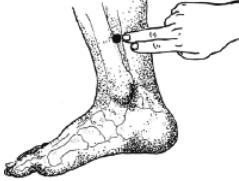
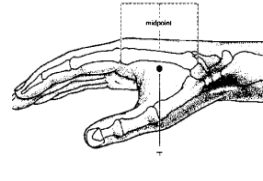
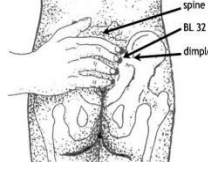
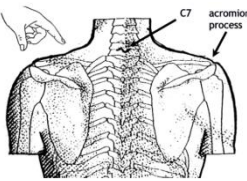


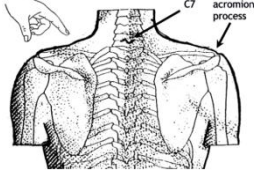
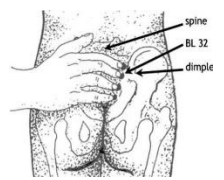
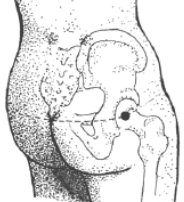
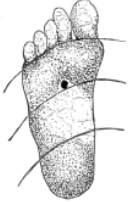
ACUPRESSURE: FOR THE PERINATAL EXPERIENCE

Bilateral firm pressure, NOT massage.

PREPERATION FOR MEDICAL INDUCTION OR PREMATURE RUPTURE OF MEMBRANES (PROM)

SP6 @ 2-3 minutes every 2 hours	LI4 @ 2-3 mins every 2 hours	BL32@ 2-5mins x 2 per day	GB 21@ 2-5mins x 2 per day
			

PAIN RELIEF


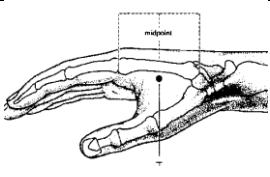
GB 21 during contractions	BL 32 during contractions	Buttock point - contractions	KID 1 anytime, calming
			

- Also the use of combs in hands- during contractions

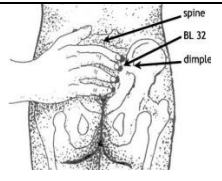

BABIES PRESENTING WITH POSTERIOR POSITION (OP) DURING LABOUR

<u>Only once</u> BL 60 @ 5 mins,	then SP6 @ 5 mins	<u>THEN</u> , BL 67 for 5 mins
		

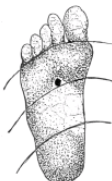
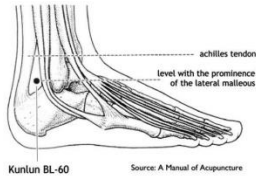
INEFFECTIVE CONTRACTIONS DURING LABOUR

LI 4 x Left hand+ SP 6 Right Leg x 2-3 mins	10 mins later, LI 4 x Right hand + SP 6 Left leg
	

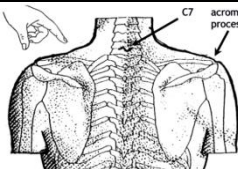
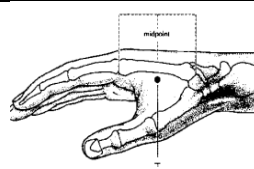
ANTERIOR CERVICAL LIP DURING LABOUR

BL 32 @ 10 mins	SP 6 @ 2-3 mins
	

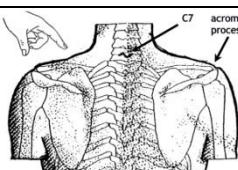
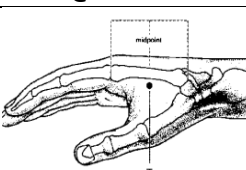
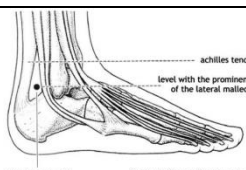
TRANSITION

KID 1 hold	BL60 @2-3 minutes
	

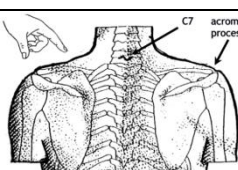

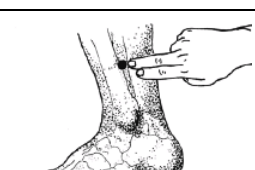
DELAYED 2ND STAGE

GB 21 @ 5-10 minutes AND	LI 4 @ 5-10 mins
	



RETAINED PLACENTA

GB21 @ 2-3minutes	LI4 @ 2-3 minutes	BL 60 @ 2-3 minutes
		

TO PROMOTE BREASTFEEDING

GB 21@ 2-3minutes to encourage let down	KID 1- CALMING	SP6@2 – 3 minutes immediately post birth for 'afterpains'
		

NAUSEA, VOMITING/ ANXIETY- PREGNANCY AND LABOUR

PERICARDIUM 6 @ firm pressure/seabands	KID 1 hold
	

This summary sheet formatted by Lyndall Mollart – Acupressure workshop facilitator Australia
www.maternity-reflexology.net

Full point location information – a free downloadable booklet and you tube videos
<http://acupuncture.rhizome.net.nz/acupressure/>

An online Video course

<https://www.udemy.com/acupressure-for-labour/?couponCode=ACUPRESSURE25>

Phone app <https://play.google.com/store/apps/details?id=com.rhizome.acupressure>
<https://itunes.apple.com/gb/app/acupressure-for-natural-pain/id604942630>