

## Natural pain relief techniques for childbirth using



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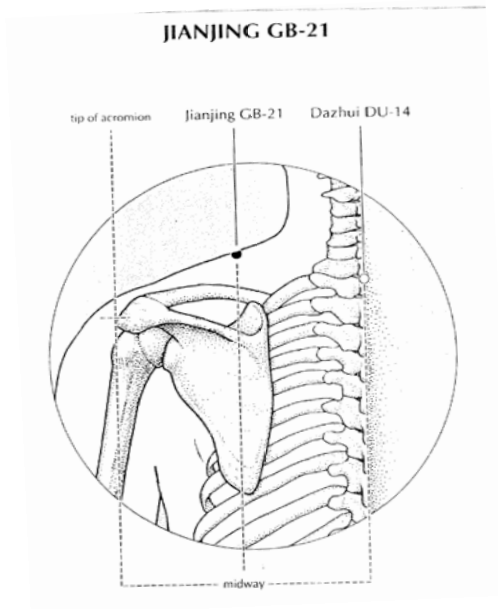
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Reference: The Essential Guide to Acupuncture in Pregnancy &  
Childbirth (Debra Betts)

[www.acupressure.rhizome.net.nz](http://www.acupressure.rhizome.net.nz)

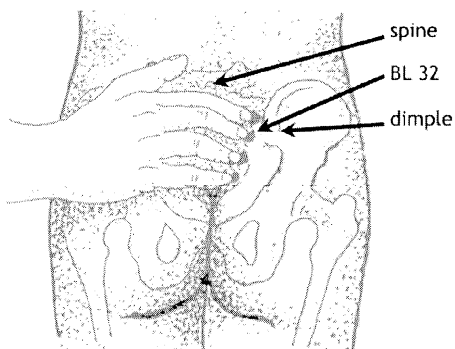
# ACUPUNCTURE POINTS FOR PAIN RELIEF IN LABOUR

## GB-21

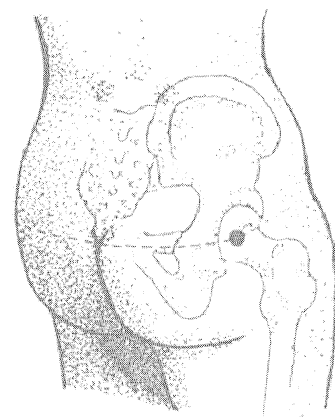


- **Has a descending action**
- **Use prior to and during breastfeeding to encourage milk flow**
- **Expedites delivery**
- **Pushes baby down birth canal in second stage of birth**

## BL-32

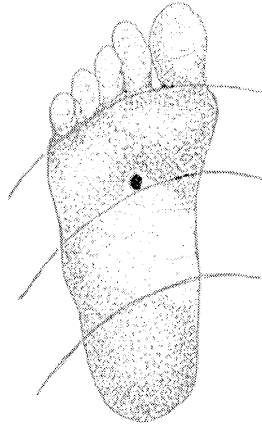


## Buttock Point



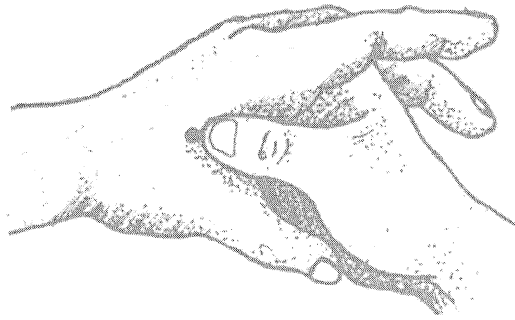
- **Use during contractions**
- **Promotes dilation**
- **Helps to prevent lumbo- sacral pain**

- **KID-1**



- **Calming Point**
- **Can use at any time during labour**

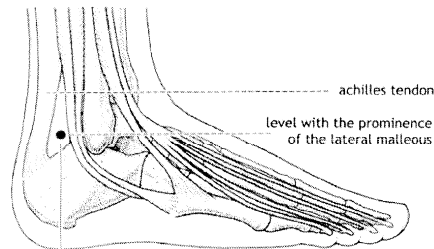
**L.I.-4**



- **Increases the frequency and intensity of contractions**
- **Provides pain relief during labour**
- **Assists baby to move down birth canal**
- **Use if woman is tired and not pushing effectively**

## **BL-60**

**Located on the external ankle**



Kuntun BL-60

Source: A Manual of Acupuncture

- **Provides pain relief during labour**

## **Sp -6**

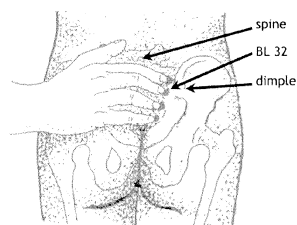
**Located above the internal ankle**



- **Delayed, prolonged or difficult birth**
- **Helps the cervix dilate**
- **Helps contractions strengthen**
- **Use in early labour**

## **Acupressure to Induce Labour**

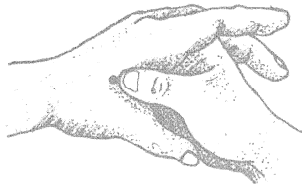
- **If a woman's membranes have ruptured (the water breaks)**
- **L.I.-4, SP-6 and BL-32 can be used to establish the labour.**
- **Work these points continuously 5-10 mins each every 1-2 hours**



## Unestablished Labour Or Failure To Progress (Initial Stage)

- These combinations of points are effective for contractions and cervical dilation.
- SP-6 and L.I.-4

L.I.-4

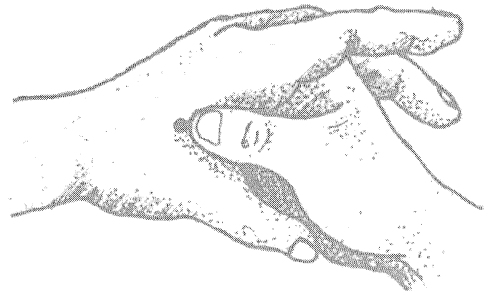
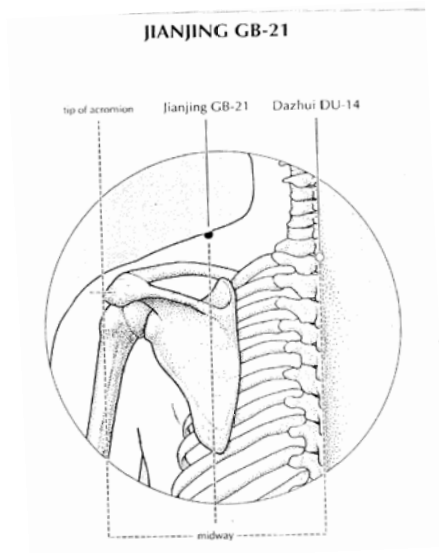


SP-6



## Failure To Progress During Second Stage

- For problems pushing the baby down the birth canal.



# POSTERIOR POSITION

## KUNLUN BL-60 IN COMBINATION WITH SANYINJIAO SP-6



These points can be used together, placing pressure on Kunlun BL-60 for up to two minutes followed by pressure to Sanyinjiao SP-6 for up to two minutes, preferably both legs are used so that in total four points are utilised.

**Place a intradermal needle on end of the little toe**

## Guidelines for applying pressure on the points

**Use leaning pressure**

**Apply a lot of pressure during labour and more pressure as mother feels more pain**

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## TESTIMONIALS

"I found using acupressure during labour brilliant. Having used acupressure I wouldn't even consider being in labour without it. The difference was amazing - I felt a lot calmer and able to cope and much more relaxed. It was really good for me to have my partner so closely involved with each contraction - I felt connected and supported. Acupressure helped me stay focused and calm. Acupressure is safe, effective, natural and I was in control. An ideal pain management technique."

**Sarah Doherty, Wellington**

"When I went into labour with my second child, I used the acupressure points thinking they would take the edge off the pain at least. It wasn't until I had a contraction while my husband was loading the car that I realised just how effective they were! They halved the pain and allowed me to feel more in control of things. It was easy to learn them and meant my husband got to do something very useful during the birth. The labour felt much quicker since the contractions didn't feel as bad as the first labour, right up to transition, which meant I only used the acupressure points and didn't need any other pain relief."

**Cathryn Skumiewski, Wellington**

"The simple technique of Acupressure enabled me to get through a short sharp labour without artificial pain relief. It also helped my partner to play an active part in the birth of our son - I've been recommending it flat out since my most positive experience with it!"

**Ruth Oliver, Wellington**

"At first I was very cynical about acupressure's ability to relieve the pain of childbirth, but as soon as my partner's contractions began, it was obvious that this was really effective. She almost seemed to enjoy the contractions, as long as I was pressing very hard indeed on the right spots and not letting up for an instant. This was also the ideal way for me to feel fully involved in the birth and not get too panicky. We had a trouble-free, doctor-free labour and birth and we now have a beautiful, healthy, happy son. I'd recommend acupressure to anyone having a baby."

**Mark Derby, Wellington.**