

How to Recover Faster from Knee Injuries With Chinese Reflexology

From <https://chinesefootreflexology.com/knees/>

How to Find the Knee Reflexology Point

The Chinese Reflexology point for the knee is located on the outer edge of your foot where the skin meets the sole. It's like a circle with a diameter slightly wider than the width of your thumb. To locate this point, use your thumb to feel along the edge of your foot in the area in front of your ankle.

If your knees are sore, you'll know you've found the knee reflexology point when you feel a tender spot. BINGO!

Reflexology points are only sensitive when there's an energy disharmony in the corresponding area of the body, such as one caused by a knee injury. You can measure your healing progress based on the sensitivity of the point. As you heal, the point will feel less sore.

The point on your right foot corresponds to your right knee and the point on your left foot is for your left knee.

How to Massage the Chinese Reflexology Point for the Knee

You can use either your thumb or the knuckle of your index finger to massage the knee reflexology point. Press and rub the area using a back and forth motion, from toe to heel and back again. If you have an acute knee injury, massage the knee reflexology point for 60 seconds, 3 times a day. Do this until the acute phase of the injury passes. Then, you can gradually reduce the amount of massage until your knees are healed. E.g. 60 seconds twice a day reducing down to 30 seconds at a time.

If you're massaging for chronic knee pain, you will need to massage the reflexology point for your knee for a longer time frame, PLUS you really need to strengthen your whole body. Things that are chronic have been ongoing for a much longer time, and involve imbalances in the body's organs and meridians. Watch this video to [learn more about chronic knee pain](#).

