

ACUPRESSURE FOR LABOUR

Why should I try acupressure for labour? Three good reasons - It promotes efficient labour, reduces the pain of contractions and helps maintain calm. Most effectively used from the onset of labour.

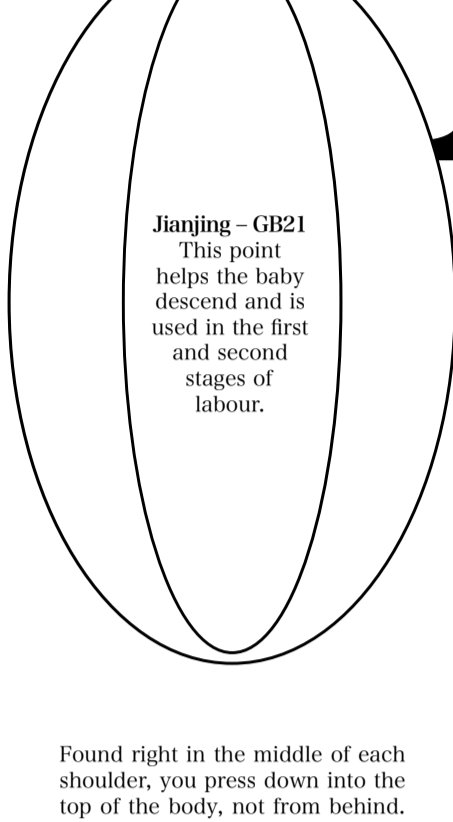
This pdf is designed to help you find the points that are recommended, ideally following a face to face session, but it's really easy. When you are in the right place it should produce a pleasant sensation/noticeable effect that wears off when discontinued. If it feels unpleasant then simply stop.

The best direction is from the person giving birth! And remember it's called acupressure, not acumassage, these points require firm pressure. How firm is up to the mum-to-be!

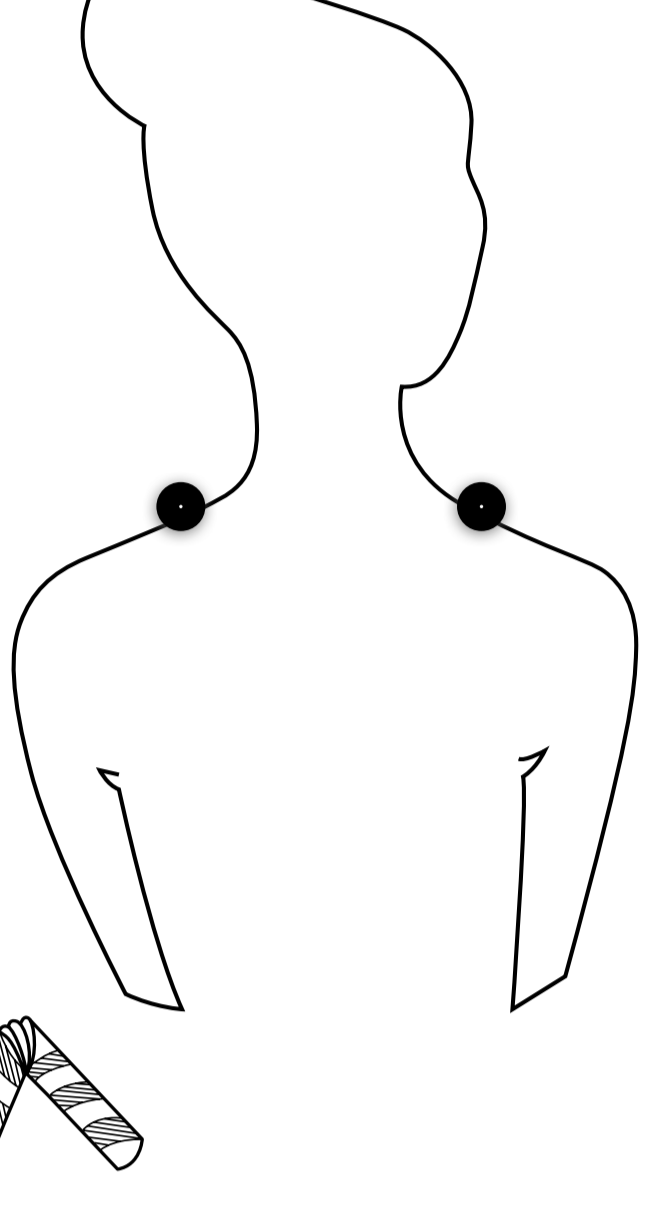
Please be cautious about using these points in pregnancy.

More tips on pressure and location can be found here: <http://acupuncture.rhizome.net.nz/acupressure/more-information/frequently-asked-questions/>

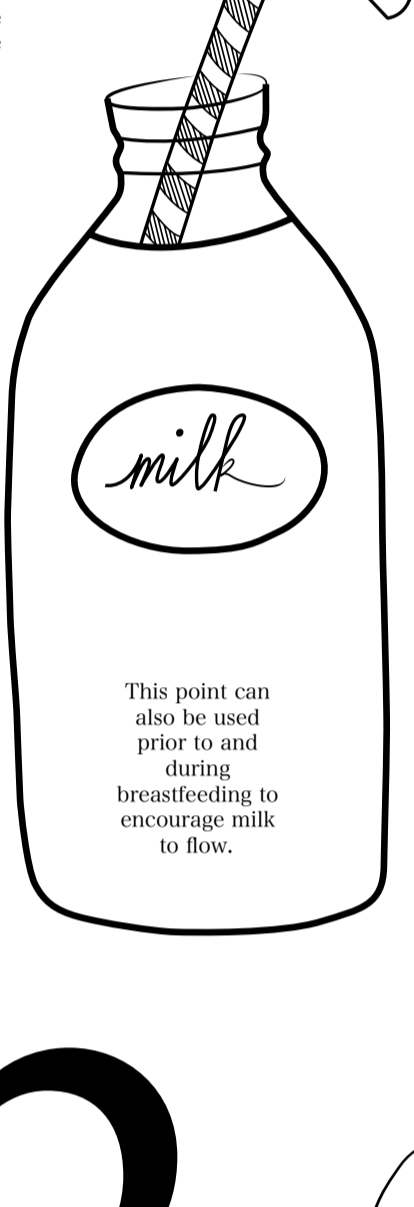
1



Jianjing - GB21
This point helps the baby descend and is used in the first and second stages of labour.

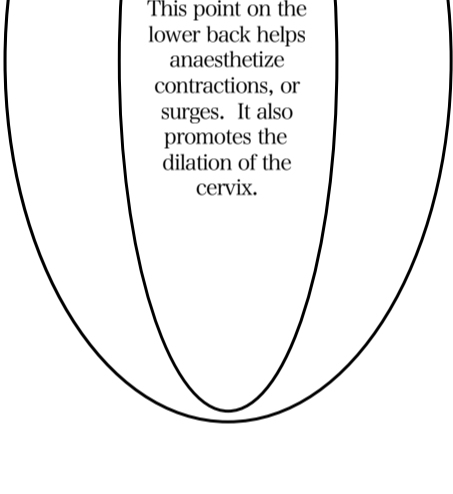


Found right in the middle of each shoulder, you press down into the top of the body, not from behind. You find the middle by dropping the head forward - the knobby bone on the back of the neck is the middle, the tip of the shoulder is the middle - its plum in the middle of this and it will feel tender and buzzy or warm with pressure. Use firm pressure with the thumb, knuckle or elbow, either from the beginning of each contraction or continually (applying more intensity with each contraction). Use your bodyweight to apply the pressure, to avoid sore thumbs.

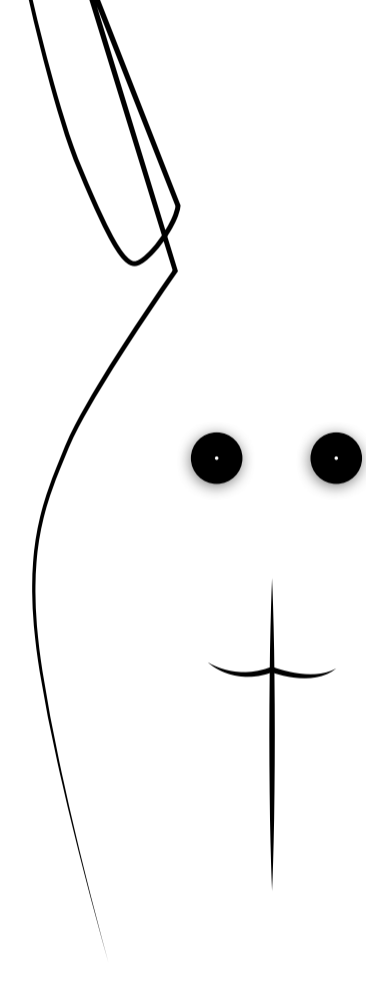


This point can also be used prior to and during breastfeeding to encourage milk to flow.

2



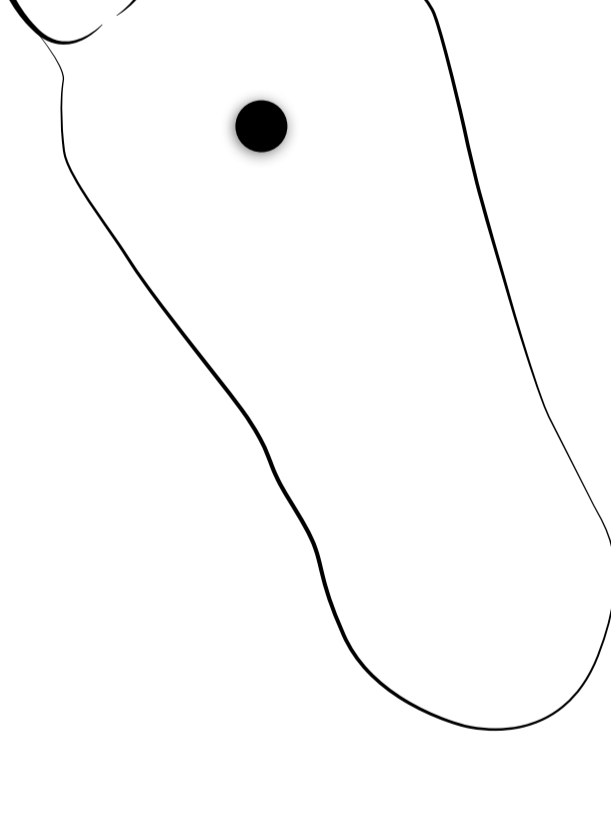
Ciliao - BL32
This point on the lower back helps anesthetize contractions, or surges. It also promotes the dilation of the cervix.



Midway between the dimples on the buttocks and the lumbar spine, to find these points come up about a finger length (hers) above the buttock crease and a thumb width out. There will be a dip where the sacral foramen are located. Press your knuckles into them and the woman can control the pressure simply by pushing back until she feels the desired effect. This might be a numbness, tingling, warmth, aching or buzzing. Sharp pain means your knuckles are in the wrong place.

As the baby descends, you can move your knuckles lower down the spine, into the descending sacral foramen. The foramen come down together in the form of a V, so as you move down, bring your knuckles slightly closer together. By the crease of the buttock, the knuckles are touching.

3

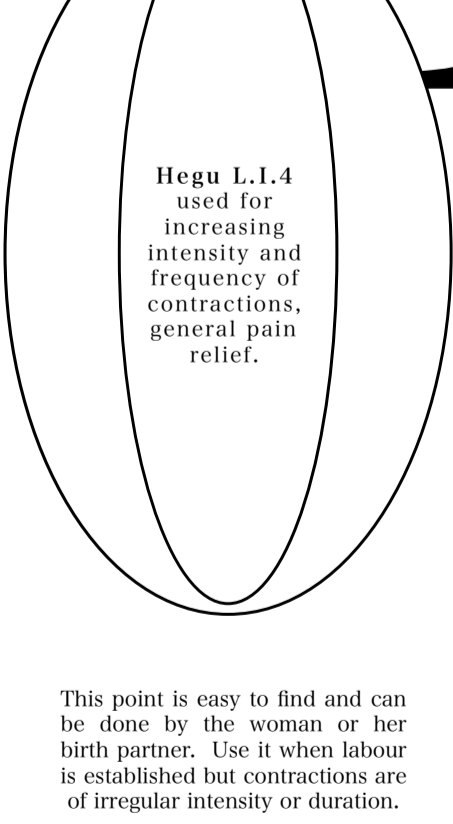


Yongquan - KID1
The sole of the foot, the wonder calmer!

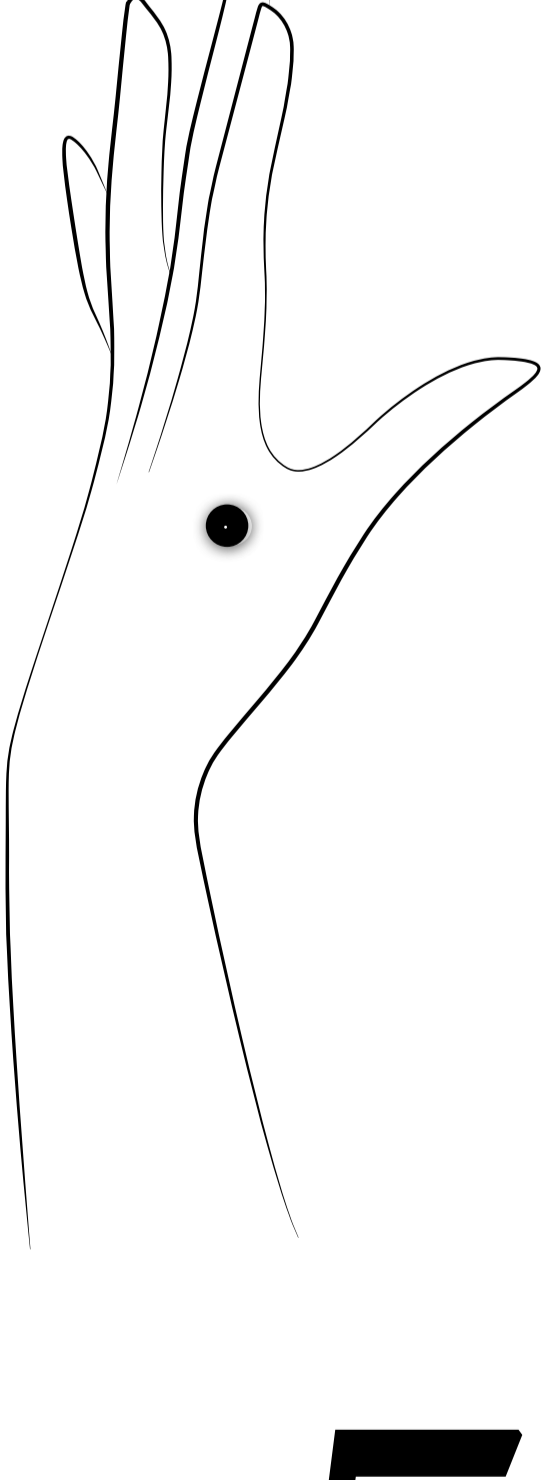
This point can be used at any time during labour, but can be especially useful for the transition when there are more likely to be feelings of panic. It's on the sole of the foot and easy to reach when the woman is on her knees, or lying down. Apply strong pressure, inwards and upwards towards the big toe.

TIP: You can use motion sickness bands around this point and leave them on, so this point is stimulated when you walk around.

4



Hegu L.1.4
used for increasing intensity and frequency of contractions, general pain relief.

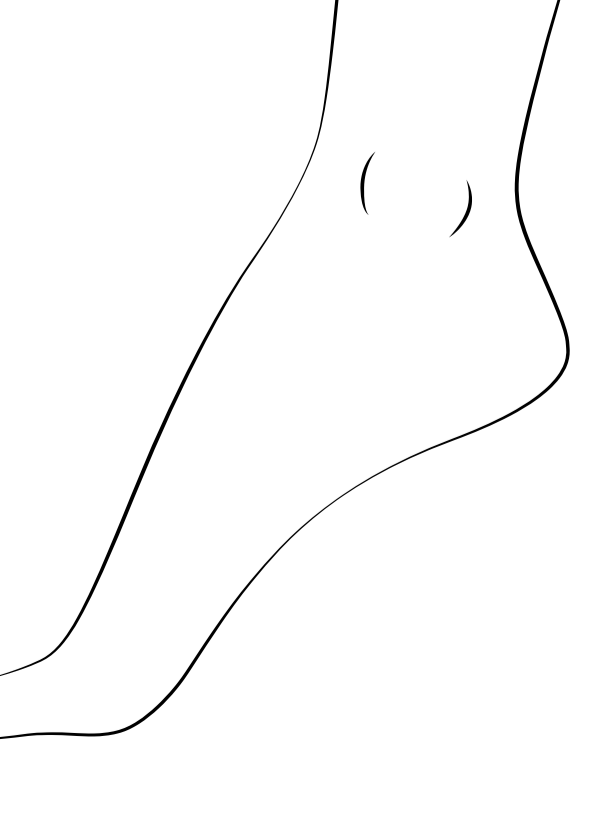


This point is easy to find and can be done by the woman or her birth partner. Use it when labour is established but contractions are of irregular intensity or duration.

Can also be used when the cervix is dilated to help the baby move down through the birth canal.

Also can be used for general pain relief, especially heading towards transition.

5



Sanyinjiao SP-6 - Afterpains

This point is early to help the cervix dilate in early labour and for decreasing the intensity of afterpains as the uterus contracts down after birth (most likely to occur when breastfeeding). Birth partners or support people can apply pressure on this point for 60 seconds on one leg, then the opposite leg 20 to 30 minutes later.

It is located on the inside of the leg, 4 finger widths up from the top of the ankle, tucked behind the bone. It usually feels like there is a depression here when someone is heavily pregnant!