

Acupressure Instructions

Kaiser Union City Acupuncture Clinic

Introduction to Acupressure:

According to Traditional Chinese medicine (TCM), the body's life force, "qi" (also spelled "chi"), flows through a network of pathways or channels that circulate qi and blood throughout the entire body. These channels intersect with internal organs at the deepest levels and emerge at the surface through connections with tissues and structures including but not limited to skin, muscle, connective tissue, bone, head, torso, extremities, and sensory organs. From a TCM perspective, obstruction or disruption of the channels may relate to illness or disease; whereas, unobstructed or unimpeded flow within channels may be associated with maintenance of good health and balance within the body. Acupuncture utilizes needles inserted into the points, while acupressure employs gentle but firm manual pressure on the points. Both acupuncture and acupressure target the same key points to regulate channels, improve flow of qi and blood, and stimulate the body's natural healing response. Like acupuncture, acupressure also reduces tension and induces relaxation within the body. Acupressure is a highly effective therapy for the self-treatment of pain and tension-related conditions through the power and sensitivity of manual pressure. With appropriate guidance and instruction, acupressure is safe to practice on yourself; and it can be practiced at any time and in any place. Acupressure may be helpful in relieving a wide range conditions including but not limited to back pain, neck pain, headache, arthritis, muscle aches, and tension due to stress.

Guidance and Instructions:

- For acupressure therapy, please find a comfortable position suitable for relaxing (i.e., seated or recumbent) for about 10-15 minutes. The eyes may be closed, and the breath should be allowed to accompany the individual throughout the self-guided session.
- Please note, acupressure points may be more sensitive than surrounding area(s). Deep pressure on certain points may cause an experience of soreness or tenderness. If this occurs, it may be advisable to lighten up on the pressure. As one maintains moderate pressure, the soreness or tenderness may decrease.
- It is **not** necessary to treat all points. Certain key points may produce a stronger or more potent effect than others. One may choose to treat these "high potency" points.
- Maintain the pressure over several cycles of relaxed breathing for approximately 30-60 seconds. For "high potency" points, one may retain pressure for 1-2 minutes or so.
- In terms of technique, apply gentle but firm pressure with a small circular motion over the point.
- One may repeat acupressure as often as needed on a given day.
- Certain points may be massaged with rounded end or surface of an object (e.g., a tennis ball or the handle of a cane).
- Some points might be easier to treat with the handle of a cane or two tennis balls taped together.

CAUTION: Don't apply pressure to an open wound, or to a place where there is inflammation or swelling. Avoid any areas that have scar tissue, boils, blisters, rashes, or varicose veins.

How to Do Self-Acupressure

- Apply gentle pressure to specific points using the tips of your index or middle fingers, thumb, or the edge of your nail.
- Small rotations may be used to massage the area.
- Know that some points may be tender.
- As tenderness at the point dissipates, move on to the next point.
- Begin acupressure slowly and gently, applying only as much pressure as feels comfortable.
- Remember, its **quality not quantity** that counts!



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Tai Yang

These points can be used for:

- Headache
- Eye pain
- Facial pain



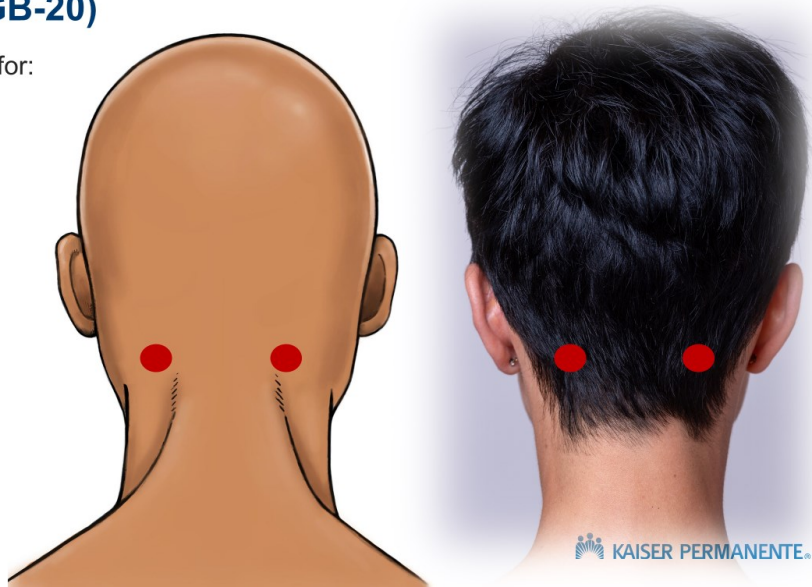
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Gall Bladder 20 (GB-20)

These points can be used for:

- Headache
- Neck pain
- Shoulder pain
- Eye pain
- Insomnia

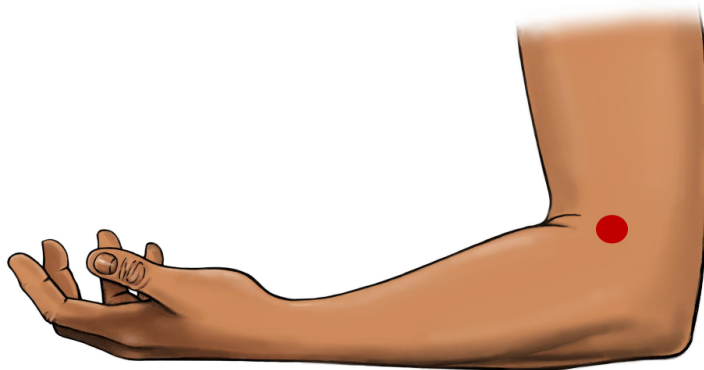


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Large Intestine 11 (LI-11)

These points can be used for:

- Elbow pain
- Arm pain
- Wrist pain
- Knee pain
- Abdominal pain



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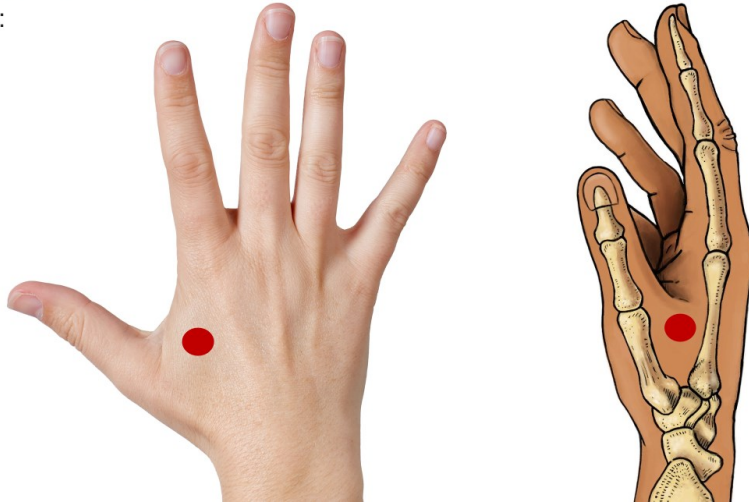
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Large Intestine 4 (LI-4)

Do not use this point during pregnancy

These points can be used for:

- Headache
- Facial pain
- Toothache
- General body aches
- Abdominal pain

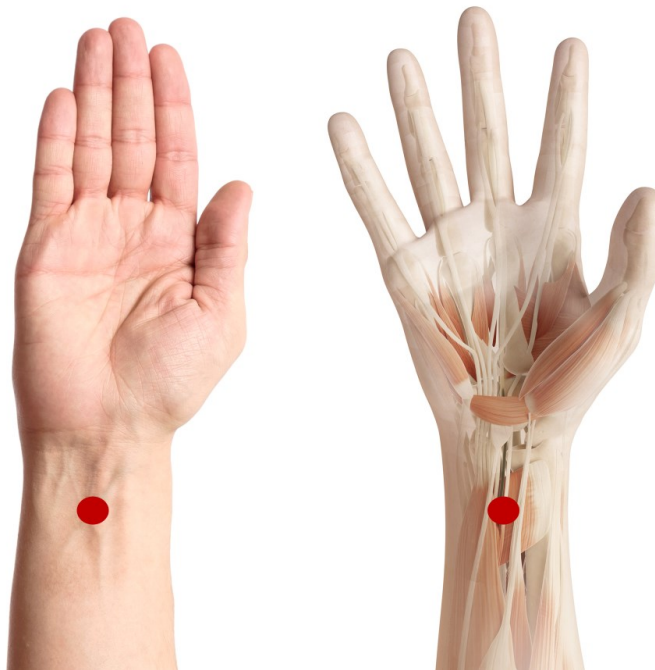


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Pericardium 6 (PC-6)

These points can be used for:

- Chest pain
- Nausea/vomiting
- Anxiety
- Carpal tunnel



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Stomach 36 (ST-36)

These points can be used for:

- Nausea/vomiting
- Abdominal pain
- Lower leg pain
- Knee pain



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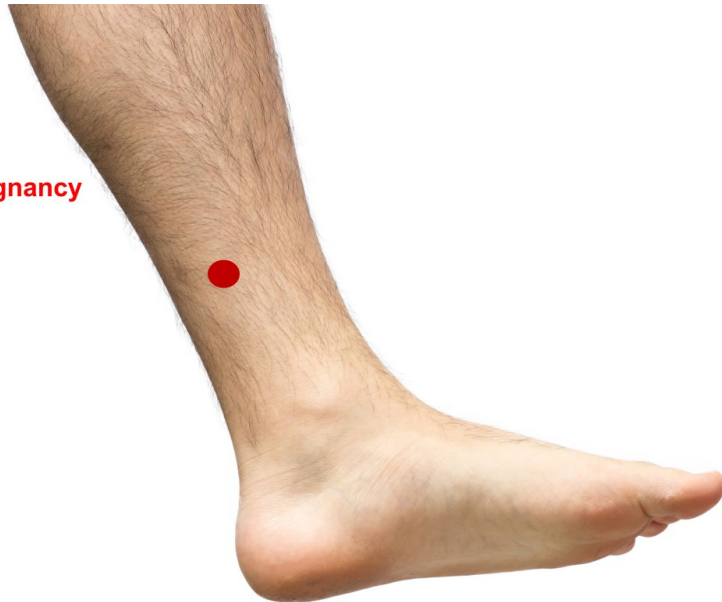
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Spleen 6 (SP-6)

Do not use this point during pregnancy

These points can be used for:

- Lower leg pain
- Abdominal pain
- Menstrual cramps
- Nausea/vomiting



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Liver 3 (LIV-3)

Do not use this point during pregnancy

These points can be used for:

- Headache
- Eye pain
- Menstrual pain
- Abdominal pain
- Lower limb pain
- Foot pain

