

## ACHING SHOULDERS

Aching shoulders are almost always caused by strain, and can in most cases be relieved by improving your posture. Try Alexander Technique or Feldenkrais classes.

### reflexology

Knead (1) and massage your way across both the top and the sole of the foot, about 25 mm (1 in) from the toes. Pinch, press and gently hold for a count of five on the shoulder point located on the foot (2) between the bases of the fourth and fifth toes and on the hand

between the bases of the fourth and fifth fingers (3).

### acupressure

To ease stiff shoulders, press gently GB 21 (4) on top of the shoulder, in the middle of the slope between the shoulder and neck, while the person you are working on breathes out and visualizes pain leaving the [spot](#). LI ii, LI 4, St 38, SI 9 and SI lo can also help.



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