

# 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

---

---

---

---

---

---

---

---

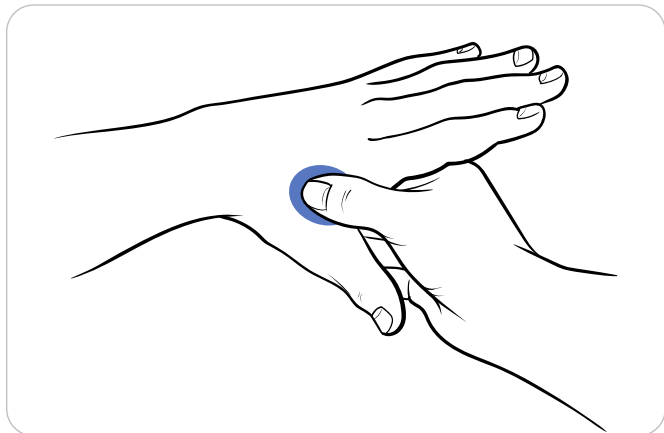
---

---

## Acupressure point locations

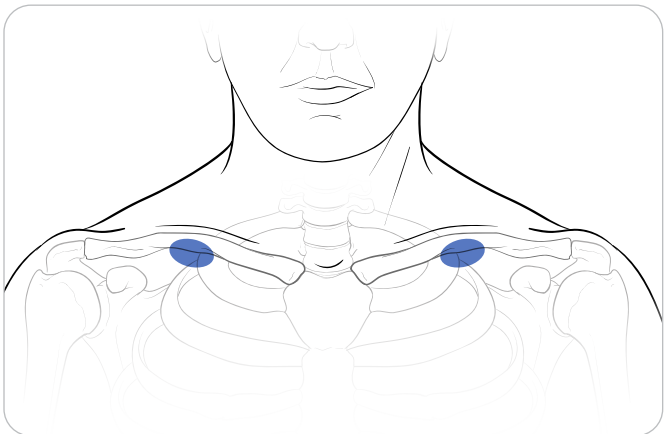
### General pain

**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.**



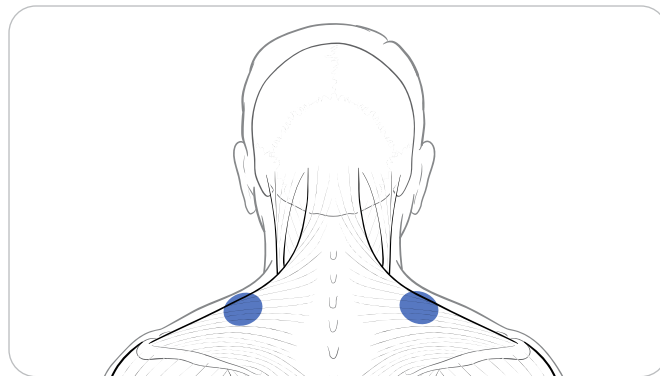
### Improve breathing

**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.**



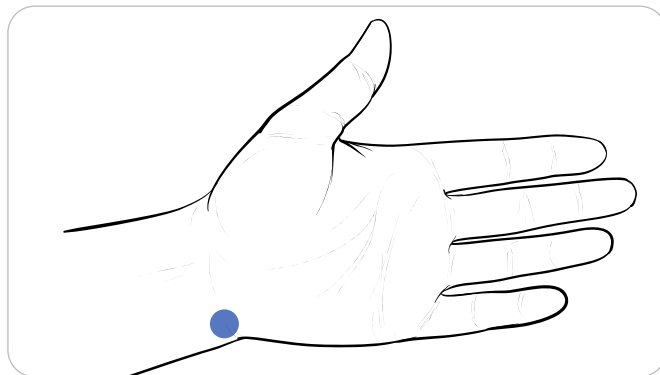
### Relieve stress

**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.



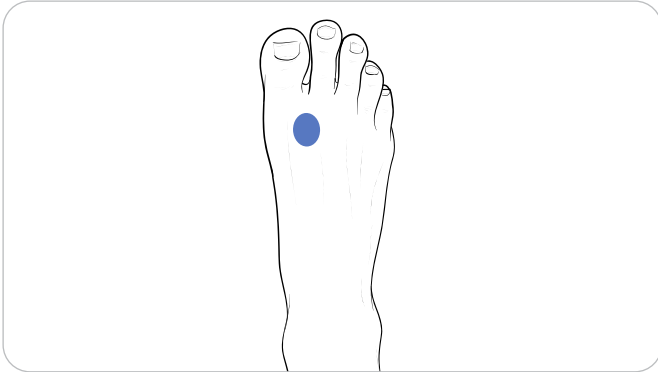
### Relieve nausea

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



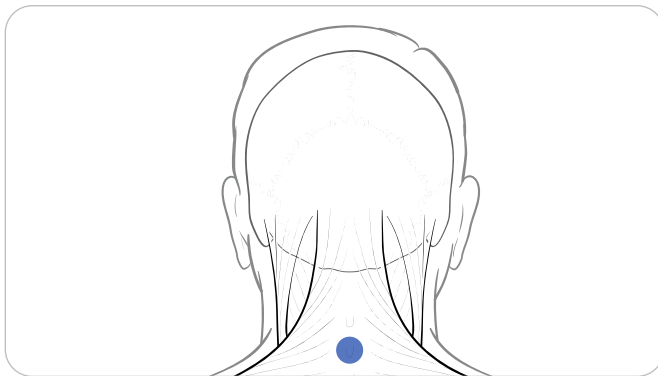
## Depression

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



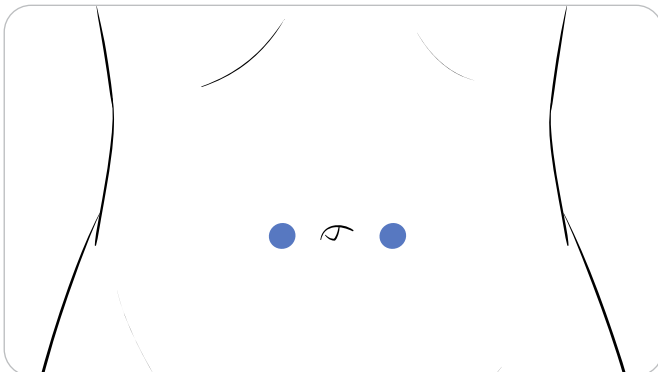
## Fever

**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).**



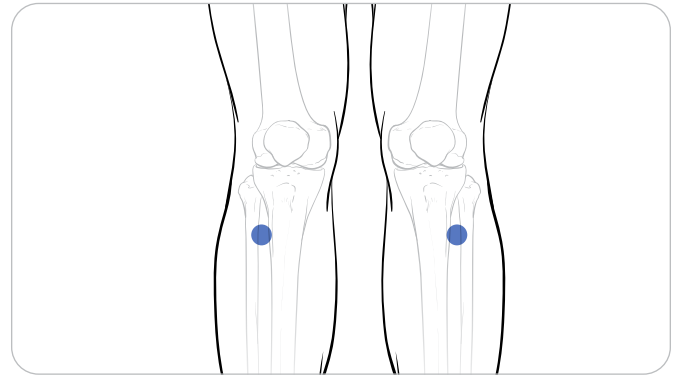
## Constipation

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



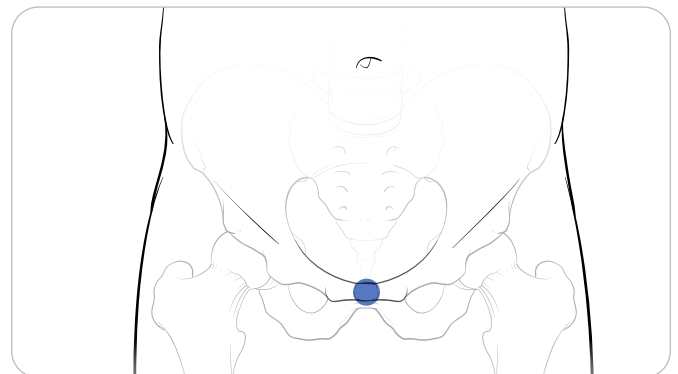
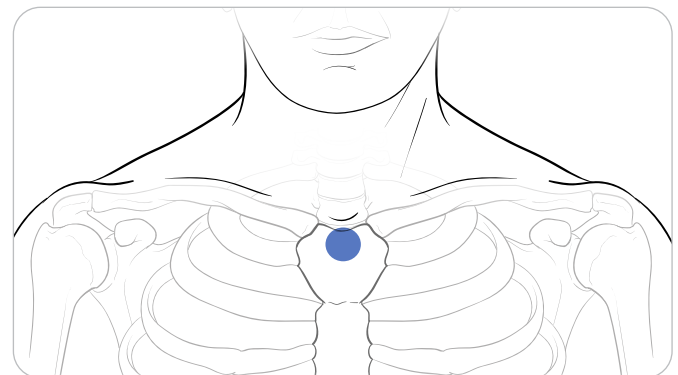
## Muscle pain

**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.



Intermountain Healthcare 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 Intermountain Healthcare. 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. FS724 - 05/22 (Last reviewed -05/22) Also available in Spanish.