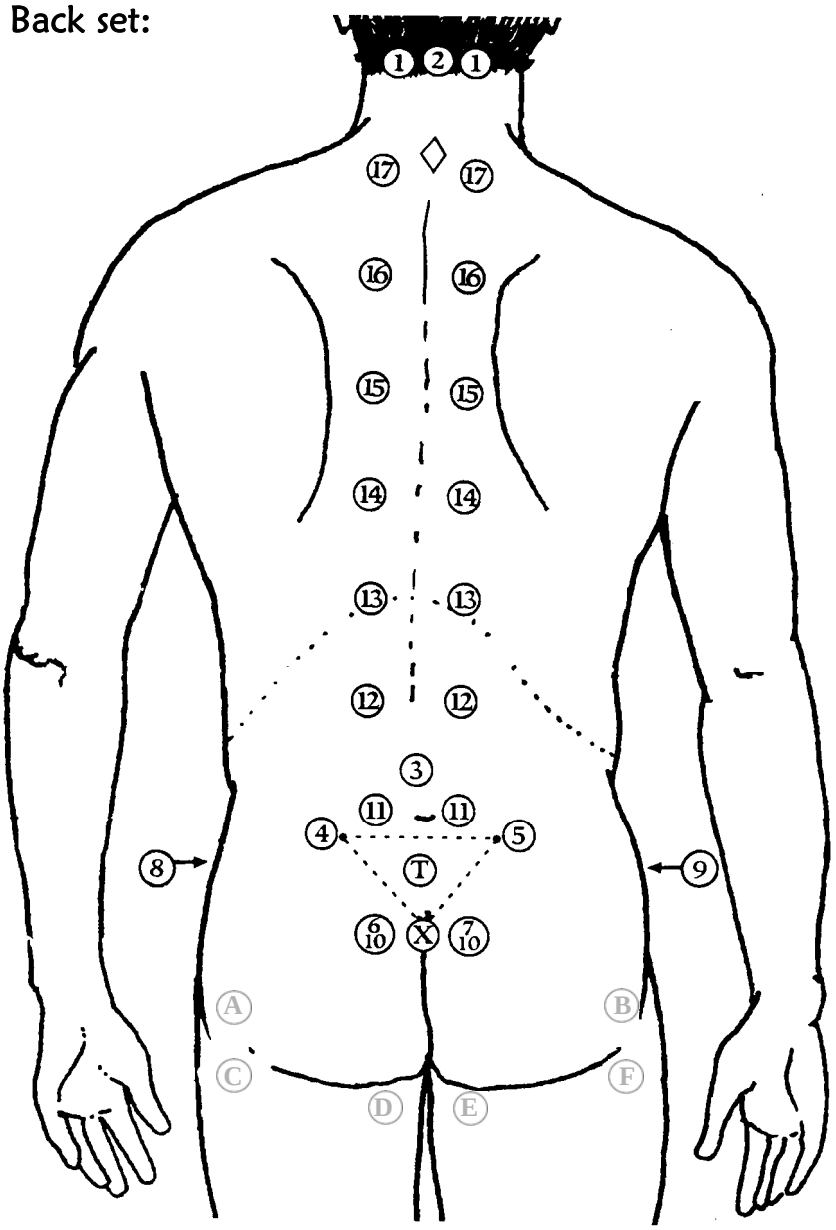
Synopsis of the Back set:



Step 1: Hold "X" and use the first two fingers and thumb of the other hand to touch points "1" and "1".

Step 2: Hold "X" and touch point "2".

Step 3: Hold "T" and touch points "3" through "9".

Step 4: In "Matching-fire" touch points "10" through "17".

Step 5: From points "17", sweep along the spine to points "10", then curve outward to the hips.

Sciatica: *Hold "T". Touch "A" and "B".* • ***Pelvic Injury:*** *Hold "T". Touch "C" through "F".*