WHAT IS CLAIMED IS:

1. A health care device, comprising:

a health care body having a first carrying base plate and a second carrying base plate for carrying a body part of a user, wherein the body part is an upper limb including an upper arm and a lower arm, or a lower limb including a thigh and a shank, the first and second carrying base plates respectively are respectively configured to carry thereon the upper and lower arms or the thigh and the shank, and the body part has an acupoint, a width direction and a first protruding feature;

a positioning mechanism configured to be slidably disposed on the health care body, to position the body part in the width direction on the health care body, and to secure a first specific positional relationship between the health care body and the body part, wherein the positioning mechanism has at least one recess corresponding to the first protruding feature to provide the first specific positional relationship;

an acupoint work piece configured to have a second specific positional relationship with the acupoint; and

a work piece holder having:

a first end configured to be connected to the health care body, or the positioning mechanism; and

a second end configured to hold the acupoint work piece under the second specific positional relationship, and to enable the acupoint work piece to engage in a health care work towards the user through the acupoint under the first and second positional relationships.

2. The health care device as claimed in Claim 1, wherein:

the first carrying base plate has a third end and a fourth end, and the second carrying base plate has a fifth end and a sixth end;

the positioning mechanism includes a first pair of positioning blocks respectively configured for disposal on two sides of the third end of the first carrying base plate; and

inner surfaces of the first pair of positioning blocks respectively have the at least one recess corresponding to the first protruding feature to provide the first specific positional relationship.

3. The health care device as claimed in Claim 2, wherein:

the health care body further includes a length adjustment device;

the fourth end and the fifth end are configured for disposal therebetween the length adjustment device;

the length adjustment device is configured to adjust a distance between the first carrying base plate and the second carrying base plate to adjust an apparent length of the health care body to be adapted to a length of the body part; and

the third end has a pair of recesses respectively configured for sliding therewith the first pair of positioning blocks to adjust a distance between the first pair of positioning blocks to be adapted to a width of the body part.

4. The health care device as claimed in Claim 3, wherein each of the first pair of positioning blocks has a pair of lugs, the first carrying base plate has a pair of side grooves configured for respectively communicating with the pair of recesses, the first pair of positioning blocks being configured to slide in the pair of side grooves via the lugs, each of the fourth end and the fifth end has a central groove and a plurality of first pin holes, and the length adjustment device includes:

a linking plate, two sides of which are respectively configured for positioning in the central grooves;

a plurality of second pin holes respectively configured on the two sides

of the linking plate and corresponding to the plurality of first pin holes; and

a plurality of pins configured to be respectively inserted into the plurality of first pin holes of the fourth end and the fifth end, and correspondingly into the plurality of second pin holes of the linking plate to fix the first carrying base plate, the second carrying base plate and the length adjustment device.

5. The health care device as claimed in Claim 2, wherein each of the fourth end and the fifth end has an arc convex, a middle groove and a first sliding hole, and the length adjustment device includes:

a length adjustment plate configured between the fourth end and the fifth end and has a second sliding hole;

a side piece configured to be inserted through the second sliding hole and the first sliding holes, and slidably and planarly combining the first carrying base plate, the second carrying base plate and the length adjustment plate together; and

a trapezoidal piece configured in the middle grooves and having a pair of side bevels, wherein the trapezoidal piece is configured to adjust an apparent length of the health care body by an interaction between the pair of side bevels and the arc convexes.

6. The health care device as claimed in Claim 5, wherein:

the length adjustment plate further includes a screw hole, a plurality of positioning pin holes and a rotatable screw rod for operating the trapezoidal piece so as to adjust a contact position between the pair of side bevels of the trapezoidal piece and the arc convexes to adjust a total virtual length of the first carrying base plate, the second carrying base plate and the length adjustment plate; or

the trapezoidal piece has a bottom hole and the rotatable screw rod has an end, and the end is configured to be freely rotatable in the bottom hole.

7. The health care device as claimed in Claim 5, wherein:

the length adjustment plate further includes a central recess for positioning a second protruding feature of the body part; and

the second protruding feature is a protrusion of a kneecap of the user when the user lies pronely.

8. The health care device as claimed in Claim 5, further comprising a second pair of positioning blocks respectively and slidably configured on two sides of the length adjustment device for positioning a third protruding feature of the body part.

9. The health care device as claimed in Claim 5, further comprising a third positioning block slidably configured on one side of the sixth end of the second carrying base plate for positioning a fourth protruding feature of the body part.

10. The health care device as claimed in Claim 2, further comprising a second pair of positioning blocks respectively and slidably configured on two sides of the sixth end of the second carrying base plate for positioning a second protruding feature of the body part.

11. The health care device as claimed in Claim 10, wherein the first carrying base plate and the second carrying base plate are to be used for carrying the lower arm, wherein:

the sixth end of the second carrying base plate has an elbow containing recess for containing a most prominent part of an elbow of an ulna;

each of the sixth end of the second carrying base plate and the second pair of positioning blocks has a groove for positioning therein a respective left or lower side of prominent muscles of the lower arm when the lower arm is kept

laterally upright;

the third end of the first carrying base plate has a recess for resting thereon an abductor muscle of a little finger of the user when the lower arm is kept laterally upright, and for freely resting thereon a wrist and a palm of the user when an inner (or yin) side of the lower arm is laterally placed on the first carrying base plate;

the first pair of positioning blocks are configured with a cavity and a groove, wherein when the palm is upright, the cavity contains a short abductor muscle of a thumb of the palm therein and the groove allows the palm to stretch therein;

the first pair of positioning blocks are to be used for containing a carpal protrusion of a radius of the lower arm and a carpal protrusion of the ulna of the lower arm of the user respectively; and

the second pair of positioning blocks are to be used for containing a most protruding sesamoid at an ulna side of an elbow end of a humerus of the user.

12. The health care device as claimed in Claim 11, further comprising a third carrying base plate for carrying thereon the upper arm, and including a first carrier plate and a second carrier plate, wherein the first carrier plate is configured for connection to the second carrying base plate, the second carrier plate has a semi-cylindrical part for urging against an axilla of the user, and the second carrier plate has a guiding sheet for conforming to a shoulder end of the upper arm of the user.

13. The health care device as claimed in Claim 10, wherein the first carrying base plate and the second carrying base plate are respectively to be used for carrying the shank and the thigh, wherein:

the first carrying base plate is configured with a central concave, wherein when the user lies pronely, the central concave contains an outer protrusion of

a tibia of the shank, and when the user lies supinely, the central concave contains a calf of the shank;

the third end of the first carrying base plate has a recess for containing therein a calcaneal tendon and a calcaneus when the user lies pronely;

the sixth end of the second carrying base plate has a recess for containing muscles connecting between buttocks and the thigh, and a stop for abutting against a bottom edge of a groin of the user;

the first pair of positioning blocks are respectively to be used for containing a lateral malleolus and a medial malleolus of the user;

the second pair of positioning blocks are respectively to be used for containing a knee tuberosity of the tibia and a knee tuberosity of a femur of the user; and

the third positioning block is to be used for containing a trochanter major protrusion at a buttock end of the femur of the user.

14. The health care device as claimed in Claim 2, further comprising a heel height adjustment medium configured on the third end of the first carrying base plate for being adapted to a specific heel height of the user.

15. A health care device for holding an acupoint work piece thereon to engage in a health care work onto a user, wherein the user has a body part including an acupoint, a width direction and a first protruding feature, and the health care device comprises:

a health care body having a carrying platform;

a pair of positioning blocks configured for slidable movement on the carrying platform, for positioning the body part in the width direction on the carrying platform, and for causing the health care body and the body part to have a first specific positional relationship therebetween wherein inner surfaces of the pair of positioning blocks respectively have at least one recess

corresponding to the first protruding feature to provide the first specific positional relationship; and

a work piece holder configured to be connected to the carrying platform or the pair of positioning blocks, for holding the acupoint work piece on the carrying platform or the pair of positioning blocks, for securing the acupoint work piece and the acupoint to have a second specific positional relationship therebetween, and for ensuring the acupoint work piece to engage in the health care work onto the user through the acupoint under the first specific positional relationship and the second specific positional relationship.

16. The health care device as claimed in Claim 15, wherein the body part is an upper limb including an upper arm and a lower arm, or a lower limb including a thigh and a shank.

17. The health care device as claimed in Claim 16, wherein the carrying platform includes a first base plate and a second base plate for respectively carrying thereon the upper and lower arms or the thigh and the shank, and the first and second base plates have a total length.

18. The health care device as claimed in Claim 17, further comprising a length adjustment device for mounting on the health care body and to be used to adjust an apparent length of the total length of the carrying platform in response to a length of the body part.

19. The health care device as claimed in Claim 15, wherein the carrying platform has a pair of recesses for respectively mounting thereon the pair of positioning blocks to have a mutual distance in response to a width of the body part.

20. The health care device as claimed in Claim 15, further comprising the acupoint work piece.