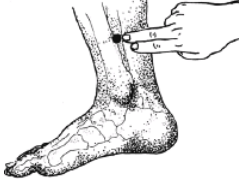
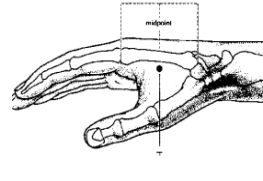
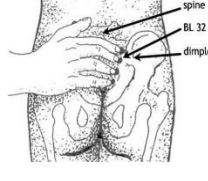
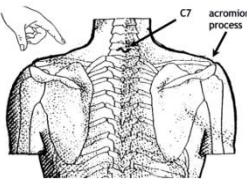


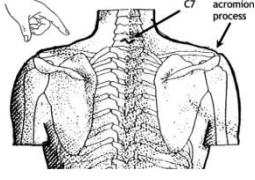
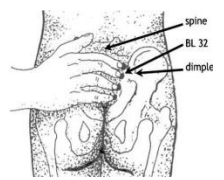
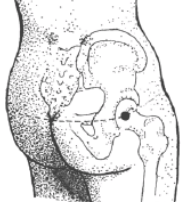
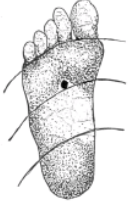
# ACUPRESSURE: FOR THE PERINATAL EXPERIENCE

## 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


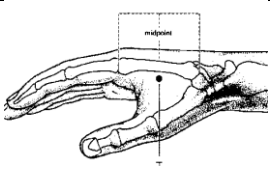
GB 21 during contractions	BL 32 during contractions	Buttock point - contractions	KID 1 anytime, calming
			

- Also the use of combs in hands- during contractions

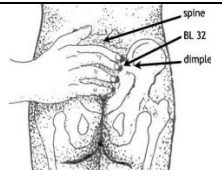

### BABIES PRESENTING WITH POSTERIOR POSITION (OP) DURING LABOUR

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

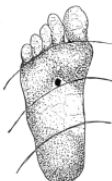
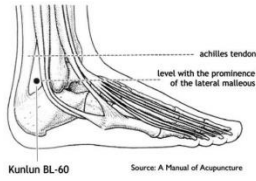
### INEFFECTIVE CONTRACTIONS DURING LABOUR

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
	

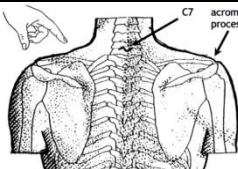
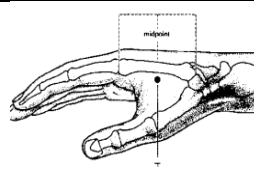
### ANTERIOR CERVICAL LIP DURING LABOUR

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

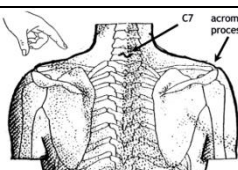
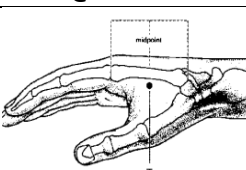
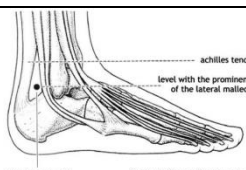
## TRANSITION

<b>KID 1 hold</b>	<b>BL60 @2-3 minutes</b>
	

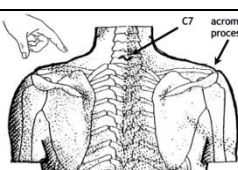

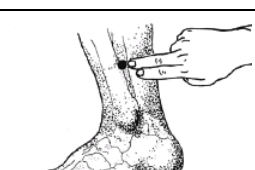
## DELAYED 2<sup>ND</sup> STAGE

<b>GB 21 @ 5-10 minutes AND</b>	<b>LI 4 @ 5-10 mins</b>
	



## RETAINED PLACENTA

<b>GB21 @ 2-3minutes</b>	<b>LI4 @ 2-3 minutes</b>	<b>BL 60 @ 2-3 minutes</b>
		

## TO PROMOTE BREASTFEEDING

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

## NAUSEA, VOMITING/ ANXIETY- PREGNANCY AND LABOUR

<b>PERICARDIUM 6 @ firm pressure/seabands</b>	<b>KID 1 hold</b>
	

This summary sheet formatted by Lyndall Mollart – Acupressure workshop facilitator Australia  
[www.maternity-reflexology.net](http://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>