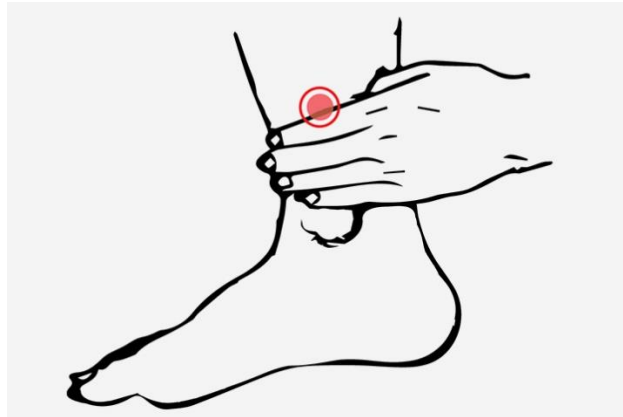


Acupressure Points to: Induce, Augment, and Provide Pain Relief During Labor

Spleen 6 Point

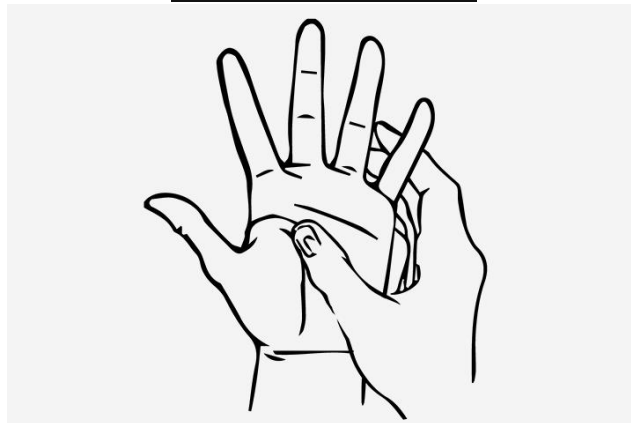


Use: This point is known to shorten the labor process and reduce pain. Acupressure experts also believe that it helps encourage labor process by causing cervical ripening and contractions strengthening.

Location: On the backside of the shinbone, four cm above (or four fingers width) the anklebone

Activation: Use your index finger to apply gentle pressure on this point for a few seconds. Remove the pressure, take a one-minute break, and repeat.

Pericardium 8 Point

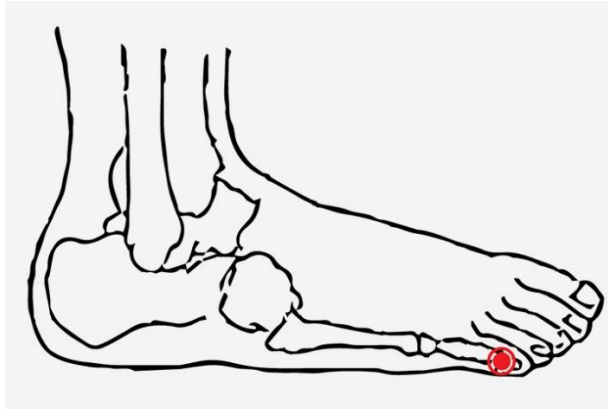


Use: It is very useful in inducing labor and is also called labor palace.

Location: In the middle of the palm region between the second and third metacarpals when you bend your middle finger.

Activation: Use the thumb of the other hand to apply gentle pressure on the point. Massage the area for a few seconds.

Bladder 67 Point

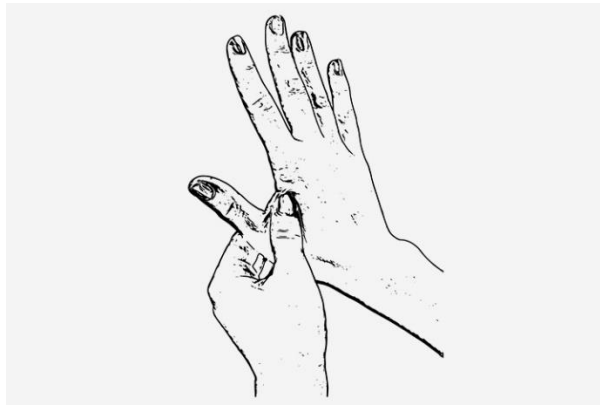


Use: It is helpful in turning the breech babies to correct position. It is also useful to stimulate uterine contractions and induce labor by bringing the baby to lower positions for birth.

Location: On the lateral side of the little toe (also known as Pinky toe), about 0.1 body inch posterior to the nail's corner.

Activation: Apply firm pressure on this point using your thumb and index fingers, as if you are pinching the toe. The pinch should be so gentle that you should not feel any pain.

Large Intestine 4 Point

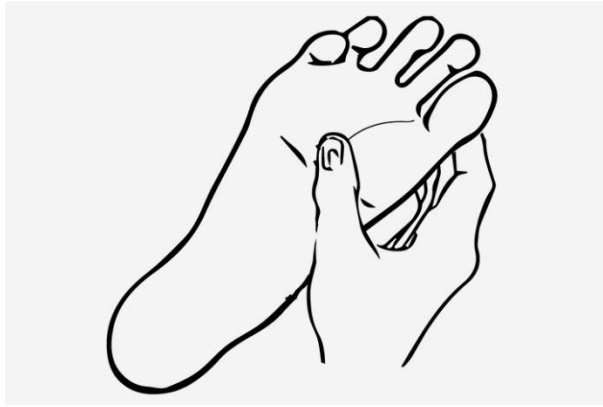


Use: Also known as Joining Valley, this point helps to stimulate and support the labor process. It makes more efficient contractions and also makes the irregular ones consistent. It also helps in relieving pain and strengthens immunity.

Location: On the back of the hand in between the webbing of your thumb and index finger about one inch above the web

Activation: Apply firm pressure using the thumb of your other hand and massage for one minute. Remove the pressure, take a break, and repeat.

Kidney 1 Point

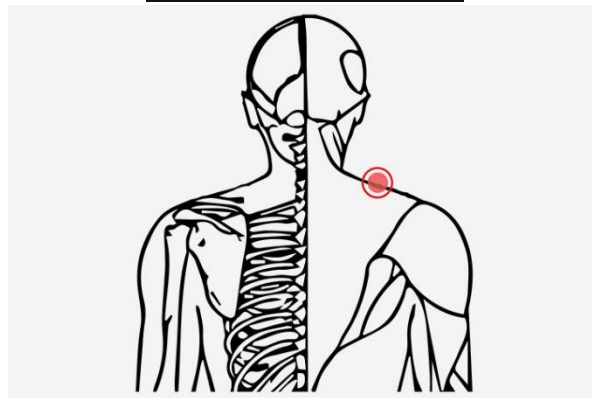


Use: This foot pressure point offers a great relaxing effect, and you can use it at any time of the labor. It produces a calming effect during the transition, and the best pressure point to use when you are positioned on your knees. It is useful when your labor brings in mixed feelings of panic.

Location: In the depression that appears on the sole, when the foot is in plantar flexion (movement of the foot where toes or foot flex downward towards the sole). It lies at the junction of the anterior and middle toes of the sole.

Activation: Apply firm pressure on this point for some time and then release. Give a break and repeat.

Gallbladder 21 Point



Use: It will stimulate contractions and, therefore, make the baby descend quickly into the pelvic region. It also provides relief from labor pain.

Location: On the top of the trapezius muscle, directly above the nipple, i.e., the peak region of the shoulder situated a little far away from the neck

Activation: Apply gentle pressure and massage the area towards downwards.

Liver 3 Point

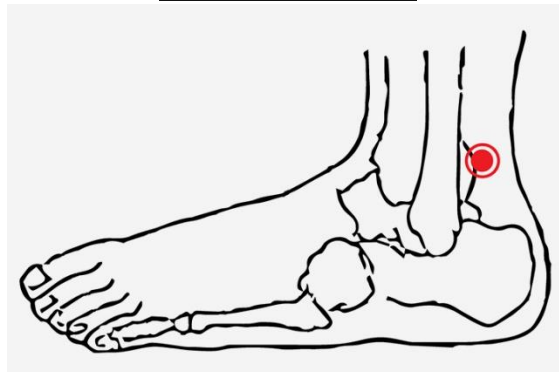


Use: This pressure point on feet is helpful for relieving lower back pain during labor. It is also beneficial for menstrual cramps, anxiety, and insomnia.

Location: On the top of the foot in between the big toe and second toe, about two to three cms away from these toes

Activation: Use your thumb to apply gentle pressure on the point for a few seconds.

Bladder 60 Point



Use: This pressure point is useful for encouraging the baby birth process, easing labor pain, and reducing any obstructions.

Location: Behind the ankle joint, in between the prominence of lateral malleolus (outer side of ankle formed by the lower end of the fibula) and the muscle of Achilles.

Activation: Apply firm pressure using your thumb, and massage the area for a few minutes.