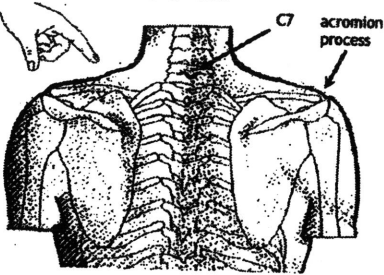
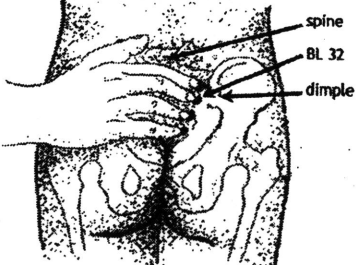

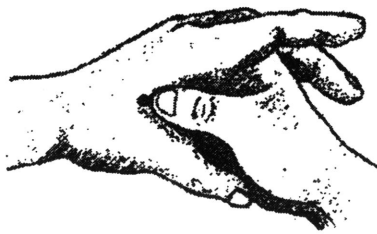
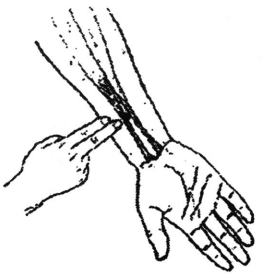
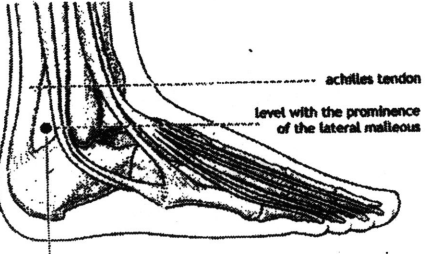

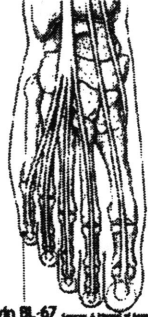


Acupressure Points for Labour

Acupuncture/Pressure Point	How to do	Benefits
<p style="text-align: center;">GB 21</p>  <p style="text-align: center;">C7 acromion process</p>	<p>Point ½ way between C7 outcropping and acromion process. Test with thumb in a close series until she says “there”.</p>	<p>Induce labour, pain relief, fetal descent, efficient pushing, women who are resistant to push, previous PPH, let down reflex (breastfeeding), after pains (do SP6 first)</p>
<p style="text-align: center;">BL 32</p>  <p style="text-align: center;">spine BL 32 dimple</p> <p>* Most frequently used point. Pressure points may not be exactly same spot bilaterally.</p>	<p>Midway between dimples above buttocks and lumbar spine (about one finger length above top of buttock crease and one thumb width either side of the spine) *look for small depression of the sacral foramen – where BL32 lies. Points will gradually move lower and more central as labour progresses.</p>	<p>Induce labour, pain relief (especially early labour), efficient labour, dilation, cervical lip.</p>
<p style="text-align: center;">KID 1</p> 	<p>Lies in the depression in the top 1/3 of the sole of the foot.</p>	<p>Fear, panic, promotes calmness, (use during transition), pushing. Pain relief.</p>
<p style="text-align: center;">LI 4</p> 	<p>Found in web of hand between thumb & first finger. Test with your thumb in a close series until she says “there”.</p>	<p>Induce labour, pain relief, efficient contractions, aid during transition, effective pushing, delivery of placenta.</p>

Acupuncture/Pressure Point	How to do	Benefits
<p>PC 6</p> 	<p>Point is three of the woman's finger widths above the transverse crease of the inner wrist. It lies directly between the two tendons.</p>	<p>Nausea/anxiety at beginning of labour, promotes calmness.</p>
<p>BL 60</p>  <p>Kuntun BL-60</p> <p>Source: A Manual of Acupuncture</p>	<p>Locate in a depression midway between the tip of the external ankle bone and the outer edge of the Achilles tendon.</p>	<p>Pain relief (closer to transition), efficient labour; fetal descent, with SP6 for OP positions (5 min each one), delivery of placenta.</p>
<p>SP 6</p> 	<p>Locate by using four of the woman's finger widths above the shin bone on the inside ankle. Slide finger off of the back edge of the tibial bone (hook finger <u>behind</u> tibial bone).</p>	<p>Induce labour, baby descent with BL 60 for OP positions, efficient labour, irregular contractions (with LI 4), dilation, cervical lip, pain relief, after pains.</p>
<p>BL 67</p>  <p>Zhiyin BL-67</p>	<p>Point lies on the little toe, just on the outside aspect of toe nail. *Use very tiny press needles or tip of pen. (continuous pressure – keep in) (get from acupuncturist).</p>	<p>Induction (patient can use press needles, tip of pen). OP position when synto drip is maxed out.</p>