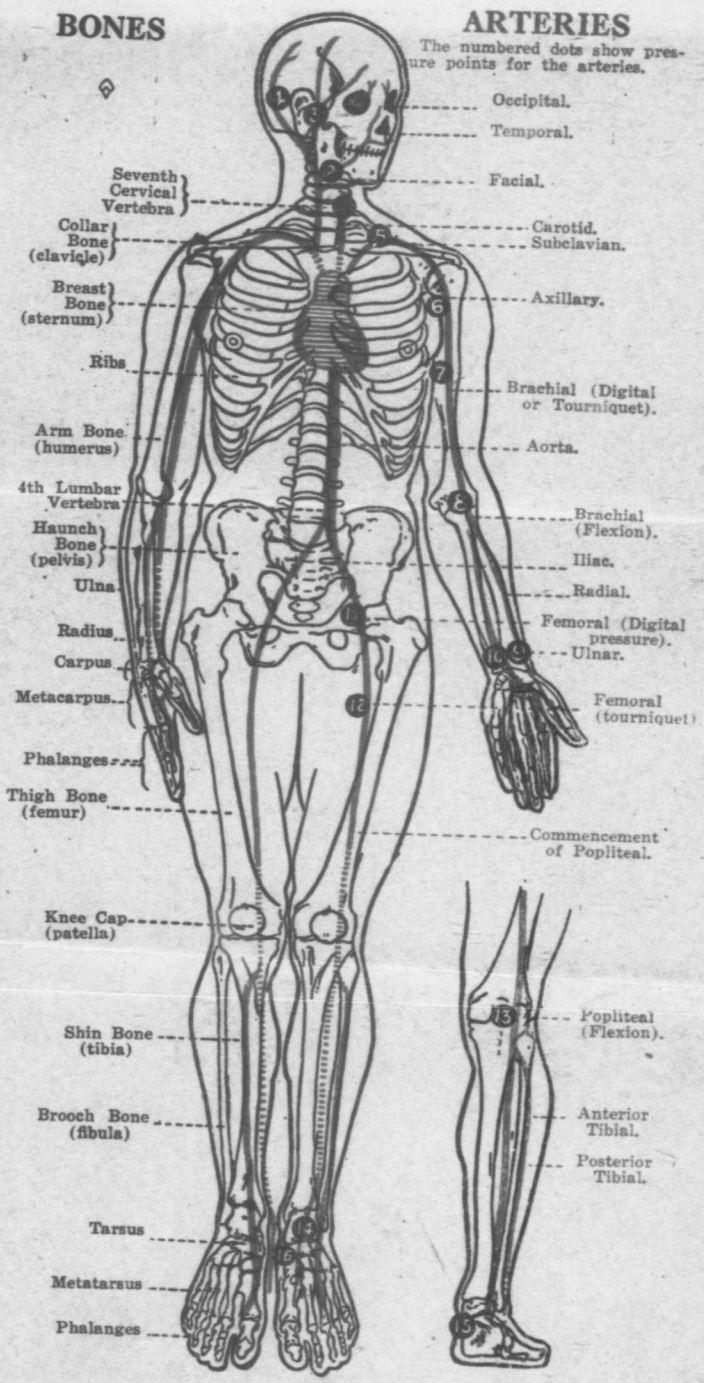
BONES
ARTERIES
The numbered dots show pressure points for the arteries.
Occipital.
Temporal.
Facial.
Seventh Cervical Vertebra
Carotid.
Subclavian.
Collar Bone (clavicle)
Breast Bone (sternum)
Axillary.
Ribs
Brachial (Digital or Tourniquet).
Arm Bone (humerus)
Aorta.
4th Lumbar Vertebra
Brachial (Flexion).
Haunch Bone (pelvis)
Iliac.
Ulna
Radial.
Femoral (Digital pressure).
Radius
Ulnar.
Carpus
Metacarpus
Femoral (tourniquet)
Phalanges
Thigh Bone (femur)
Commencement of Popliteal.
Knee Cap (patella)
Popliteal (Flexion).
Shin Bone (tibia)
Anterior Tibial.
Brooch Bone (fibula)
Posterior Tibial.
Tarsus
Metatarsus
Phalanges