

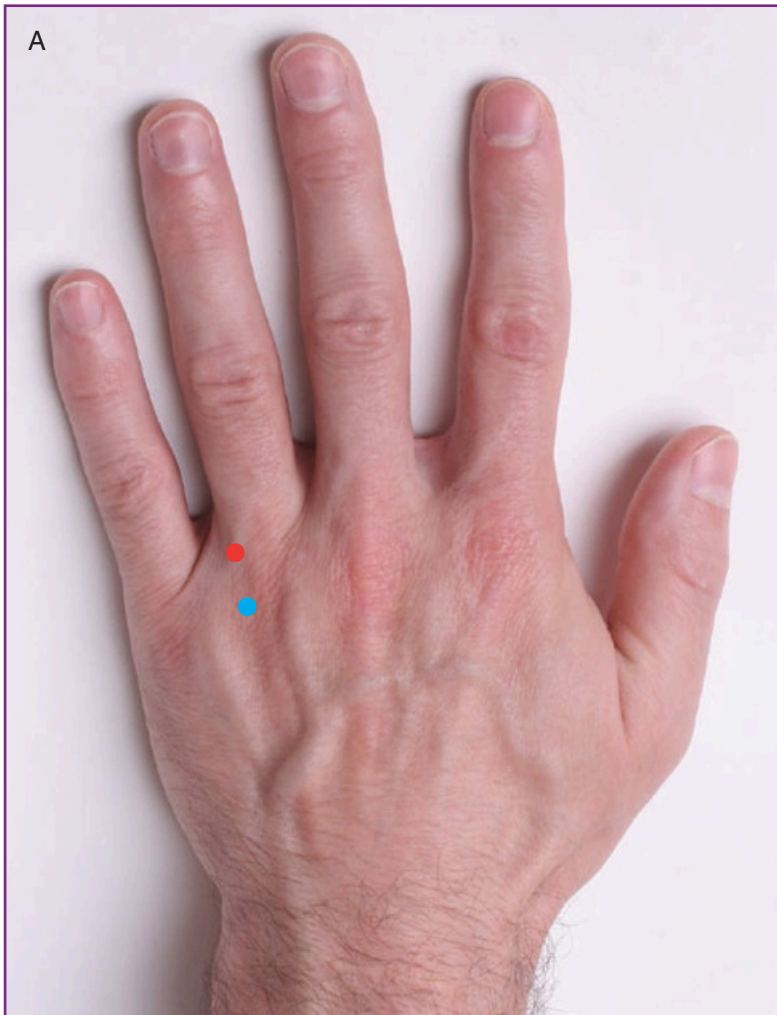
Shoulder pain protocol

posterior aspect (back)

Explanation:

The element of Fire rules the Small Intestine meridian travelling down the back of the shoulder (photograph B) and protocol the local points on this meridian relieves symptoms of shoulder pain and inflammation.

Hand Trigger Points: (30 seconds)



Shoulder pain protocol

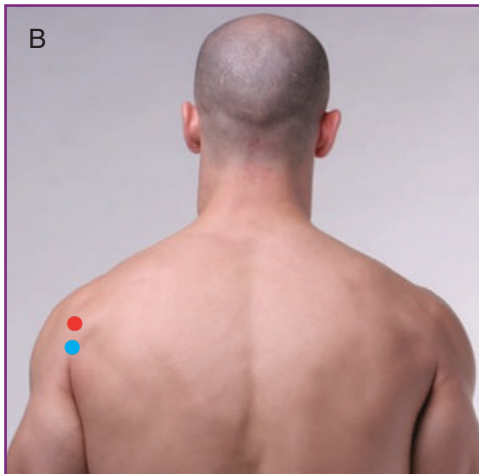
posterior aspect (back)



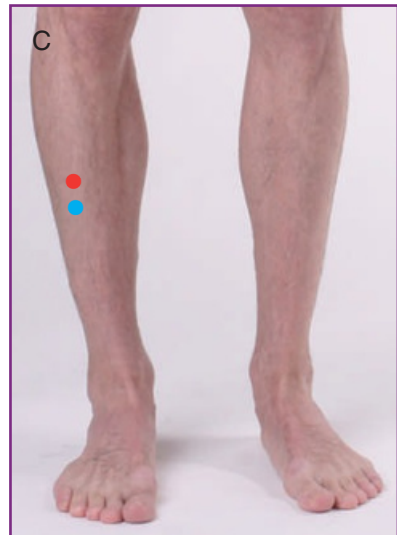
THE
RECOVERY
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Body Trigger Points: (90 seconds)



Master Points: (90 seconds)



5 Element Points: Metal Yang / Full (30 seconds each)

