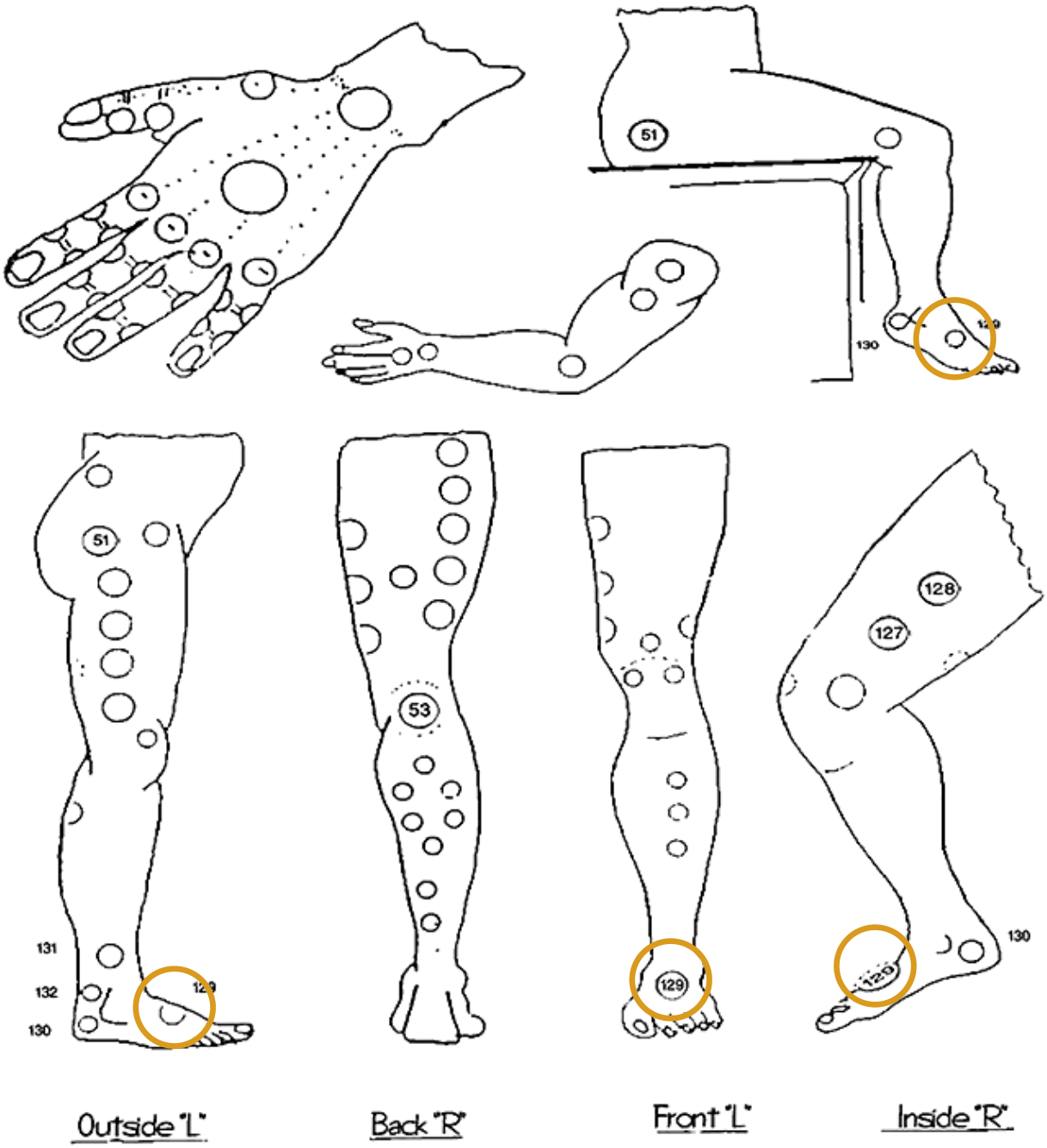
Cupping points chart

Legs and arms · hijama (wet) and dry cupping points



Sunnah point

The numbers match the free interactive chart and body maps (point descriptions overleaf).

General information, not medical advice. Hijama should only be done by a trained therapist.

Cupping points on the legs and arms

Where each point is, with the nearest acupuncture point for reference. A treatment plan sets out which points to use.

Point	Location
51 & 52	The two thigh bones (femur), from both sides. Near acupuncture point GB31 (Fengshi)
53 & 54	The inner part of the knee from the back. Near acupuncture point BL40 (Weizhong)
127 & 128	On the inner part of the thighs. Near acupuncture point SP10 (Xuehai)
129	On the back of the feet to the right. (Sunnah point) Near acupuncture point LR3 (Taichong)
130	On the sides of the heel from inside and outside for edema. Near acupuncture point KI5 (Shuiquan) inside, BL61 (Pucan) outside
131	Above the heel bone nearly 5cm from the outside. Near acupuncture point BL59 (Fuyang)
132	Varicocele.

Safety: do not cup over broken, burnt, infected or very thin skin, varicose veins or areas of active skin disease. Talk to your doctor first if you have a bleeding or clotting disorder, take blood-thinning medicines, have anaemia, are pregnant, have diabetes, or have a heart condition or a pacemaker.

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