

Self-stimulating Acupuncture points for Pain Relief in Labour

Optimising your bodies beneficial responses

Although many of acupressure techniques on this website involve support people stimulating the acupuncture points, I have received positive feedback from women who used these points on themselves.

In these unprecedented times when you may be facing restricted choices about who can be present during your labour, please find below my suggestions for how you can still achieve beneficial acupressure stimulation.

Further information on using acupressure to prepare for labour and what to do if you require a medical induction can be found <https://acupuncture.rhizome.net.nz/acupressure/>

For Pain relief in labour

Comb pressure on the Palm of your hand



<https://www.youtube.com/watch?v=F4RhGqBSP4k>

LI 4



<https://www.youtube.com/watch?v=cKxBsmKDv>

The use of a comb to apply pressure on the palm of your hand where it meets your fingers was adapted from a Russian article using combs on women's feet during labour! Using a comb and applying pressure to LI 4 are techniques frequently reported by women as beneficial in early labour.

BL 32



<https://www.youtube.com/watch?v=vmIHaisOtyY>

The Buttock Point



<https://www.youtube.com/watch?v=XpuSAqPee1S>

Women have reported using the knuckle or thumb of one hand during contractions reduced the intensity and enabled them to continue tasks such as preparing meals, and in one case helping her husband set up the birthing pool! Women have also used these points by using tennis ball against a wall to lean back into during a contraction

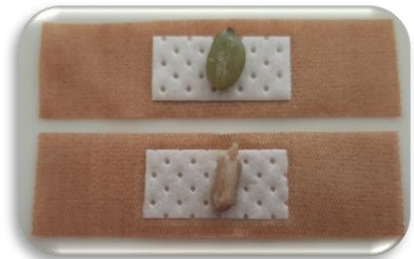
GB 21



<https://www.youtube.com/watch?v=XjuQadqgkY8>

Women have reported using GB 21 on themselves at home as they carry on with daily activities, a useful point when they are in the bath and when in the car travelling to hospital.

KID 1



<https://www.youtube.com/watch?v=Ry82TMPk7JE>

Women have also reported how pleasant it was to wear sea sickness bands with the 'button' applying pressure to KID 1 as they move around in early labour and then squat in the second stage. If you do not have sea sickness bands, you could use a pumpkin or sesame seed on a plaster/tape as illustrated above. Please note that whatever you use to apply pressure it should feel pleasant and discontinued if it feels painful or uncomfortable.

SP 6



<https://www.youtube.com/watch?v=MdK61TSSKD4>

This point can be self-stimulated by using an almond on a plaster over the point and stimulating with your heel. This point often elicits a strong achy sensation which is desired but reduce pressure if it feels too uncomfortable!



You can stimulate SP 6 and BL 67 in labour to encourage optimal positing

This may be practically relevant if you have a baby in a posterior position or with a deflexed head

SP 6



<https://www.youtube.com/watch?v=MdK61TSSKD4>



As above SP 6 can be stimulated with an almond on a plaster applied to the point and then stimulated with the heel of your other foot.

BL 67



<https://www.youtube.com/watch?v=Y-SHFxdSkRc>



BL 67 can be stimulated with a pepper corn on a plaster applied and wrapped around the little toe. This can then be tapped with the heel of your other foot.

These points can be stimulated between contractions for 1-2 mins. While not all babies are able to turn if useful your contractions should become more regular and you will experience reduced back pain.

I welcome any feedback you may have from using these techniques Debra.betts@rhizome.net.nz

Further information on point location for each point and using acupressure from 36 weeks as labour preparation, for assisting induction of labour can be found at <https://acupuncture.rhizome.net.nz/acupressure/>

Further information is 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>