

Acupressure

for a natural



BIRTH.

Welcome,

Thank you for downloading the Acupressure for a Natural Birth guide. I created this resource to offer a clear, easy-to-follow tool for my clients and their birth support teams. Something they could use between sessions in the clinic and feel confident applying on their own.

This guide is designed to help you integrate acupressure into your birth preparation with practical, accessible techniques that support your body, reduce discomfort, and have been shown to improve your chances of a natural, low-intervention birth.

If you have any questions or would like more personalised support please reach out via the contact details below.

About Emma.



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I'm Emma, an Acupuncturist, Yoga + Pilates instructor and Breathwork facilitator. I hold a Bachelor of Health Science and have worked in Women's health for over 15 years. My deepest passion is working with women preparing for birth.

I believe birth has the power to be one of the most transformational experiences of our lives and all women deserve the opportunity to experience the power that comes from being deeply supported throughout pregnancy & birth, no matter how or where they choose to birth.

When we are met with this kind of care, we're more able to connect with our strength, trust our instincts, and birth with confidence.

How to use this guide.

Each acupressure point in this guide includes a recommendation for when and how it can be used throughout pregnancy, birth, or postpartum.

When applying pressure, aim for a strong, yet tolerable sensation, never sharp or painful.

At the back of this guide, you'll also find suggested point combinations to support labour preparation and common situations that may arise during birth.

Please note: This guide is intended for general education and support only. It is not a substitute for medical advice and should never override the guidance of your maternity care provider.

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LI4 - Regulate Contractions + Manages Pain.

Name.	Large Intestine 4.
Location.	Between the thumb and index finger. At the chunky part of the flesh.
Action.	Regulates contractions and reduces pain perception. <i>Contraindicated in pregnancy prior to 36 weeks.</i>
Application.	Pregnancy: Daily from 36 weeks. 1-2 mins of continual pressure. Early Labour: Every 20mins for 1-2mins to regulate & strengthen contractions. Established labour: During contractions to assist with pain management.



Scan to access the
point location video



SP6 - Cervical dilation.

Name.	Spleen 6.
Location.	4 finger breadths above the inner ankle bone. In the depression on the back side of the bone.
Action.	Promotes cervical readiness. Supports the onset of labour. Regulates contractions. Reduces after birth pains. <i>Contraindicated in pregnancy prior to 36 weeks.</i>
Application.	Pregnancy: Daily from 36 weeks, once a day for 1-2mins. Early Labour: Every 20mins for 1-2mins to encourage dilation. Established labour: During a prolonged labour to encourage dilation + pain management. Postpartum: Use for after birth pains.



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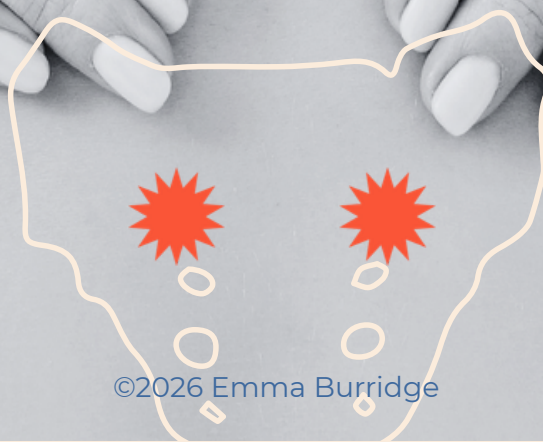


BL32 - Contractions + Back pain.

Name.	Urinary Bladder 32
Location.	At the lower back on either side of the spine. roughly 4 fingerbreadths above the crease of the bum cheeks. In the depressions of the sacral foramen.
Action.	Promotes contractions and reduces pain particularly associated with the back. <i>Contraindicated in pregnancy prior to 36 weeks.</i>
Application.	Pregnancy: Use daily from 36 weeks, have someone massage the points directly and the general area. Birth: Use at any stage of labour where back pain is present. Especially useful in early labour to encourage contractions.



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point location video



GB21 - Pushing & Descent.

Name.	Gall Bladder 21.
Location.	At the midpoint between the spine & the head of the shoulder on the crest of the muscle (trapezius)
Action.	Encourages descent. <i>Contraindicated in pregnancy prior to 36 weeks.</i>
Application.	Pregnancy: Use from 36 weeks as part of a shoulder massage to encourage descent and reduce tension. Birth: Useful throughout labour to promote descent, particularly when an epidural is present + during pushing. Postpartum: Use to encourage arrival and flow of breast milk.



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KD1 - Calm and Ground.

Name.	Kidney 1.
Location.	On the sole of the foot. In the centre at the depression below the ball of the foot.
Action.	Draws energy down, has a softening and nurturing effect.
Application.	Pregnancy: Use to induce a sense of groundedness. Birth: Use during moments of anxiety and stress. Also incorporate into foot massages when we are encouraging rest during labour.



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point location video



BL60 - Position & Rotation.

Name.	Bladder 60
Location.	On the outside of the ankle, in the hollow, directly behind the ankle bone. Easily grasped between the thumb and the index finger.
Action.	Encourages optimal positioning of baby.
Application.	Pregnancy: Used to promote the optimal position of baby. Birth: Used in conjunction with Bladder 67 to rotate an occiput posterior (OB) baby.

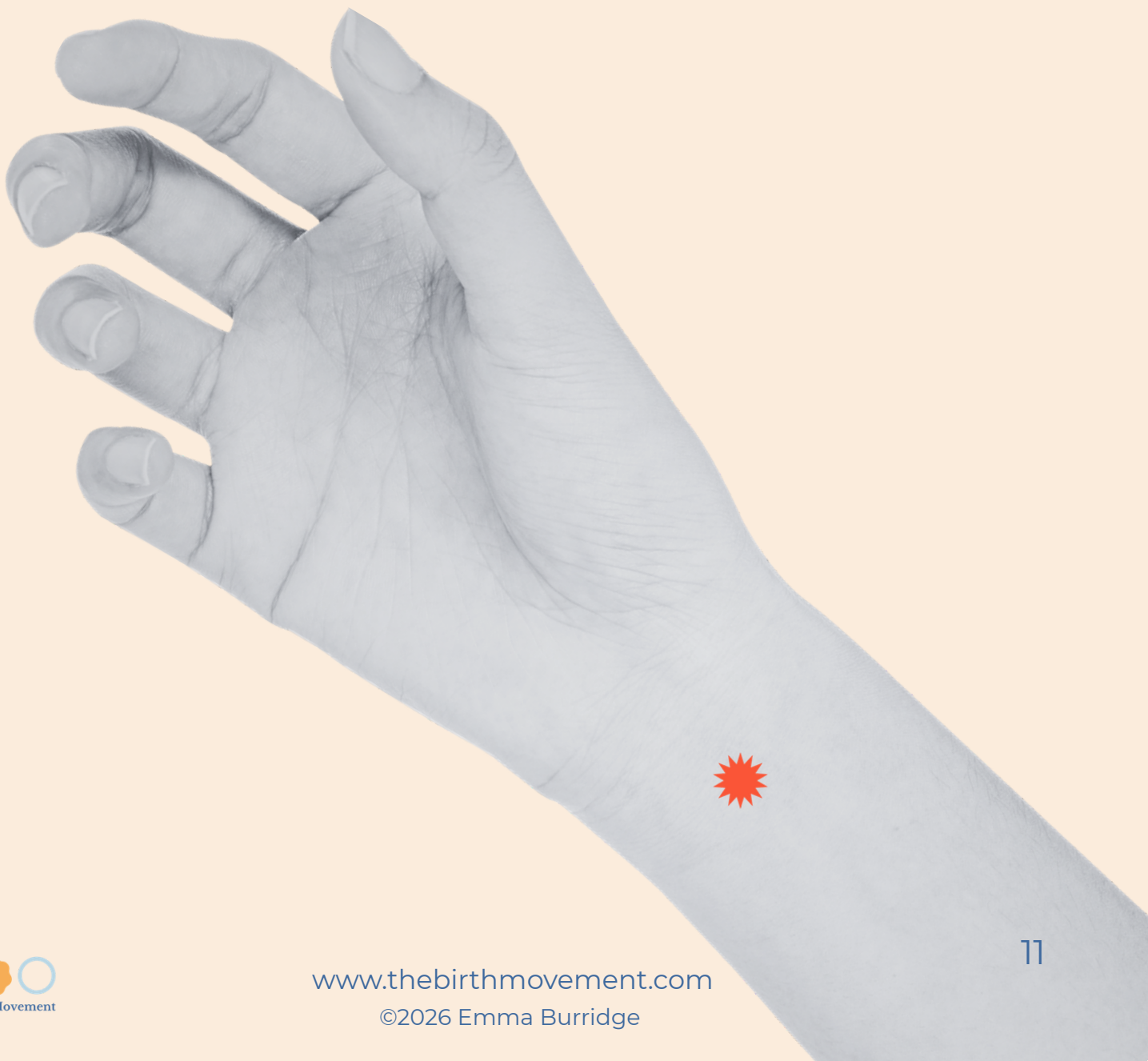


BL67 - Breech Rotation.

Name.	Bladder 67
Location.	On the outside of the pinky toe, on the corner of the nail.
Action.	Encourages optimal positioning of baby, particularly useful in breech presentation.
Application.	Pregnancy: Used to rotate a breech baby, only to be performed under the care of a qualified acupuncturist/practitioner. Birth: Used in conjunction with Bladder 60 to rotate an occiput posterior (OB) baby.

PE6 - Nausea + Vomiting.

Name.	Pericardium 6
Location.	2 finger breadths below the wrist crease, in between the two tendons.
Action.	Helps to ease nausea and vomiting
Application.	Pregnancy: Can be used throughout pregnancy + birth to reduce the feeling of nausea + vomiting. Sea sickness bands can be applied to this point for sustained pressure.



LR3 - Energy Mover.

Name.	Liver 3
Location.	On the top of the foot, in the groove between the 1 st and 2 nd toes.
Action.	Moves stuck energy, reduces stress and anxiety.
Application.	Pregnancy: Use as part of labour preparation point combination.. Birth: Use throughout labour to keep the energy flowing, particularly in the case of induction of labour or a stalled labour. Postpartum: Used during after birth pains + to encourage milk production.



SP1 - Slows Blood Loss.

Name.	Spleen 1
Location.	On the big toe at the medial (inner) corner of the nail.
Action.	Elevates Qi + slows blood loss during postpartum haemorrhage.
Application.	Birth/ Postpartum: Used to reduce the flow of blood in the case of postpartum hemorrhage. Apply firm pressure into the corner of the nail, ideally with the tip of the thumb. Disclaimer: This point is for use alongside medical treatment and not instead of appropriate care.



Point Combinations.

Labour Preparation.	LI4 + SP6 + BL32 + GB21 - Use in combination daily from 37 weeks. 1-2mins of pressure applied to each point.
Promoting Contractions + Dilation.	LI4 + SP6 + BL32 - Used if waters have broken & waiting for contractions to begin or during an induction of labour. Can be pressed at more regular intervals during and induction or in the case of stalled labour.
Pain Relief in Labour.	LI4 + BL32 - Use throughout labour. Particularly effective during contractions. Change points based on birthing woman's position + preference.
Posterior Presentation.	SP6 + BL60 Use during labour to assist in rotating a baby in an OP position.
Create Calm.	KD1 + LR3 - Use during pregnancy or throughout labour during times of anxiety or stress response.
Encourage Milk Flow.	GB21 + LR3 - Apply pressure/ massage to these points in between feeds.
After Birth Pain.	SP6 + LR3 - Use during sensations following birth. the sensations are most common during breast feeding for the first few days.
Placental Birth.	SP6 + GB21 - Use during the 3 rd stage of labour following the birth of the baby.

Sending LOVE + epic birth vibes, Emma Xx

Happy Birthing!

Research + References.

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