

Acupressure for Common Symptoms

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.
- **Hold each point for 1 minute.**

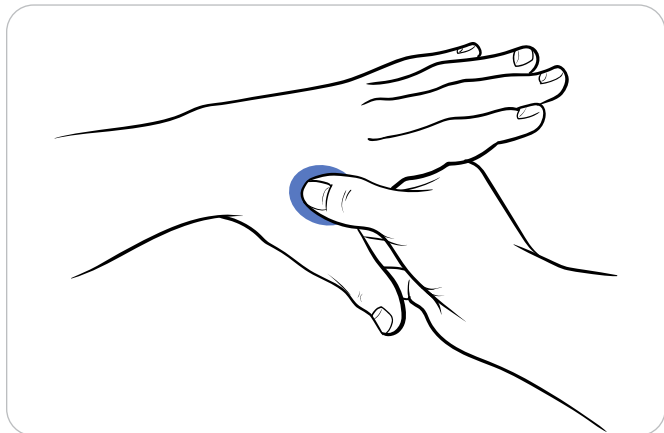
See instructions on [page 2](#).

Notes

Acupressure point locations

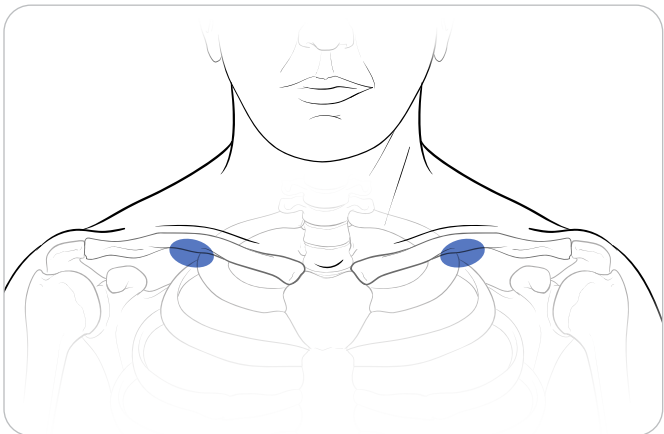
General pain

Large intestine 4: Place your thumb and fingers on the soft spot between the thumb and index finger. **Do not do this acupressure point during pregnancy.**



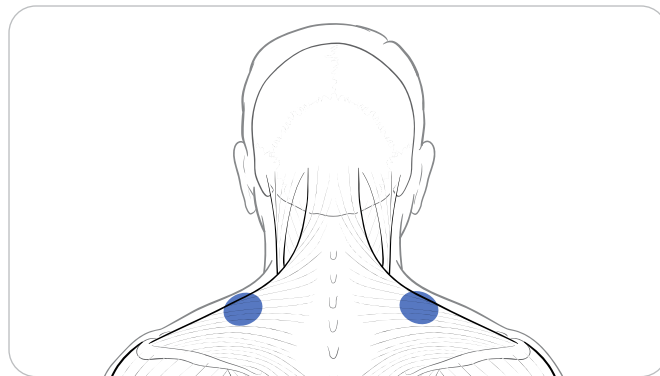
Improve breathing

Stomach 13: Place the finger in the middle of the lower edge of the collar bone. **Should not be used in asthma attacks or other emergency situations.**



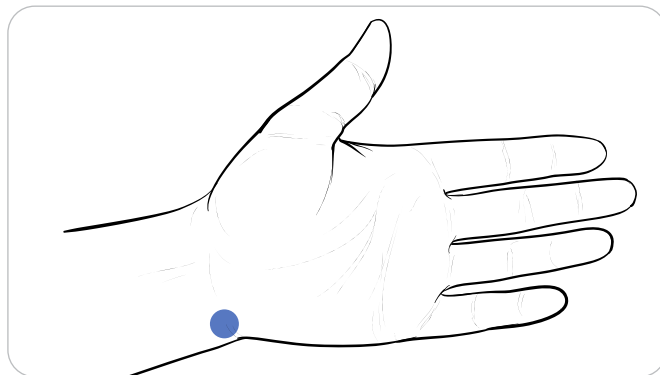
Relieve stress

Galbladder 21: Lightly press at the top of the shoulder where it meets bottom of the neck. **Do not do this acupressure point during pregnancy.**



Ease anxiety

Heart 7: Place your index finger on the pinky side of the crease of the wrist and in the soft spot between the two tendons on the outside of the wrist.



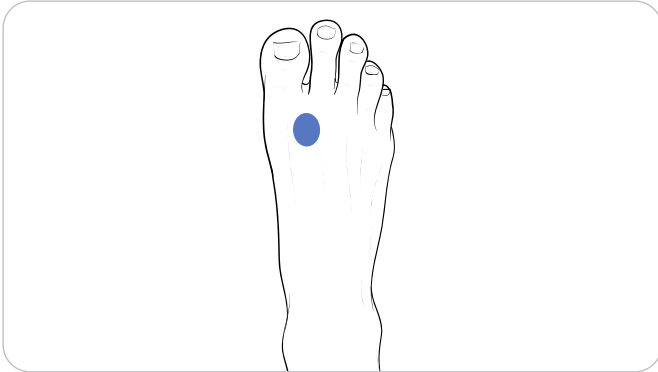
Relieve nausea

Pericardium 6: Place your index finger about 3 finger-widths below the crease of the wrist and between the 2 mid-wrist tendons.



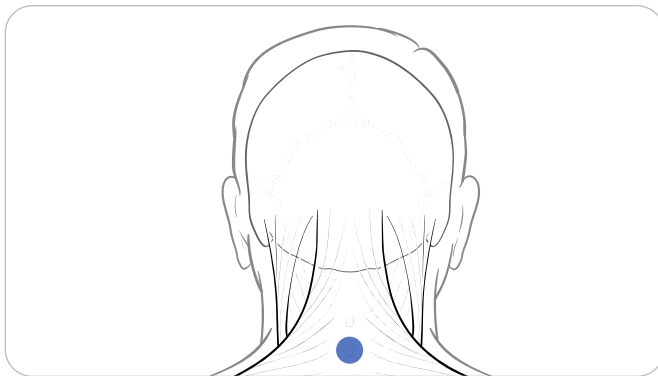
Depression

Liver 3: Place your index finger on the soft spot between the bone of the big and second toes.



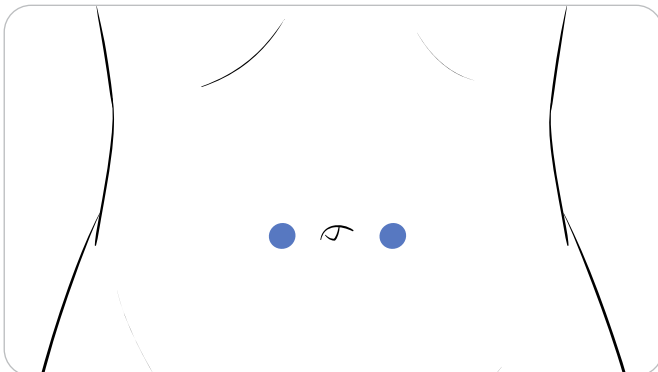
Fever

Governing vessel 14: Press on the center spine below the neck and in line with the shoulders. **Do not use to treat fever higher than 101° F (38.3° C).**



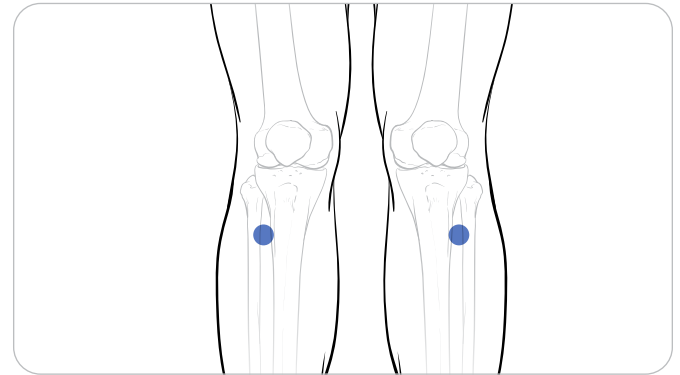
Constipation

Stomach 25: Press your index fingers spaced equally on either side of your belly button.



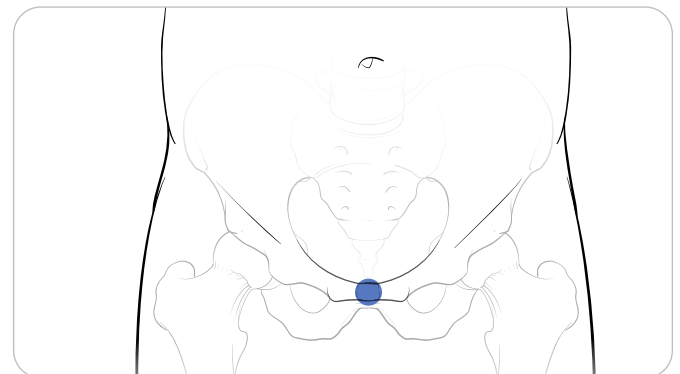
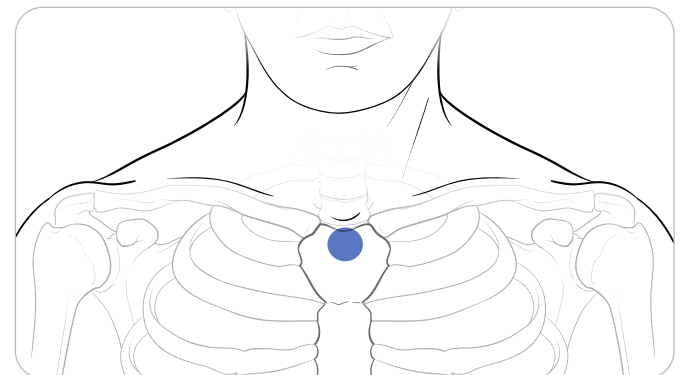
Muscle pain

Stomach 36: Place your index finger 4 finger-widths below the knee cap and 1 finger-width away from the shin bone.



Insomnia (sleeplessness)

Conception vessel 22 and 2: Hold points at the same time. Press at the top center of the breastbone and in the front, middle of the pubic bone.



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