<table>
<thead>
<tr>
<th>Point</th>
<th>Description</th>
</tr>
</thead>
</table>
| **Sp6 Sanyinjiao – augmentation** | - Strengthen contractions  
- Use with epidural  
- Cervical ripening  
- Posterior position  
- Cervical lip  
- After pains |
| **GB30 Huantiao – counter pressure** | - Counter pressure  
- During contractions  
- Transition  
- Pain/weakness in legs |
| **LI4 Hegu – pain relief** | - Pain relief  
- Promotes labour  
- Cervical ripening  
- Use with epidural  
- Calming |
| **Pc6 Neiguan – nausea / anxiety** | - Calming  
- Anxiety  
- Nausea/vomiting  
- Use with epidural |
| **Bi32 Cilao – pain relief/back pain** | - Pain relief  
- Cervical ripening  
- Smooth contractions |
| **Bl60 Kunlun – OP presentation** | - Posterior or malposition  
- Use with Sp6  
- Use with epidural |
| **GB21 Jianjing – downward energy** | - Cervical ripening  
- Breastfeeding  
- Postpartum bleeding |
| **Massage moderate: pain perception** | - Partners massage in labour  
- Stimulates baroreceptors under the skin  
- Regulation of ANS, cortisol reduction, emotional regulation |
| **Ki1 Yongquan – Calming anytime** | - Calming  
- Anxiety  
- Transition  
- Use anytime preg or birth |
| **Staying on the path** | Tools to support Oxytocin and endorphin release |
| **Adrenaline** | - Touch/massage  
- Eye contact  
- Feeling safe  
- Low lights  
- Warmth  
- Food and water  
- Decision making |
| **Oxytocin, Endorphins** | - Calm & Protect  
*Love Hormones* |
QUICK REFERENCE GUIDE: ACUPRESSURE FOR LABOUR & BIRTH

Labour preparation, cervical ripening

<table>
<thead>
<tr>
<th>Sp-6</th>
<th>LI-4</th>
<th>BL-32</th>
<th>GB-21</th>
<th>Massage</th>
<th>Method</th>
</tr>
</thead>
</table>
| ![Sp-6](image1.png) | ![LI-4](image2.png) | ![BL-32](image3.png) | ![GB-21](image4.png) | ![Massage](image5.png) | - Press slowly and firmly  
- Hold for 1-2 mins  
- Release gradually  
- >37 weeks’ gestation only  
- 37/40 – 1-2 x weekly  
- 38/40 – 3-4 x weekly  
- 39/40 – every day  
- 40+ - every 2 hours |

Anxiety / nausea

<table>
<thead>
<tr>
<th>KI-1</th>
<th>PC-6</th>
<th>LI-4</th>
<th>Method</th>
</tr>
</thead>
</table>
| ![KI-1](image6.png) | ![PC-6](image7.png) | ![LI-4](image8.png) | - Press slowly and hold gently or firmly as desired  
- Hold until anxiety or nausea eases  
- Release gradually  
- Can use Ki1 and Pc6 anytime  
- LI4 >37 weeks’ gestation only |

Pain relief

<table>
<thead>
<tr>
<th>Sp-6</th>
<th>LI-4</th>
<th>BL-32</th>
<th>Massage</th>
<th>GB-30</th>
<th>Method</th>
</tr>
</thead>
</table>
| ![Sp-6](image9.png) | ![LI-4](image10.png) | ![BL-32](image11.png) | ![Massage](image12.png) | ![GB-30](image13.png) | - Press slowly and firmly to tolerance  
- Hold, squeeze or massage for length of contraction or as long as wanted  
- Release gradually |

Posterior/breech during pregnancy

<table>
<thead>
<tr>
<th>Sp-6 Sanyinjiao</th>
<th>BL-60</th>
<th>BL-67</th>
<th>Moxa</th>
<th>Turning mal-position</th>
</tr>
</thead>
</table>
| ![Sp-6 Sanyinjiao](image14.png) | ![BL-60](image15.png) | ![BL-67](image16.png) | ![Moxa](image17.png) | - Ideal 34-37 / 40  
- Muscle relaxation (Spleen)  
- Move St Qi / Lv Qi  
- Hold moxa 20 mins over Bl-67  
- Repeat for 10 days and assess  
- Can continue for 5 more days |

Second stage of labour

<table>
<thead>
<tr>
<th>GB-21</th>
<th>LI-4</th>
<th>BL-32</th>
<th>Method</th>
</tr>
</thead>
</table>
| ![GB-21](image18.png) | ![LI-4](image19.png) | ![BL-32](image20.png) | - GB21 Press slowly and hold gently while on hands and knees or sitting/squatting/lying  
- LI4 Pain management and regulation during transition  
- BI32 Pain management press with body weight while standing or sitting or lying |