

Acupressure for Low Back 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.

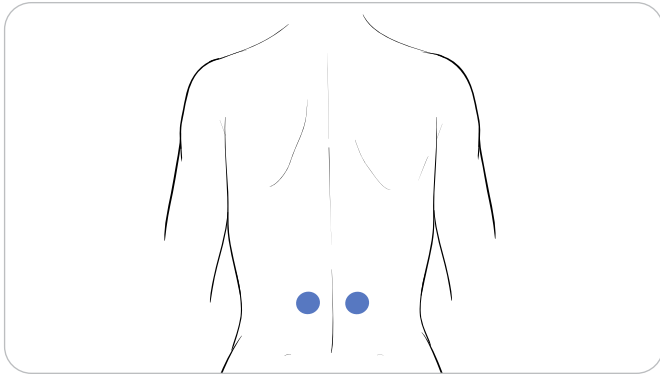
See instructions on [page 2](#).

Notes

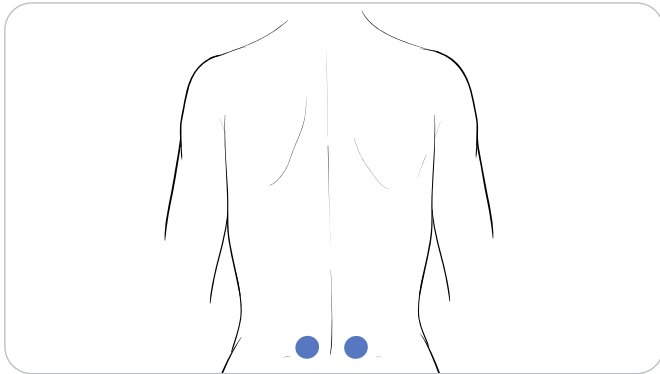
5 points in 5 minutes:

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

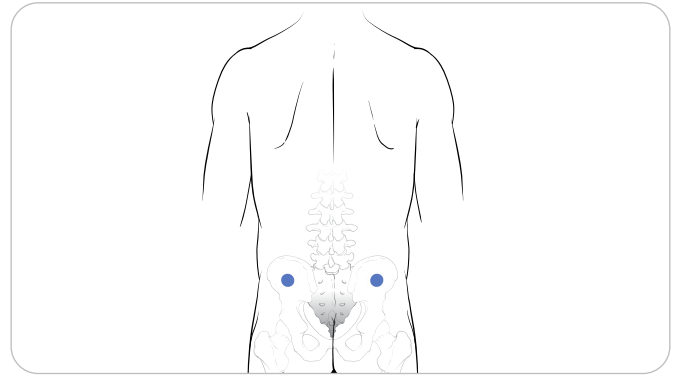
Bladder 23 (Vital Transfer to the Kidneys): Use your fingers to gently press on both sides of the spine at the waist.



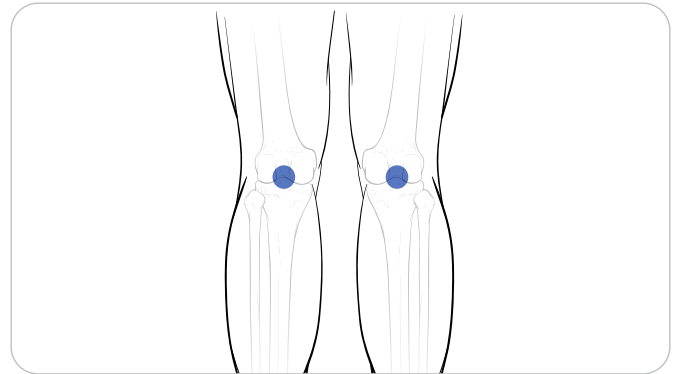
Bladder 25 (Vital Transfer to the Large Intestines): Place your thumbs 4 finger-widths below the Bladder 23 point.



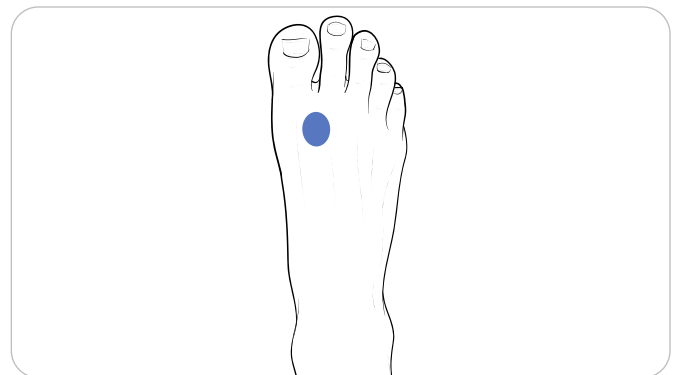
Bladder 53 (Serve and Balance the Dynamic Yang Movement): Place your thumbs 4 finger-widths on both sides of the sacrum (tailbone).



Bladder 40 (Middle of the Crook): Place your index finger or thumb midline on the back of the knee directly behind the kneecap.



Liver 3 (Supreme Surge Forward): Use your thumb and index finger to gently squeeze 1 finger-width below the webbing between the big and second toes.



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