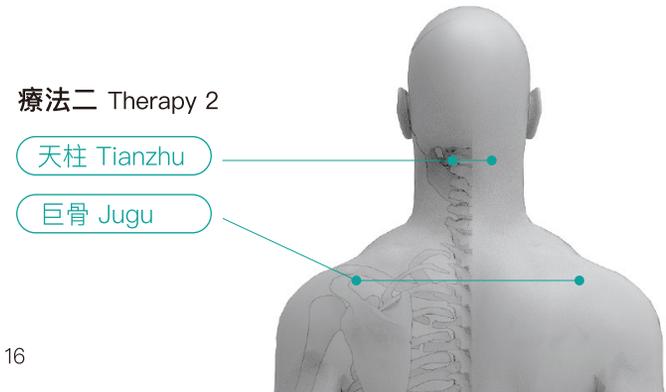
### 療法一 Therapy 1



風池 Fengchi

肩井 Jianjing

### 療法二 Therapy 2



天柱 Tianzhu

巨骨 Jugu

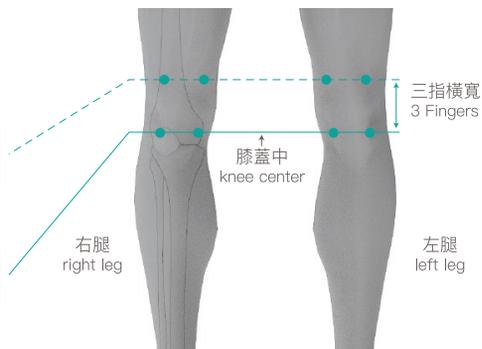
## 膝痛 Knee pain

膝痛是一種非常普遍的痛症。最常見的原因是膝關節炎、韌帶受傷、半月板撕裂和肌腱炎。隨著年齡增加，膝關節病痛越發普遍，這與老年組織病變，長期過度勞損、慢性骨質磨損等因素有關。

Knee pain is a very common pain condition. The most common causes are knee osteoarthritis, ligament injuries, meniscus tears and tendonitis. As we age, knee pain becomes more common and is associated with age-related tissue disease, chronic overuse and chronic bone wear.

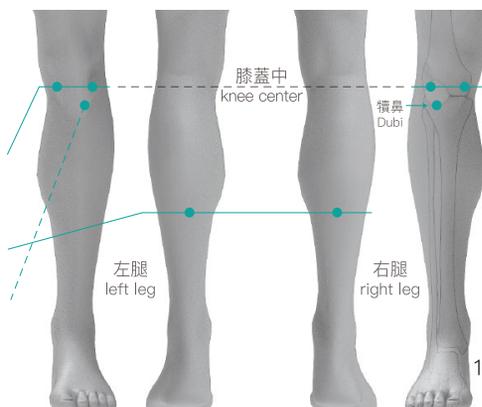
### 療法一 Therapy 1

- 血海 Xuehai + 梁丘 Liangqiu
- 內膝眼 Neixiyan + 外膝眼 Waixiyan



### 療法二 Therapy 2

- 內膝眼 Neixiyan + 外膝眼 Waixiyan
- 承山 Chengshan + 犢鼻 Dubi



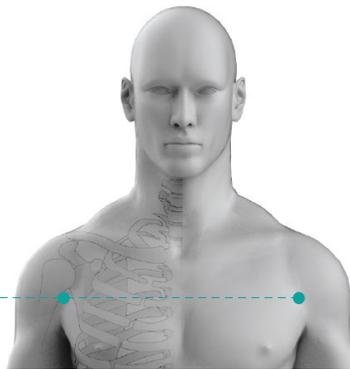
## 五十肩 Adhesive capsulitis

五十肩又稱肩關節周圍炎，常見於 40–50 歲人仕，尤其是女性，所以俗稱為五十肩。主要是因為肩關節老化，關節周圍的肌肉或韌帶、腱等發生異常變化，引致發炎的症狀。

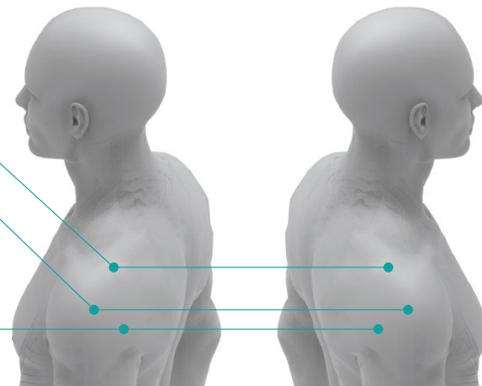
Frozen shoulder, also known as periarthritis, is commonly seen in people aged 40–50, especially in women, so it is commonly known as frozen shoulder. It is mainly due to the aging of the shoulder joint, which causes abnormal changes in the muscles, ligaments and tendons around the joint, resulting in inflammation.

### 療法 Therapy

- 肩前 Jianqian



- 巨骨 Jugu + 肩髃 Jianyu + 肩髃 Jianliao



## 坐骨神經痛 Sciatica

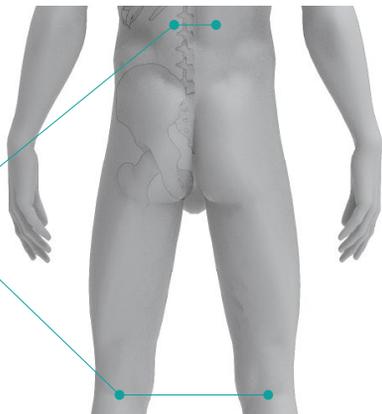
坐骨神經痛是指沿着坐骨神經線所產生的綜合症狀，沿坐骨神經通路即腰、臀部、大腿後、小腿後外側和足外側發生的疼痛症狀群。

Sciatica is a combination of symptoms along the sciatic nerve line, a cluster of pain symptoms occurring along the sciatic nerve pathway, i.e., the lower back, buttocks, back of the thighs, back of the lateral calves, and outside of the feet.

### 療法一 Therapy 1

腎俞 Shenshu

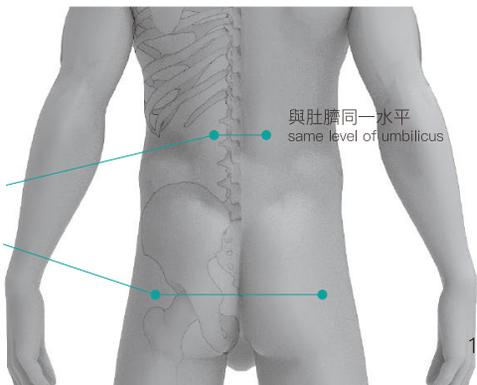
委中 Weizhong



### 療法二 Therapy 2

腎俞 Shenshu

環跳 Huantiao



## 免責聲明 Disclaimer

經絡及穴位療法所牽涉的中醫理論，極其廣泛及博大精深，基因每人體質及使用方式的複雜可變因素太多，所產生的效果而不同，本公司並不保證每個人的應用效果。如你對身體狀況有任何疑問，請諮詢專業人士意見。

Meridian and acupoint therapy involves a wide range of Chinese medical theories, genetics and the use of each person's physical condition and the complexity of the way too many variable factors, resulting in different results, the company does not guarantee the effectiveness of the application of each person. If you are in any doubt about your health condition, please seek professional advice.

For more Q&A, please subscribe.

更多使用問答，請訂閱

Dr.Rock 絡醫生



facebook or YouTube