

Acupressure Points

ACCUPRESSURE POINT

LOCATION

WHEN TO USE

HOW?

Jianjing GB 21

Shoulder – warm point
Relax head forward, chin tucked to chest
Run finger down from hairline –looking for most prominent bone on the neck ...
Other hand find the tip of the shoulder ... the point is halfway between these two areas highest point of the muscle
points may not be symmetrical



Stimulates contractions in 1st & 2nd stage to help dilation

Used lying down, standing, and kneeling

Find points & apply pressure using thumbs
At start of contraction until the end

Buttock Point

In line with top of the buttock crease
2/3 along from crease to hip (= tender point)



Good for Transition

Press Thumbs into points
Listen to the mum

Ciliao BL 32

Buttock area
Index finger /Thumb faces towards buttock
1 thumb width in small depression



All stages

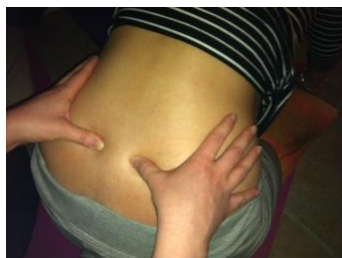
Used lying, standing, in water.

As labour progresses move in towards spine

Not sharp pain, war, tingles, ache or buzz

Move 1 thumb width each time.

Go to bottom crease & lay finger along upwards 2nd knuckle this is where you need to find the indents
Pelvis may be tilted and therefore not line up



Hand Points

No Photo available

During contractions

Natural pain relief during contractions.

Using two combs gripped in the hands with the spikes pressing into the pads of the hand

Yongquan KID 1

Depression in sole of foot

*Kneeling position
Clench toes .. depression point is in the middle of this
Hold foot with other hand on top of foot.*



Calms in transition & helps panic

Knuckle pushed gently into dimple & then push up towards the big toe

Listen to the mum to gauge if having an affect

Hegu L.1 – 4

Thumb point on both right & left hand

Squeeze thumb into side of the hand ... look for the mound ... point is here



All stages

General pain relief

Thumb point on both right & left hand

Stimulates contractions particularly in 2nd stage if tired and not pushing.

With contraction or for 30 secs to 1 minute

Sanyinjiao Sp-6

4 finger widths above the ankle bone on the inside leg.
Tender point found by running your index finger along the edge of the 4th finger.

*Crest of the bone
4 finger widths up
Come back just off the shin bone*



Helps to dilate the cervix efficiently.

Using your thumb or finger apply pressure

*1 leg at a time
Hold for 1 minute then repeat on the other leg 30 minutes later
Once labour established stop pressure*

Kunlun BL-60

Outside edge of ankle
Apply thumb
Tender point
*Crest of the ankle bone
slide back squeeze soft flesh*



1st stage to help dilation

30 secs to 1 minute
Then 30 mins later do other side

Kneeling or sitting

Repeat if necessary

Neiguan P-6

Three finger widths above crease of wrist
point lies between two tendons



Good for nausea & vomiting

Relief in 5 minutes

Thank you to my lovely clients – S.W. & K.W. for modelling for the photos.

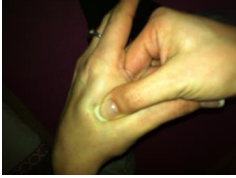
Scenarios

Waters Break

To help establish labour

Hegu

Sanyinjiao SP-6



How to do this:

Hegu – right side

2 minutes per point

Alternate every hour

Hegu – left side

2 minutes per point

Sanyinjiao – Left side

Sanyinjiao – right side

Ciliao BL-32



Pressure x 2 for 5 minutes per day

Move down the three positions to stimulate labour

Contractions slowing down

Inner calf points combined with the hand points.

Do in opposition e.g. right hand left leg for 1 minute

20 – 30 minutes later do opposite sides if you need

to

Posterior position

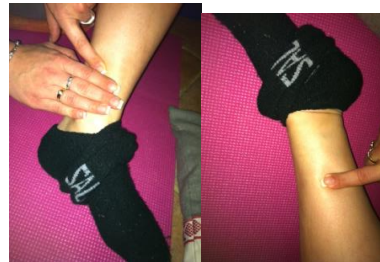
10 minute cycles

Kunlun combined with Sinyinjiao

All 4 pressure points

4 x 2 minutes

Repeat but usually contractions more efficient & back pain reduced



Inner & outer calf points. Place pressure on both inner and then swap to outer for 5-10 minutes on each pairing
Or use the little to point

Pain Relief

Start as early as possible

Hands, shoulders & lower back – early labour.

Breech Baby

Moxibustion – warming using a compressed herb during pregnancy .. using little toe point baby may be able to turn.

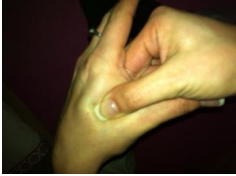
2 x moxa sticks, candle, ashtray, jar with lid
Check heat 1 inch away from hand

Bring moxa sticks a thumbs width away from the little toe points ... move away if too hot

and then back again. 20 minutes x 1 per day for 10 days ... continue even if baby turns. 34 weeks

Unestablished labour or Failure to Progress

Sanyinjiao & Hegu



Right hand followed by left leg x 2 minutes on each point

10 minutes later

Left hand followed by right leg x 2 minutes on each point
Alternate until contractions more regular

Nausea & Vomiting

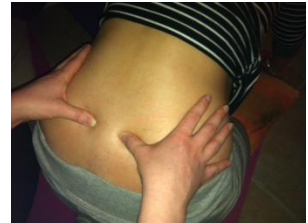
Neiguan P-6



Relief in 5 minutes
Good for morning sickness

Cervical Lip

Sanyinjiao & Ciliao



Pressure for 10 minutes
Alternate between points
Back – 2 minutes
Right leg – 2 minutes
Back – 2 minutes
Left leg – 2 minutes
Back – 2 minutes

Failure to progress in 2nd stage

Fully dilated?????

Jianjing & Hegu



Pressure As above for maximum of 10 minutes

Shoulders with length of contraction
Hand with length of contraction
Shoulders
Other hand

Is there a change in contractions?

Repeat 10 mins later if no change