

PRE-BIRTHING & INDUCTION ACUPRESSURE

Shown below are the five (5) main Acupuncture points used for their individual actions which help to assist a woman's body in preparing for birth.

SP 6 - SANYINJIAO

To best locate this point use four of the woman's finger widths. Place these fingers above the top of the medial malleolus and slide your finger off the edge of the tibia bone, locating the point in the depression off the edge of this bone when moving towards the inside of the leg. (The area is usually tender to touch)



ACTIONS:

- Softens and Dilates the cervix
- Assists in inducing labour

Caution: Contra-indicated during pregnancy

ST 36 - ZUSANLI

This point is found 3 cun below the knee. As with Sp 6 use four of the woman's fingers and place them directly below the bottom border of the patella. From here St 36 is one fingerbreadth lateral to the tibia bone.

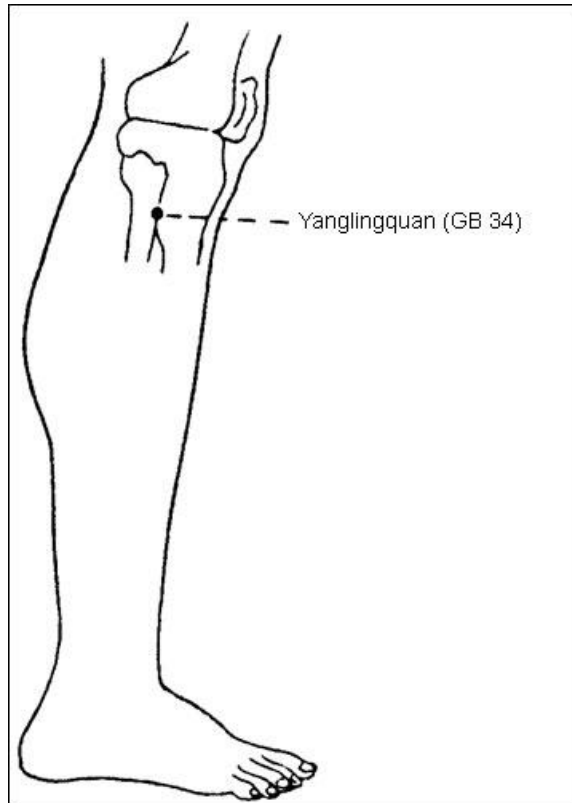


ACTIONS:

- Nourish and move qi and blood

GB 34 - YANGLINGQUAN

This point is found in the tender depression below the head of the fibula.

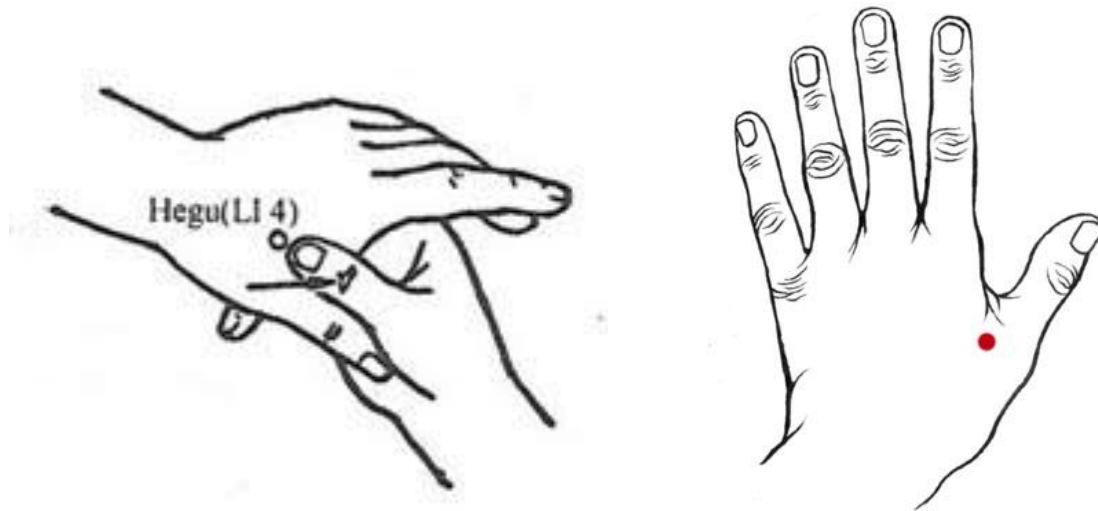


ACTIONS:

- Relax and soften the uterine ligaments prior to labour.

LI 4 - HEGU

This point is found between the metacarpal bones of the thumb and first finger on the dorsum (outer surface) of the hand. To find this point either find the midpoint of the second metacarpal bone at the area close of its radial border or bring the thumb to rest alongside the index finger and find the highest point of the muscle.



ACTIONS:

This point is used post due-date to assist in induction in conjunction with Sp 6 to assist with cervical ripening and dilation.

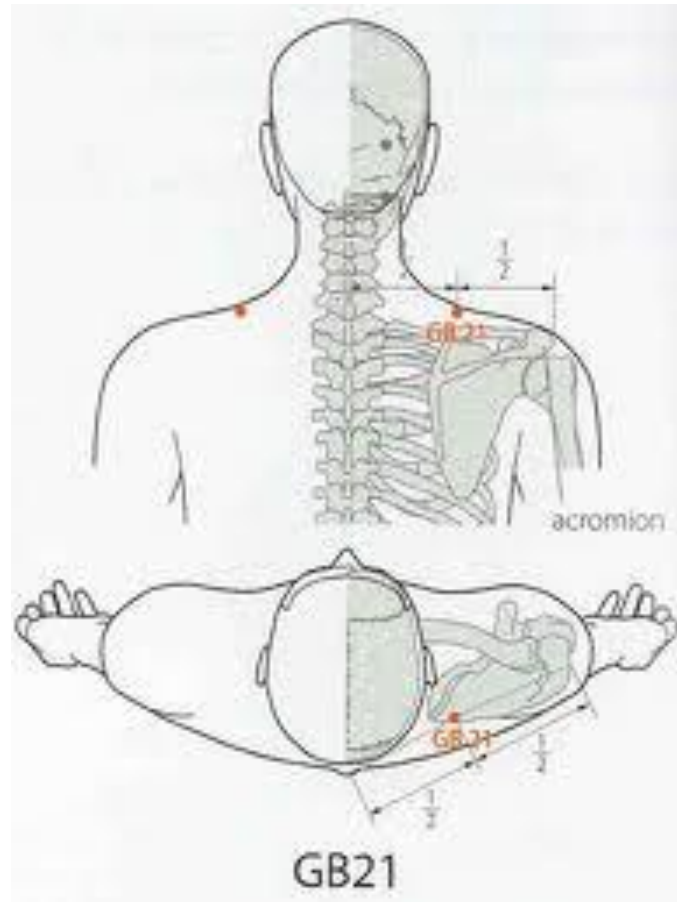
- Strong descending action to help descend foetus
- Assists in inducing labour

Only to be used post due-date.

Caution: Contra-indicated during pregnancy

GB 21 - JIANJING

This point is located midway between the bottom of the spinous process of the seventh cervical vertebra and the tip of the acromion. Therefore you would find it at the top of the trapezius muscle of the shoulder.



ACTIONS:

- Expedites Delivery as it has a strong descending action and stimulates uterine contractions.
- Strong descending effect on the uterus.

Only to be used post due-date.

Caution: Contra-indicated during pregnancy