



Appendix A

ACUPRESSURE POINT AND NAMES

Table A1 contains the names and locations of all acupressure points used in this book. Illustrations of point locations can be found below (Figures A1 to A10 and in Chapter 2 [Figures 2.4 and 2.5]). Names and locations are not provided for points used for needling only, as those trained in acupuncture will either know the information or have their own, more precise reference resources. For convenience and ease of use during birth, the app version of "A Manual of Acupuncture" is highly recommended. It provides both line drawings and video of point locations. Point locations can also easily be found via Google and Google Images.

TABLE A1

Point names and locations
(acupressure points only).

Table A1 Point names and locations (acupressure points only).

Point	Chinese name	English translation	Figure	Location
Clavicle Points			A4	Along underside of clavicle
Du-14	Daizhui	Big hammer	A5	In the depression below the (very prominent) spinous process of the seventh cervical vertebra
Du-20	Baihui	Hundred Meetings	A8	At the highest point of the head, on the line connecting the tops of the ears
Dayin			A9	Under the second toe, at the center of the distal crease

Dedman, P., Al-Khafaji, M., & Baker, K. (1998). A Manual of Acupuncture (pp. 256–325). Hove, UK: Journal of Chinese Medicine Publications.

Point	Chinese name	English translation	Figure	Location
Ear Apex			A10	
Ear Cingulate Gyrus			A10	
Ear Endocrine			A10	
Ear Liver			A10	Posterior and slightly superior to Point Zero, where the floor of the ear begins to rise towards the anthelax
Ear Point Zero			A10	At the center of the ear, on the superior aspect of the anthelax where it merges with the floor of the ear
Ear Shenmen			A10	In the superior aspect of the triangular fossa, to 1/3 of the way from its apex to its base
Ear Sympathetic			A10	On the wall of the ear, at the anterior inferior corner of the triangular fossa
Ear Thalamus			A10	At the midpoint of the base of the antitragus, following a ridge from the tip of the antitragus down to where it meets the floor of the ear
Ear Uterus			A10	At the midpoint of the base of the triangular fossa, where the floor and wall of the ear met

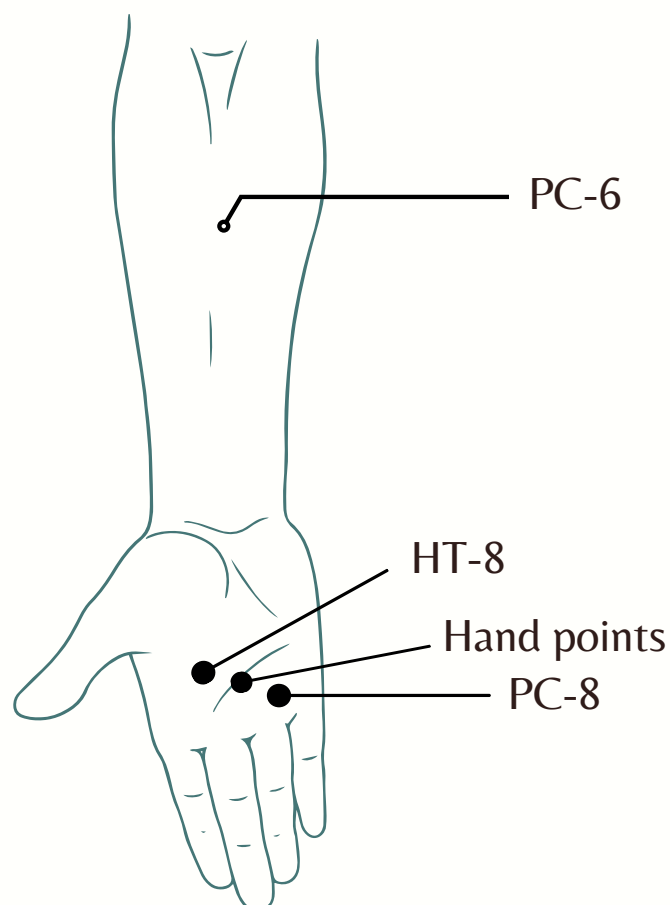
Point	Chinese name	English translation	Figure	Location
GB-21	Jianjing	Shoulder Well	A5	Tender point in the middle of the trapezius muscle, approximately midway between Du-14 and the acromion of the shoulder.
GB-30	Huantiao	Jumping Circle	2.5	Tender point in a depression in the buttock, $\frac{1}{3}$ of the distance between the greater trochanter and the top of the coccyx.
GB-31	Fengshi	Wind Market	2.5	Tender point in the iliotibial band on the lateral thigh, slightly more than $\frac{1}{3}$ of the way from the knee to the greater trochanter.
GB-34	Yanglingquan	Yang Hill Spring	2.5	Tender point in the depression approximately 1 in. (2.5 cm) anterior and inferior to the head of the fibula.
GB-41	Zulinqi	Foot Container of Tears	2.5	Distal to the junction of the fourth and fifth metatarsal bones, in a depression just lateral to a large tendon.
Hand points			A1	Along the distal palmar crease, including HT-8
HT-8	Shaofu	Lesser Mansion	A1	In the depression between the fourth and fifth metacarpal bones, slightly below the distal palmar crease, where the tip of the little finger falls when fully flexed.

Point	Chinese name	English translation	Figure	Location
Inner Thigh points			2.4	Along the Liver and Kidney channels, approximately midway up the inner thigh.
KD-1	Yongquan	Bubbling Spring	A9	On the sole of the foot, in the depression formed when the toes are flexed.
LI-4	Hegu	Adjoining Valley	A2	Tender point in the flesh between thumb and forefinger, at the midpoint of the metacarpal bone. Note: for obstetrical use, the most tender and useful point is usually found much closer to the wrist, near where the metacarpal bones meet.
Liver Gummies			A6	Tender nodules along the posterior edge of the tibia, from above the ankle bone to below the knee
LV-2	Xingjian	Movement Between	A3	Just proximal to the webbing between the first and second toes
LV-3	Taichong	Great Rushing	A3	Tender depression distal to the junction of the first and second metatarsal bones
LV-8	Ququan	Spring at the Bend	2.4	Tender point at the inner knee, just superior to the medial end of the popliteal crease in a depression between two large tendons

Point	Chinese name	English translation	Figure	Location
LV-14	Qimen	Cycle gate	A4	Directly below the nipple (or where it would be on a fat chew); In the sath letercontal space at approximately the level of a bea starp
PC-6	Neiguan	Inner gate	A1	On the inner forearm, approrimately 2 in. (5 cm) above the wrist crease in a depressios between the two largest tendons, slightly to the thumb side of the midline
PC-8	Laogong	Palace of work	A1	On the transverse palm crease, In the depression between the second and third metacarpal bones
SI-11	Tianzong	Heavenly gathering	A5	Tender point in the center of the scapula
Soojok uterus			A9	Depression in the fleshy area underneath the bases of the toes, between the distal heads of the third and fourth metatarsal booes
SP-1	Yinbai	Hidden white	A3	On the flesh just proximal and medial to the corner of the great toenail
SP-6	Sanyinjizo	Three Yin crossing	A4, A6	In a tender depression a hands breadth above the inner ankle, just behind the tibia

Point	Chinese name	English translation	Figure	Location
SP-9	Yinlingquan	Yin mound spring	A4	In a tender depression below and behind the medial condyle of the tibia
ST-31	Biguan	Thigh gate	A4	At the juncture of the torso and upper thigh, at the junction of lines drawn down from the hipbone and across from the pubic bone, in a depression that deepens when the leg is lifted
ST-36	Zusanli	Leg three miles	A4	A hand's breadth below the outer eye of the knee, in a depression one finger width lateral to the crest of the tibia
ST-44	Neiting	Inner court	A3	Just proximal to the webbing between the second and third toes
TH-5	Waiguan	Outer gate	A2	On the outer forearm, approximately 2 in. (5 cm) above the wrist crease in the hollow between the ulna and radius, directly opposite PC-6
3-31-34 (sacral points)	Ba Liao	Eight bone-holes	A5	Tender spots at and around the holes in the sacrum
UB-17	Geshu	Diaphragm transporting point	A5	Between the spine and the lower corner of the scapula, approximately 1.5 in. (3.8 cm) lateral to the spinous process of T7, at the highest point on the paraspinal muscle

Point	Chinese name	English translation	Figure	Location
UB-60	Kunlun	Kunlun mountains	A7	In the depression between the outer ankle bone and the Achilles tendon
UB-67	Zhiyin	Reaching Yin	A3, A7	On the flesh just proximal and lateral to the corner of the fifth toenail
			A5	Tender points on the tide approximately 1 in. (2.5 cm) above the crest of the hipbone



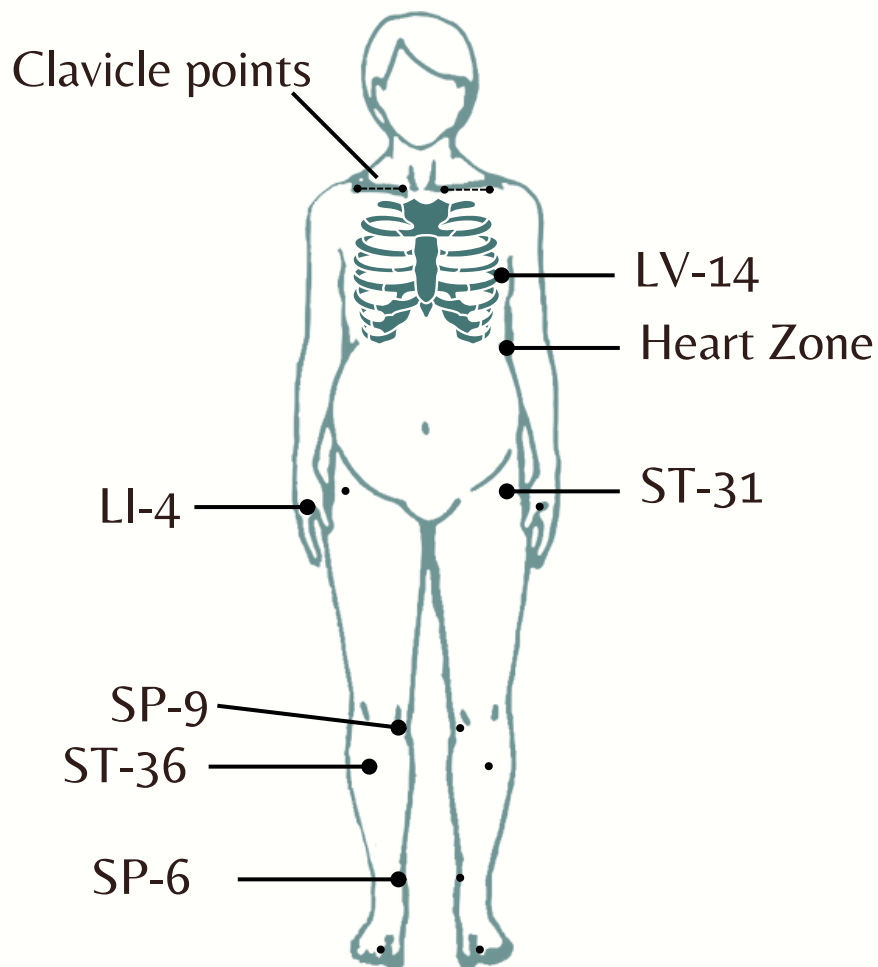


Figure A4 Points of the frontal torso and legs.

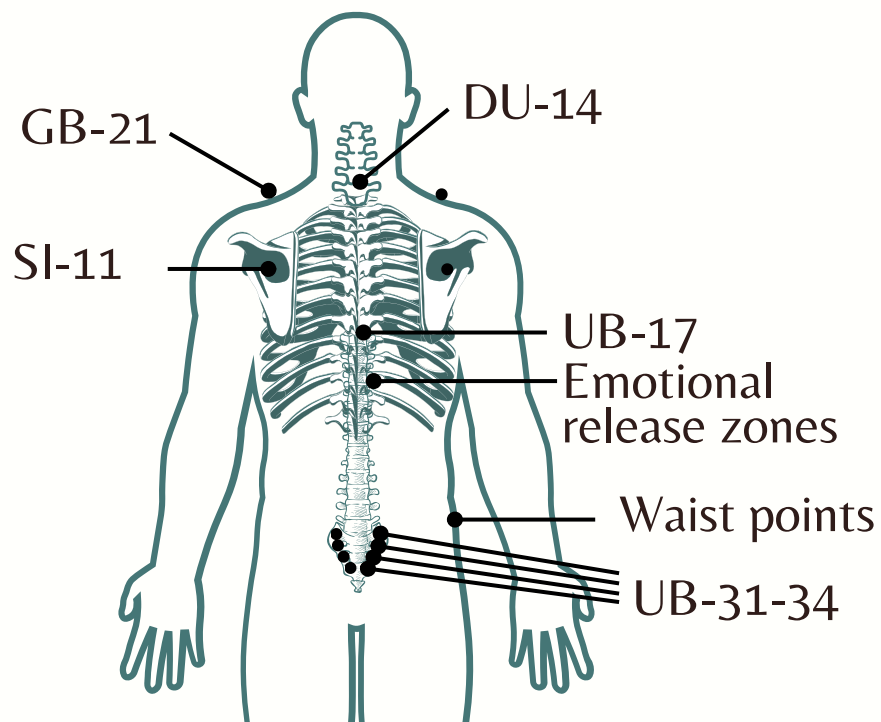


Figure A5 Points of the upper and lower back.

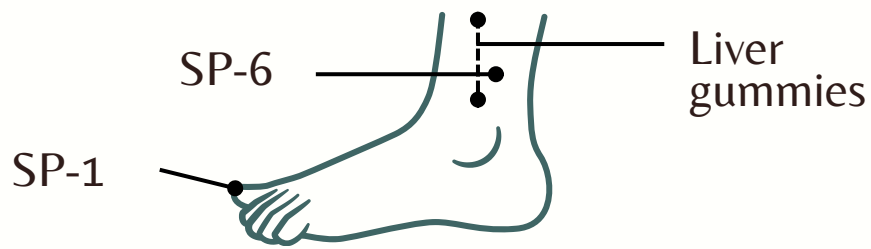


Figure A6 Points of the medial leg and foot.

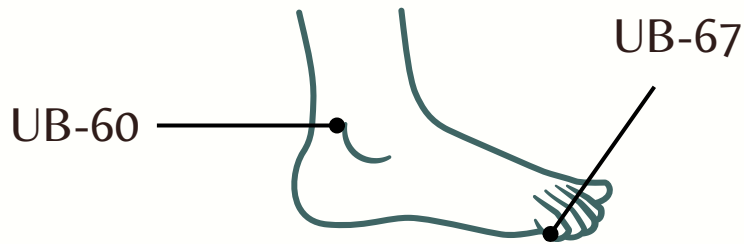


Figure A7 Points of the lateral leg and foot.

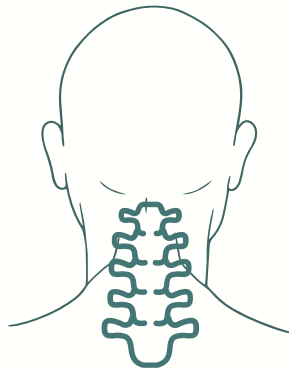


Figure A8 Points of the head.

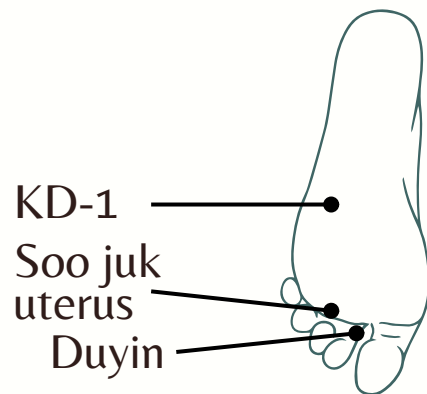


Figure A9 Points of the sole of the foot.

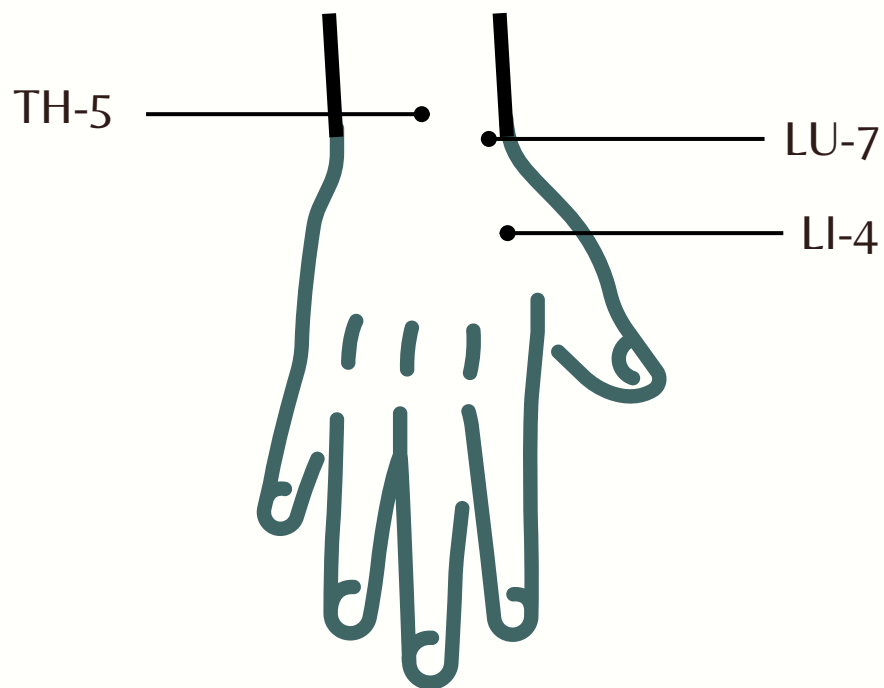


Figure A2 Points of the outer forearm and hand.

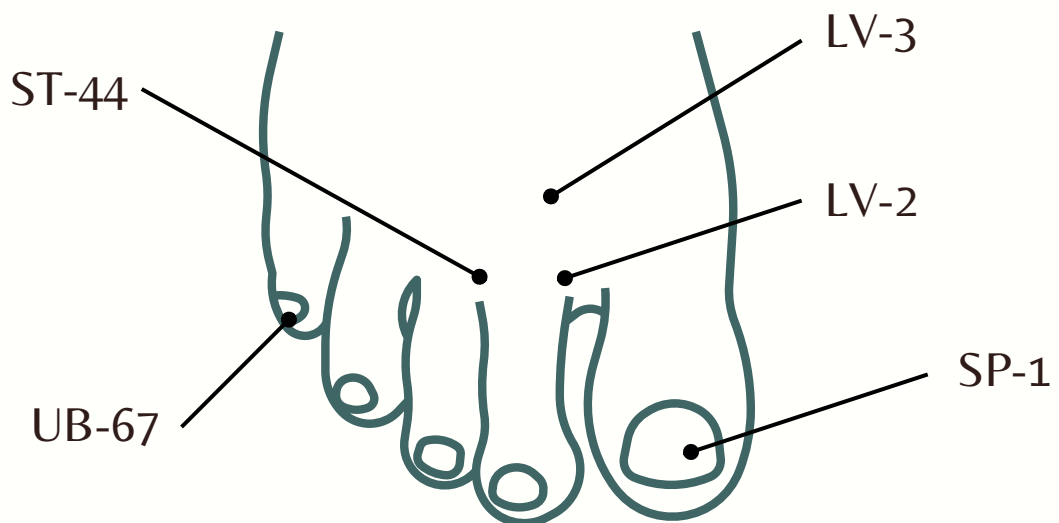


Figure A3 Points of the dorsum of the foot.

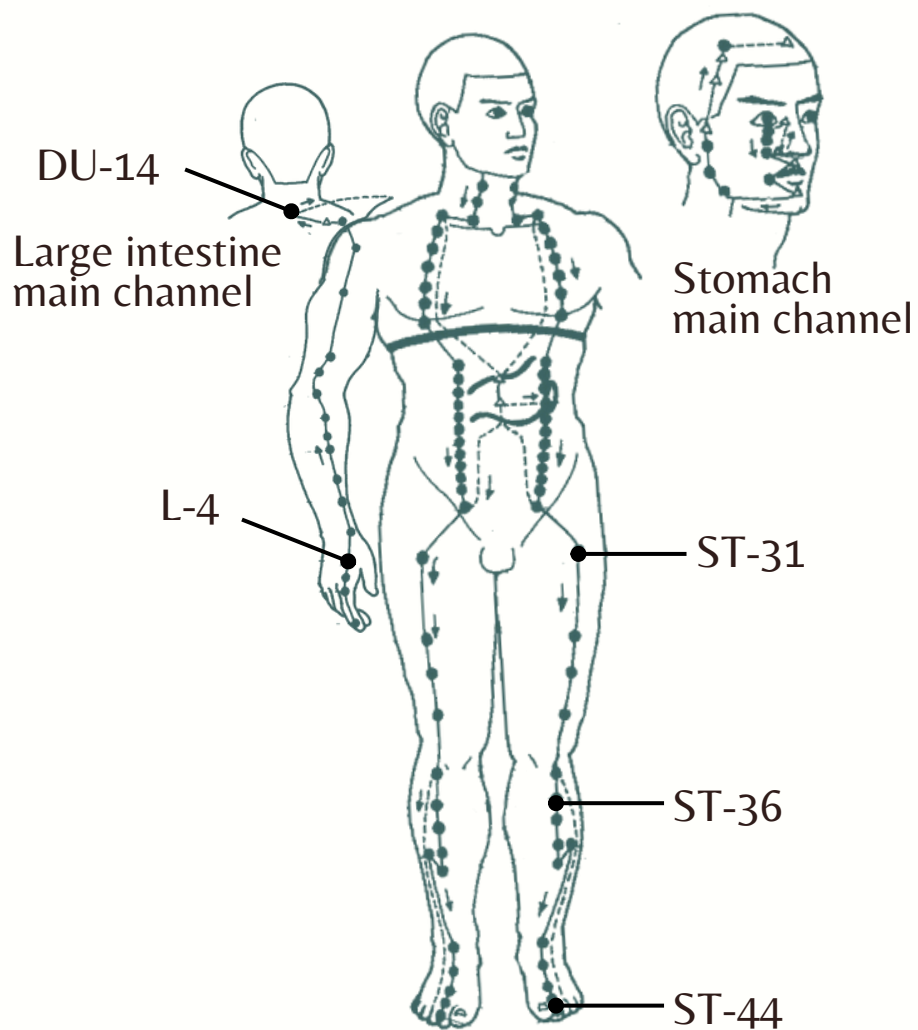


Figure A10 Points of the Large Intestine, Stomach and Du channels.

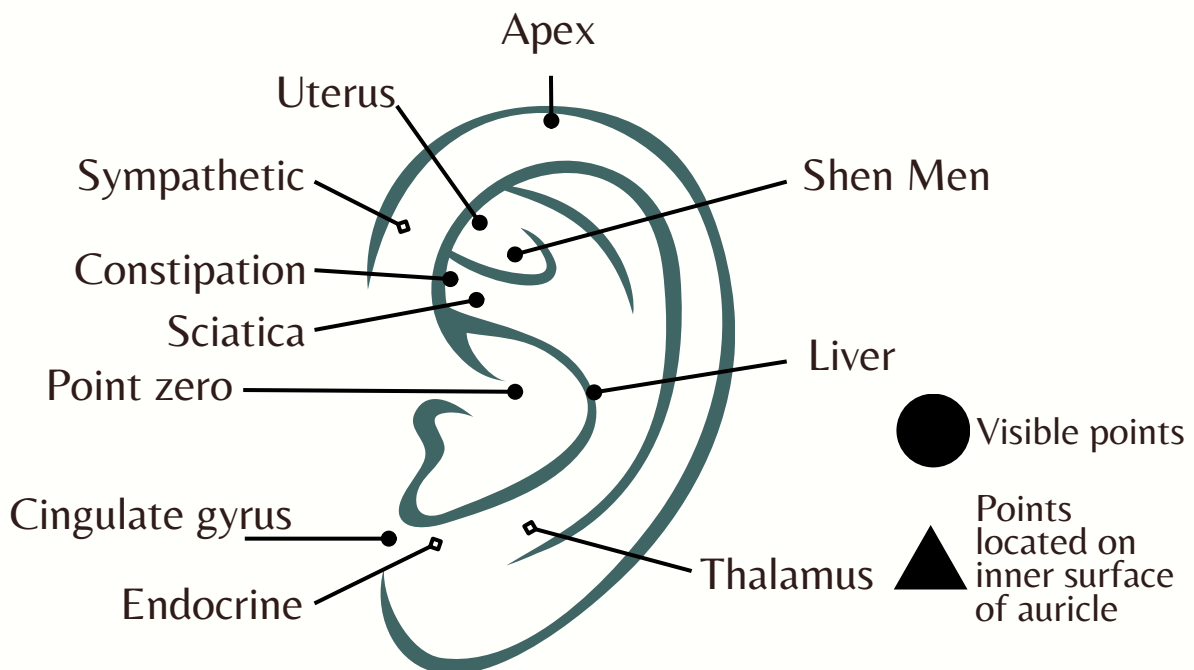


Figure A11 Points of the ear.

ACUPRESSURE FOR PAIN RELIEF IN LABOUR

Optimising your bodies beneficial responses

My use of acupressure began in 1992 when, as an acupuncturist with a young child, I was unable to guarantee being available to attend labours. I Instructed support people on how to stimulate the acupuncture points I would have used, thinking it might be useful. Surprisingly the feedback from women and midwives indicated acupressure had similar benefits to that of acupuncture and led to a free booklet being published online in 1996. Subsequently benefits continue to be reported. With research reporting acupressure reduced the incidence of caesarean sections. Acupressure has also been reported to significantly reduce the need for epidurals and caesarean sections when used as part of a complimentary antenatal intervention.



FROM FEEDBACK MY 'TOP TIP'S FOR USING THESE ACUPRESSURE POINTS IN LABOUR WOULD BE:

- Your support people do not need to be good at massage! They just need to follow your feedback to apply firm continuous pressure you find comfortable.
- Start using these points early in labour and experiment with which points you prefer
- The pressure and points you find the most useful are likely to change as you progress through labour
- You will notice beneficial effects during the contractions - If the pressure feels painful or irritating, they are not the right points for you at this time in your labour.

Below are links to short videos discussing point location. There are also suggestions for their use that come from my experiences, feedback from women and midwives using acupressure. Further information on using acupressure from 36 weeks as labour preparation, for assisting induction of labour as well as acustimulation techniques you can use on yourself can be found at

2.4 OVERVIEW OF EAM THERAPEUTIC

In the West, perception of EAM is sometimes flattened to just the practice Principles and Modalities for Birth

