

Information for Patients, Families and Healthcare Providers

Acupressure is an ancient healing art that uses the fingers to press key points on the surface of the skin. The intention is to stimulate the body's ability to heal itself. Pressing these points may relieve muscle tension and increase circulation, with the goal of enhancing the life force energy or Qi (pronounced "chee"). The concept of acupressure is similar to acupuncture, using the same points on the body. But acupressure does not use needles, only gentle, firm pressure with the hands.

Acupressure is intended to enhance and compliment traditional medicine, never to replace it. You should not stop taking your regular medications while using acupressure.

The information described here can be used for general health and wellness, or may be used to assist in relieving uncomfortable symptoms such as:

- | | |
|----------------------|-----------------------|
| ☉ pain | ☉ anxiety |
| ☉ nausea or vomiting | ☉ shortness of breath |
| ☉ constipation | ☉ cough |
| ☉ diarrhea | ☉ chest tightness |
| ☉ lethargy | ☉ insomnia |
| ☉ fatigue | |

How to Apply Pressure

Use gradual, steady pressure with the fingers on the points shown, usually for 1 to 3 minutes. Different points may feel different when pressed; some may feel tense or tight, and others may feel sore or ache when pressed. The general rule is the pressure should be firm but without significant pain.

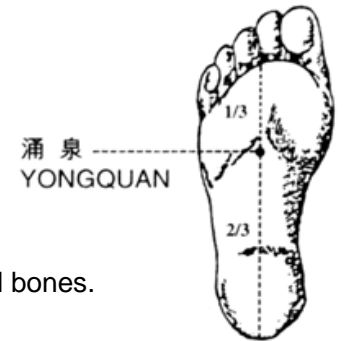
Cautions & Considerations

- Use caution in patients who are on blood thinners or have history of deep vein thrombosis or bleeding disorders.
- Do not provide acupressure to pregnant women; pressure on some points may bring on labor.

Acupressure: Simple Points for Pain and Symptom Management

KIDNEY 1 GUSHING SPRING

Location:
On the sole of the foot, one-third of the distance from the base of the 2nd toe to the back of the heel, between the 2nd and 3rd metatarsal bones.

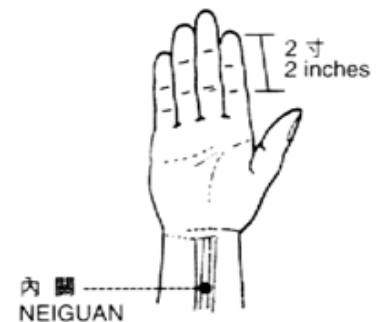


Intended for:

- Grounding
- Insomnia
- High blood pressure
- General health and wellbeing

PERICARDIUM 6 INNER GATE

Location: 2 inches above the wrist line, in between the tendons.



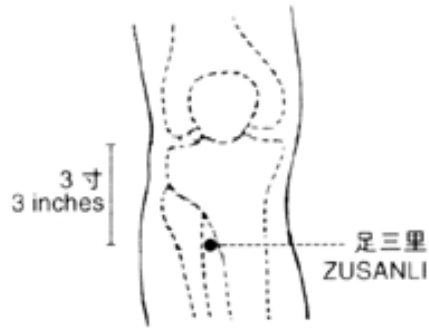
Intended for:

- Nausea and vomiting
- Heartburn
- Anxiety, nervousness
- Insomnia
- Chest tightness

**STOMACH 36
LEG 3 MILE**

This is the “command point” for the belly.

Location:
On the leg, 3 body-inches below the lower edge of the kneecap and 1 body-inch to the outside of the shinbone.



Intended for:

- Disorders of the abdomen
- Constipation or diarrhea
- Nausea
- Swelling
- Shortness of breath
- Cough
- General health and wellbeing

**LIVER 3
GREAT RAVINE**

Location:
Between the metatarsal bones of the 1st and 2nd toes, 2 body-inches behind the margin of the web.



Intended for:

- Pain relief (used with Large Intestine 4)
- Increased energy
- General health and wellbeing



**LARGE INTESTINE 4
UNION VALLEY**

Location:
On the web of the hand between the thumb and index finger.

Intended for:

- Pain anywhere in the body, especially headache



**LUNG 1
CENTRAL TREASURY**

Location:
Under clavicle, 4 fingers from midline and at first intercostal space.

Intended for:

- Respiratory discomfort
- Cough
- Chest congestion
- Asthma
- Letting go of emotions

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Contact us at www.pathwayshealth.org or 1.888.755.7855*