

# **Acupressure for Birth Workers**

**By: Jetta Harris, L.Ac.**

## Large Intestine (Li) 4



### Location:

- On the back of the hand, in the soft space between the thumb and index finger. When the thumb is closed against the index finger, located at the high point of the bulge that is formed.

### Functions:

- **Contraindicated during pregnancy until labor preparation and beyond**
- Induces Labor, Relieves Pain

## Large Intestine (Li) 11



### Location:

- With the elbow bent, on the outer (lateral or thumb) side of the arm, at the end of the crease that is formed. Alternatively, midway between the tendon felt in the crease of the elbow and the bone on the outer side (not the point or olecranon) of the elbow.

### Functions:

- Clears Heat, Regulates Qi and Blood

### **Stomach (St) 36**



#### **Location:**

- One finger breadth from the outer border (pinkie toe side) of the tibia (shin bone), 4 fingers down from the “eye” of the knee.

#### **Functions:**

- Harmonizes the Stomach, Resolves Dampness, Tonifies qi, Nourishes blood, Clears fire, Calms the spirit

### **Stomach (St) 37**



#### **Location:**

- One finger breadth from the outer border (pinkie toe side) of the tibia (shin bone), 4 fingers down from St36 (8 fingers down from the “eye” of the knee).

#### **Functions:**

- Regulates the Intestines

### **Stomach (St) 44**



#### **Location:**

- Top of foot, at the webbing of the toes between 2<sup>nd</sup> and 3<sup>rd</sup> toes.

#### **Functions:**

- Clears heat from the Stomach channel, Calms the spirit

### **Spleen (Sp) 6**



#### **Location:**

- Inside of the lower leg, 4 fingers up (towards the knee) from the inner ankle.

#### **Functions:**

- **Contraindicated during pregnancy until labor preparation and beyond**
- Induces Labor

### Spleen (Sp) 9



#### Location:

- Inside of the lower leg, in the tender depression below the top of the tibia (shin bone). Run your finger up toward the knee from the inner ankle bone until it stops.

#### Functions:

- Edema, Swelling of the lower limbs

### Heart (Ht) 6



#### Location:

- Inside (palm side) of the wrist, about a pinky width up from where the wrist meets the palm, just on the inside of the tendon that runs along the pinky side/edge of the wrist.

#### Functions:

- Calms the spirit, Alleviates night sweating



### Heart (Ht) 7



**Location:**

- Inside (palm side) of the wrist, where the wrist meets the palm, just on the inside of the tendon that runs along the pinky side/edge of the wrist.

**Functions:**

- Calms the spirit

### Small Intestine (Si) 1



**Location:**

- Outer side of the pinky finger, next to the corner of the base of the fingernail.

**Functions:**

- Promotes lactation and benefits the breasts

## Urinary Bladder (Ub) 32



### Location:

- On top of the second sacral foramen. Locate the sacrum in the middle of the back, base of the spine, overlapping the top of the pelvis. Look for the depressions, finding the 2nd set.

### Functions:

- **Contraindicated during pregnancy until labor preparation and beyond**
- Relieve labor pain

## Urinary Bladder (Ub) 40



### Location:

- On the back of the knee, midway between the tendons, in the middle of the crease.

### Functions:

- Benefits the lumbar region, stops pain

## Urinary Bladder (Ub) 57



### Location:

- On the back of the calf, in the depression where the finger stops when moving up from the achilles tendon. In the depression at the base of the belly of the calf muscles.

### Functions:

- Treats hemorrhoids, Alleviates pain in the channel, Benefits the calf and heel

## Urinary Bladder (Ub) 60



### Location:

- On the outer side of the ankle, in the depression between the achilles tendon and outer ankle bone.

### Functions:

- **Contraindicated during pregnancy until labor preparation and beyond**
- Promotes labor



## Urinary Bladder (Ub) 67



### Location:

- On the top of the little toe, outer edge, next to the corner of the toenail.

### Functions:

- **Contraindicated during pregnancy until labor preparation and beyond**
- Turns the fetus
- Facilitates labor

## Kidney (Kd) 1



### Location:

- On the bottom of the foot, in a depression when a finger moves from the heel toward the toes, near the ball of the foot. If the foot is divided into thirds, where the bottom  $\frac{2}{3}$ 's meet the top  $\frac{1}{3}$ .

### Functions:

- Calms the spirit

### Kidney (Kd) 6



**Location:**

- About one thumb breadth below the inside ankle bone, in a groove-like depression.

**Functions:**

- Calms the spirit, Clears deficiency heat, Benefits the throat

### Kidney (Kd) 9



**Location:**

- A soft area on the inner area of the lower leg, about where the finger stops when drawing a line from the area between the inner ankle bone and the Achilles tendon, toward the inner tendon of the back of the knee.

**Functions:**

### Pericardium (Pc) 6



**Location:**

- On the palm or inner side of the forearm, about 2 thumb breadths up from the wrist crease, between the tendons.

**Functions:**

- Unbinds the chest and regulates qi, Regulates the Heart and calm the spirit, Harmonizes the Stomach and alleviates nausea and vomiting

### San Jiao (Sj) 3



**Location:**

- In the depression on the top (back) of the hand, between and just behind the knuckles of the 4<sup>th</sup> and 5<sup>th</sup> fingers.

**Functions:**

- Clears heat, Alleviates pain

### Gallbladder (Gb) 21



#### Location:

- On top of the high point of the trapezius muscle, midway between the tip of the shoulder and C7/T1. Have the client lean head forward/down to find the most prominent part of the spine on the back of the neck.

#### Functions:

- **Contraindicated during pregnancy until labor preparation and beyond**
- Benefits the breasts, Expedites delivery

### Gallbladder (Gb) 30



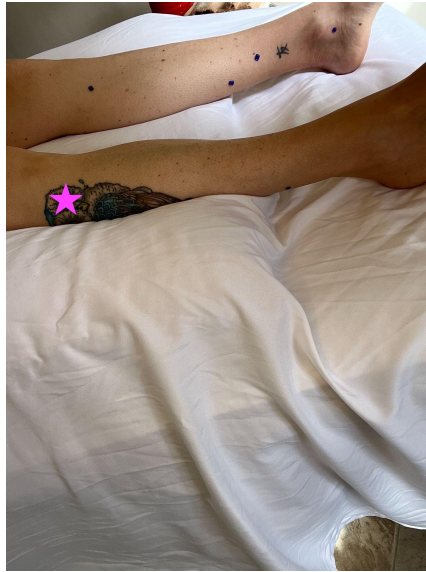
#### Location:

- Find the hip (top of femur on side of pelvis). Find the sacrum. Divide the line between these two spots into thirds. Point is located where the 2/3<sup>rd</sup>'s closest to the sacrum meet the remaining 1/3 closest to the hip.

#### Functions:

- Activates the channel and alleviates pain

### Gallbladder (Gb) 34



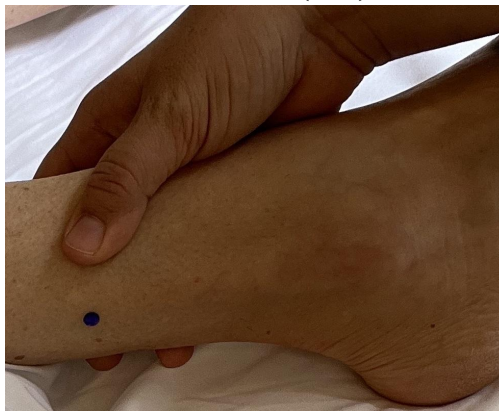
#### Location:

- In the soft depression just below the head or top of the fibula on the outer side of the lower leg. Trace the bone from the ankle to the knee by starting with a finger on either side of the outer ankle bone and moving upward. One finger should stop just shy of the top of the bone.

#### Functions:

- Benefits the sinews and joints, Activates the channel, and alleviates pain

### Gallbladder (Gb) 39



#### Location:

- Four fingerbreadths up from the outer ankle bone, just off the bone to the front or back.. Ask the client if the area on the frontside or backside of the bone is most tender and use which one is indicated.

#### Functions:

- Benefits the neck



## Liver (Lv) 2



### Location:

- Top of foot, at the edge of webbing between 1<sup>st</sup> and 2<sup>nd</sup> toes

### Functions:

- Clears heat, Spreads Liver qi, Clears Liver fire

## Liver (Lv) 3



### Location:

- Top of foot, in the soft (commonly tender) area between the bones of the 1<sup>st</sup> and 2<sup>nd</sup> toes – draw a finger from the webbing toward the ankle, to the area where the bones of the toes meet.

### Functions:

- Spreads Liver qi, Nourishes Liver blood, Clears the head and eyes



## Ren 12



### Location:

- On the abdomen (belly) of the client. First locate where the ribs meet (sternocostal angle), near the middle of the chest. Divide the line between this area and the belly button in half – location is in the middle.

### Functions:

- **Contraindicated during pregnancy until labor preparation and beyond**
- Harmonizes the middle jiao and descends rebellion

## Du 20



### Location:

- On top of the head. Use fingers to connect the back of each ear at the top of the head. Then, check that you're centered based on being in line with space between the eyebrows.

### Functions:

- Counters prolapse, Nourishes the sea of marrow, Benefits the brain and calms the spirit

## Du 24



### Location:

- Just inside the hairline, at the midpoint (above the area between the eyebrows).

### Functions:

- Benefits the brain and calms the spirit

## Extra Point: Luo Zhen



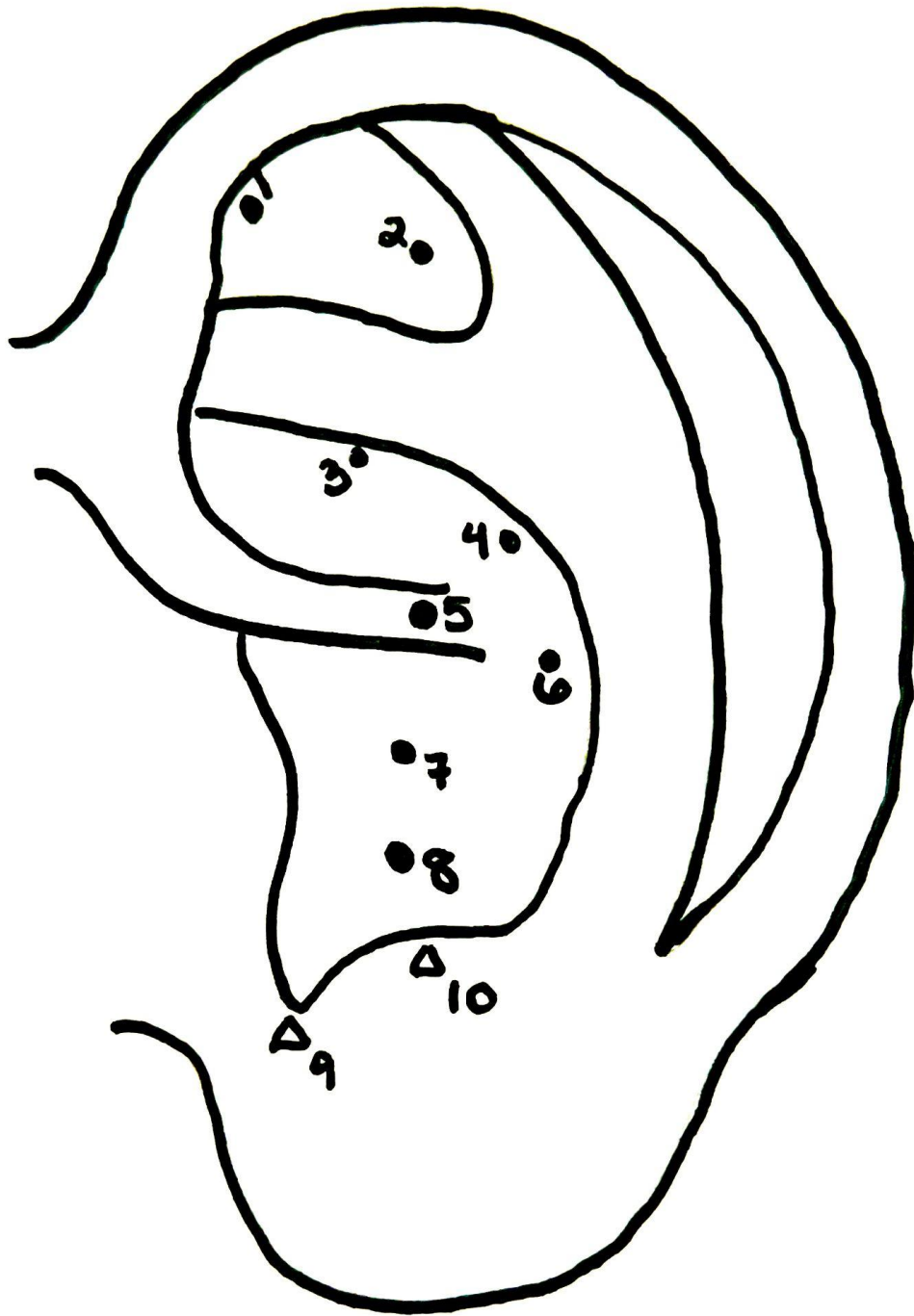
### Location:

- On the back of the hand, between the bones of the 2<sup>nd</sup> and 3<sup>rd</sup> fingers, just behind the knuckles.

### Functions:

- Invigorates qi and blood in the neck region

## Ear (Auricular) Map



1. Uterus
2. Shen Men
3. Kidney
4. Liver
5. Point Zero

6. Spleen
7. Heart
8. Lung
9. Endocrine
10. Thalamus