

Acupressure for Neck Pain

What is acupressure?

Acupressure has long been used in traditional Chinese medicine. It is like acupuncture, but without needles. During acupressure, the caregiver puts gentle pressure on certain areas of the body to relieve symptoms such as pain, nausea, and anxiety. Acupressure does not replace your regular medical treatment plan or emergency care, but can be safely used with your current therapies.

The names of the points don't always match the location on the body. For example, some acupressure points are named after organs (such as the stomach and liver).

Is it safe?

Yes. There are very few risks to using acupressure on a child or adult. **Certain acupressure points should not be used during pregnancy.** See the instructions for specific sites for more information.

What are the risks?

There are very few risks to using acupressure on a child or adult. **Hard or deep pressure is not needed and not recommended.** Pressing too hard may bruise the skin and cause pain.

How is it done?

You can do acupressure on yourself, or on someone else. Don't worry about hitting the exact location. You can still get relief if you are close to the desired acupressure point.

- **Relax your body.** Try to get rid of distractions. Take a few deep breaths.
- **Apply gentle pressure to the points.** If you feel pain, lighten pressure to avoid bruising.
- **Follow the 5-point method.** Hold each point for 1 minute.

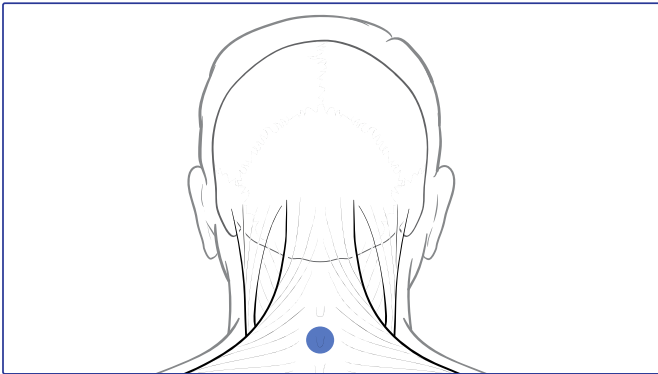
See instructions on [page 2](#).

Notes

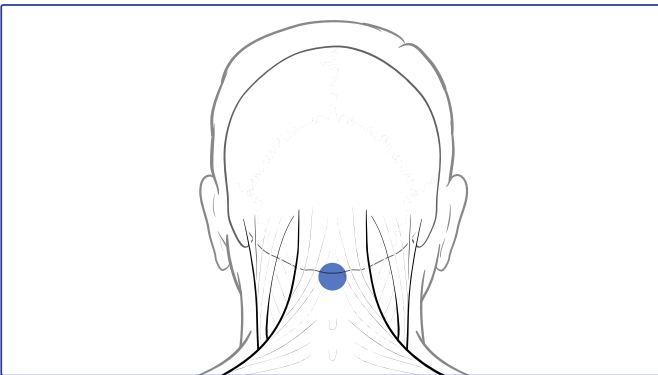
5 points in 5 minutes:

Hold the points on both the right and left sides of the body.

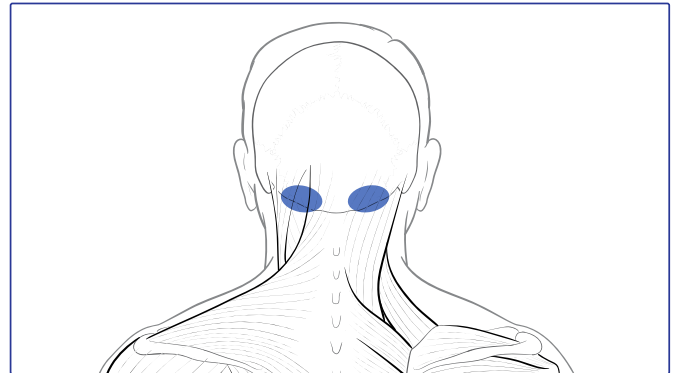
Governing vessel 14 (Strike the Great Vertebrae with Importance): Place your thumb or index finger on the spine at the base of the neck.



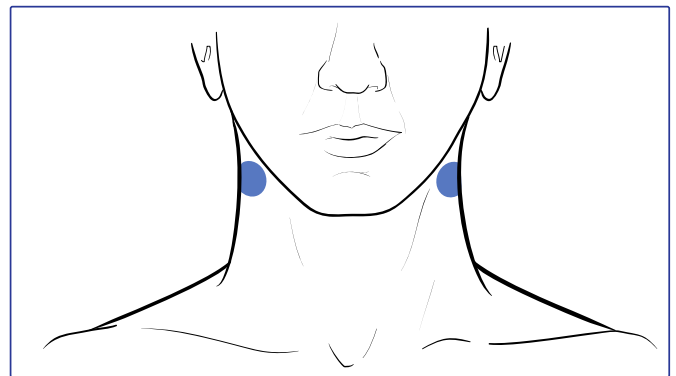
Governing vessel 16 (Palace of the Wind): Place the index finger at the center of the base of the skull.



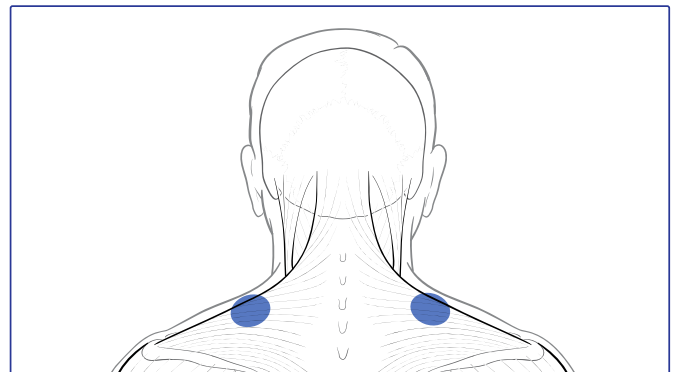
Gallbladder 20 (Reserves of the Wind): Place the thumb or index finger at the base of the head on either side of the muscle that attaches to the base of the skull.



Large intestine 18 (Supported Rushing Forward): Place the index finger at the base of the head on either side of the muscle that attaches to the base of the skull.



Gallbladder 21 (Shoulder Well): Place your thumbs midline at the base of the neck where it meets the top of the shoulders. **Do not do this acupressure point during pregnancy.**



Intermountain Health complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Se proveen servicios de interpretación gratis. Hable con un empleado para solicitarlo. 我們將根據您的需求提供免費的口譯服務。請找尋工作人員協助。

© 2022-2024 Intermountain Health. All rights reserved. The content presented here is for your information only. It is not a substitute for professional medical advice, and it should not be used to diagnose or treat a health problem or disease. Please consult your healthcare provider if you have any questions or concerns. FS721 - 11/24 (Last reviewed - 05/22) Also available in Spanish.