

Self-stimulating Acupuncture points for Pain Relief in Labour

Optimising your bodies beneficial responses

Although many of acupressure techniques involve support people stimulating the acupuncture points, I have also received positive feedback about use these points without support people.

In these unprecedented times of Covid 19 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 where they were using combs on women's feet during labour! I first used a comb during my own labour and this and applying pressure to LI 4 are frequently reported as beneficial points used in early labour.

BL 32



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

The Buttock Point



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

Using your knuckle or thumb of one hand during contractions on these points may reduce the intensity of a contraction and one woman reported it enabled her to continue tasks such preparing meals and helping her husband set up the birthing pool! These points have also been stimulated by using tennis ball against a wall to lean back into during a contraction.

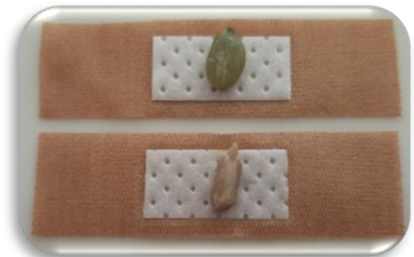
GB 21



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

GB 21 can be used on yourself at home in early labour and is also reported and as a useful easy to access point when travelling to hospital, coming into the second stage of labour.

KID 1



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

You can wear a sea sickness bands with the 'button' applying pressure to KID 1 as you move around in early labour and also if squatting 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 this with your heel as in the illustration. This point often elicits a strong achy sensation which is desired, but please reduce the pressure if it feels too uncomfortable!



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

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

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 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>

Please reference all images <https://acupuncture.rhizome.net.nz/acupressure/>