






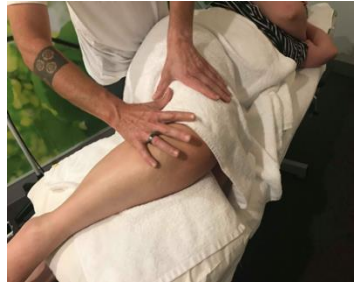

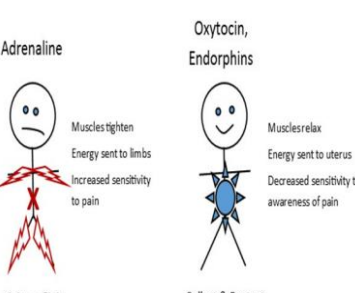

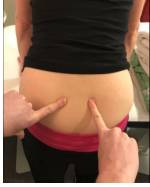



QUICK REFERENCE GUIDE: ACUPRESSURE FOR LABOUR & BIRTH




<p>Sp6 Sanyinjiao – augmentation</p> 	<ul style="list-style-type: none"> · Strengthen contractions · Use with epidural · Cervical ripening · Posterior position · Cervical lip · After pains 	<p>GB30 Huantiao – counter pressure</p> 	<ul style="list-style-type: none"> · Counter pressure · During contractions · Transition · Pain/weakness in legs
<p>LI4 Hegu – pain relief</p> 	<ul style="list-style-type: none"> · Pain relief · Promotes labour · Cervical ripening · Use with epidural · Calming 	<p>Pc6 Neiguan – nausea / anxiety</p> 	<ul style="list-style-type: none"> · Calming · Anxiety · Nausea/vomiting · Use with epidural
<p>BI32 Cilao – pain relief/back pain</p> 	<ul style="list-style-type: none"> · Pain relief · Cervical ripening · Smooth contractions 	<p>BI60 Kunlun – OP presentation</p> 	<ul style="list-style-type: none"> · Posterior or malposition · Use with Sp6 · Use with epidural
<p>GB21 Jianjing – downward energy</p> 	<ul style="list-style-type: none"> · Cervical ripening · Breastfeeding · Postpartum bleeding 	<p>Massage moderate: pain perception</p> 	<ul style="list-style-type: none"> · Partners massage in labour · Stimulates baroreceptors under the skin · Regulation of ANS, cortisol reduction, emotional regulation
<p>Ki1 Yongquan – Calming anytime</p> 	<ul style="list-style-type: none"> · Calming · Anxiety · Transition · Use anytime preg or birth 	<p>Staying on the path</p> 	<p>Tools to support Oxytocin and endorphin release</p> <ul style="list-style-type: none"> - Touch/massage - Eye contact - Feeling safe - Low lights - Warmth - Food and water - Decision making

QUICK REFERENCE GUIDE: ACUPRESSURE FOR LABOUR & BIRTH

Labour preparation, cervical ripening

Sp-6	LI-4	BI-32	GB-21	Massage	Method
					<ul style="list-style-type: none"> - Press slowly and firmly - Hold for 1-2 mins - Release gradually - ≥37 weeks' gestation only - 37/40 – 1-2 x weekly - 38/40 – 3-4 x weekly - 39/40 – every day - 40+ - every 2 hours





Anxiety / nausea

Ki-1	Pc-6	LI-4	Method
			<ul style="list-style-type: none"> - Press slowly and hold gently or firmly as desired - Hold until anxiety or nausea eases - Release gradually - Can use Ki1 and Pc6 anytime - LI4 ≥37 weeks' gestation only

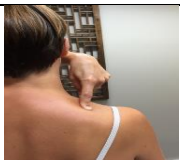
Pain relief

Sp-6	LI-4	BI-32	Massage	GB-30	Method
					<ul style="list-style-type: none"> - Press slowly and firmly to tolerance - Hold, squeeze or massage for length of contraction or as long as wanted - Release gradually

Posterior/breech during pregnancy

Sp-6 Sanyinjiao	BI-60	BI-67	Moxa	Turning mal-position
				<ul style="list-style-type: none"> - Ideal 34-37 / 40 - Muscle relaxation (Spleen) - Move St Qi / Lv Qi - Hold moxa 20 mins over BI-67 - Repeat for 10 days and assess - Can continue for 5 more days

Second stage of labour

GB-21	LI-4	BI-32	Method
			<ul style="list-style-type: none"> - GB21 Press slowly and hold gently while on hands and knees or sitting/squatting/lying - LI4 Pain management and regulation during transition - BI32 Pain management press with body weight while standing or sitting or lying