

Acupressure

Optimising beneficial responses to prepare for medical induction and issues arising during labour

Feedback from midwives indicates that acupressure can be useful to enhance beneficial responses in preparing for a medical induction, vaginal birth following a Caesarean section and to address issues that arise during a labour. While the points as detailed in the acupressure booklet (<http://acupuncture.rhizome.net.nz/acupressure/>) can be used for pain relief they can also be used for specific issues.

Labour Preparation for a Medical induction prior to Term or VBAC

When there are issues such as gestational diabetes or VBAC when there is a known medical induction date labour preparation can be utilised as in table 1.

Table 1. Acupressure points to prepare for medical induction from 35/36 weeks

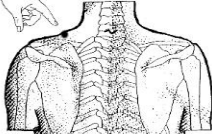
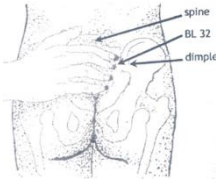


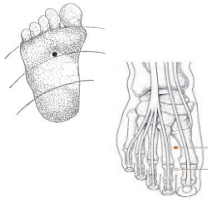
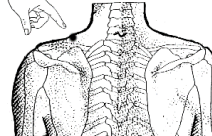
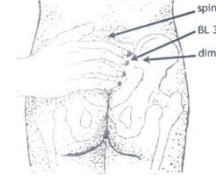
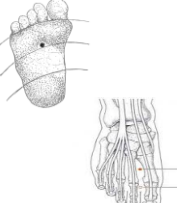


GB 21	BL 32	SP 6	BL 60	KID 1/LIV 3
				
Every 2-3 days from 35/36 weeks.				
Pressure bilaterally from 1 st prominent bone at base of neck over GB 21 and towards shoulder, 5-10 mins	Pressing bilaterally starting at 2 nd sacral foramen, working with firm pressure down into and over buttocks, 5-10 mins	Light pressure (small circles with thumb) bilaterally from SP 6 - up to base of calf muscle, 5 mins	Firm pressure holding and releasing as feels comfortable bilaterally, 5 mins	Hold Kid 1 with index finger place thumb base of big toe on top of foot. Small circles with thumbs up 2 cms, 5 mins.

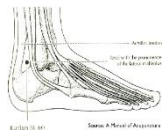


Table 2. Acupressure points to prepare for medical induction 3-4 days prior to induction date

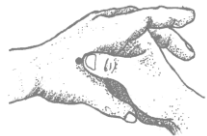

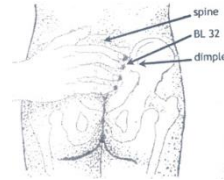

GB 21	BL 32	KID 1/LIV 3	LI4	SP 6
				
Every day 3-4 days prior to medical induction				
Stronger pressure with thumbs/elbows over GB 21 twice a day for 5-10 mins	Strong pressure twice a day into BL 32 working down into buttocks for 5-10 minutes	Firm pressure twice a day for 5-10 mins	Firm pressure 1-2 minutes every 2 hours Can use opposite side to SP 6	Firm pressure 1-2 minutes every 2 hours Can use opposite side to LI 4

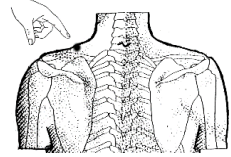
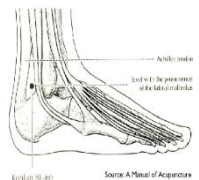
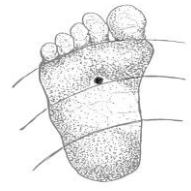
Labour Preparation for a Medical induction due to PROM


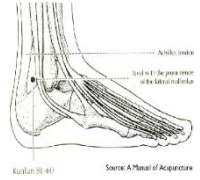



When labour needs to start as soon as possible acupressure can be used as above in table 2 with the addition of BL 67 if the baby is in a posterior position.

For specific actions during labour

Posterior Baby		
BL 60	SP 6	BL 67
		
Pressure 5-10 mins	Pressure 5-10 mins	Press needles, tapping finger nails

To enhance contractions	Dilate the cervix	To assist Cervical Lip	
LI 4	SP 6	BL 32	SP 6
			
Pressure 1-2 mins	Pressure 1-2 mins	Pressure 1-2 mins	Pressure 1-2 mins

To aid descent into pelvis	For fear /Transition	
GB 21	BL 60	KID 1
		
Pressure 1-2 mins	Pressure 1-2 mins	Pressure as required

To encourage delivery placenta			'After Pains'	'Let down'
GB 21	BL 60	LI 4	SP 6	GB 21
				
Pressure 1-2 mins	Pressure 1-2 mins	Pressure 1-2 mins	1-2 mins as baby latches	Beginning of breast feed

Further information and free videos for these acupressure points are available:

<http://acupuncture.rhizome.net.nz/acupressure/>

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

Phone app: <https://itunes.apple.com/gb/app/acupressure-for-natural-pain/id604942630>