

# When And How

## To Use Acupressure



# For Childbirth

## When To Use

If you're past your due date.



You are in labor, but the contractions are not regular or strong.



When there is a rupture of membranes but no contractions.



## How To Use

Apply firm yet gradual pressure at certain points.



Apply steady pressure and hold it for one to three minutes.



Take long and deep breaths throughout the procedure.



Do not press on any point for more than three minutes.



Do not press on cuts, wounds, varicose veins, and any points near the throat.



Know that the point is being stimulated if you feel mild discomfort, warmth, or tingling.

