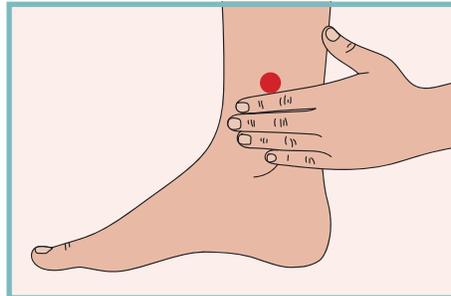


# ACUPRESSURE POINTS

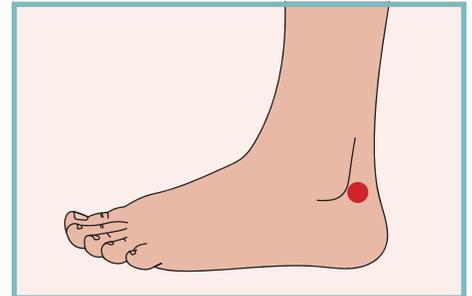
Acupressure requires physical pressure to be applied to points that run along your body's meridian system. Acupressure might increase blood flow to the uterus, influence hormonal responses, and stimulate uterine contractions. Talk to your care provider about using acupressure.



### Labor Induction

Located above the ankle, on the backside of the shinbone (lower calf). It's about the distance of four finger widths above the inner ankle bone. It's used for many conditions, including labor induction

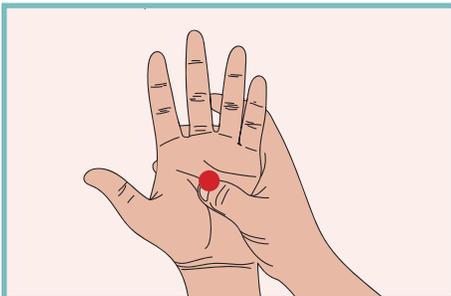
**What to do:** Use your index finger to apply firm pressure on the point for a few seconds. Take a 1-minute break before repeating.



### Ease Labor Pains

Located on the foot, in the depression between the ankle and the Achilles tendon. It's used to promote labor, ease labor pain, and reduce obstruction.

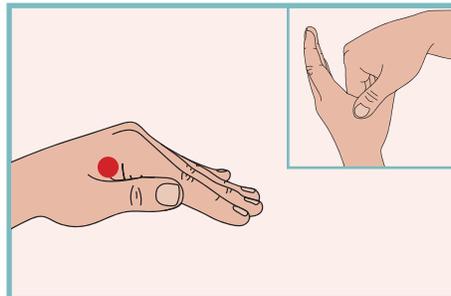
**What to do:** Use your thumb to apply light pressure and massage the point for a few minutes.



### Inducing Labor

Located in the center of the palm. You can find it easily by making a fist and finding the point where your middle fingertip touches your palm. It's very useful in inducing labor.

**What to do:** Use the thumb of your other hand to apply light pressure to the point. Massage for a few seconds.



### Ease Labor Pain

Located on the back of the hand, deep between the webbing of your thumb and pointer finger. Hegu is believed to induce labor. It may also stop pain and strengthen immunity.

**What to do:** Apply soft pressure with your thumb and massage the point for one minute, take a 1-minute break and start again.



### Stimulate Contractions

Located on the outside end of the pinky toe, near the edge of the nail. The Zhiyin point is believed to turn the fetus and stimulate uterine contractions.

**What to do:** Apply firm pressure with your thumb and index finger, as if you're pinching your toe.