

Acupressure

What is acupressure?

Acupressure has long been used in traditional Chinese medicine. It is similar to acupuncture, but without needles. During acupressure, **the caregiver puts gentle pressure on certain areas of the body to relieve pain, nausea, and anxiety.** (See page 2 for instructions.)

Each acupressure point has a name and a number. The names of the points don't always match the location on the body. For example: some acupressure points are named after organs, such as the stomach and liver, but the organs are not touched. In addition, the names of the pressure points don't always match the symptoms the action is designed to treat.

Is acupressure safe?

Yes. Acupressure is done by gently rubbing small circles around an area, or tapping a specific spot on the body with a finger. **You can do acupressure on yourself, or on someone else.**

Don't worry about hitting the exact location. You or the person can still get relief if you are close to the desired acupressure point.



What are the risks of acupressure?

There are very few risks to using acupressure on a child or adult. Hard or deep pressure is not needed and not recommended. Pressing too hard may bruise the skin and cause pain. **Do not use acupressure points "Large Intestine 4" and "Liver 3" during pregnancy. In a few cases, people who have used this have miscarried.**

Getting started with acupressure

- Make sure the person is sitting or lying comfortably.
- Begin with 2 to 3 comfortable deep breaths. Breathe along with the person to help them and you relax.
- Warm your hands before touching the person.
- Keep skin-to-skin contact with the person as much as possible.
- Rub gently around in small circles or tap with your finger
- Use light-to-medium pressure, depending on what feels best for the person.
- Apply pressure for 10 to 30 seconds

Acupressure points for pain anywhere in the body

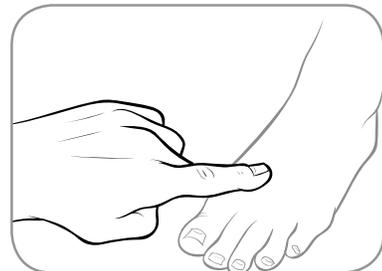
Large Intestine 4

Place your hand, palm up, under the palm of the person's hand. Use your thumb and fingers on the soft spot between the thumb and index finger. **Do not do this acupressure point during pregnancy.**



Liver 3

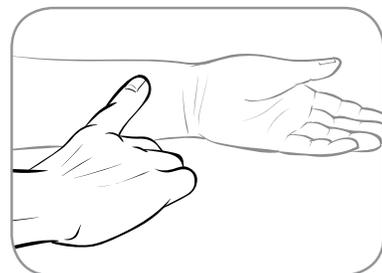
Place your index finger on the soft spot between the big toe and second toe bones. **Do not do this acupressure point during pregnancy.**



Acupressure points for nausea

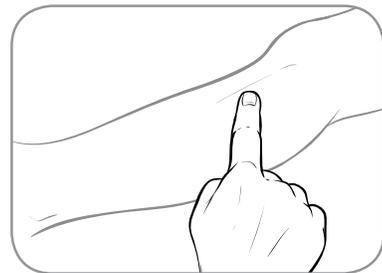
Pericardium 6

Place your index finger 3 finger-widths below the crease of the wrist and between the two middle wrist tendons.



Stomach 36

Place your index finger 4 finger-widths below the knee cap and 1 finger-width away from the shin bone.



Acupressure points for anxiety

Du 20

Place your index finger in the middle of the head and on the middle point of the line connecting the tops of both ears.



Heart 7

Place your index finger on the pinky side of the crease of the wrist and in the soft spot between the two tendons on the outside of the wrist.

