

Acupressure: Breech Baby

The use of these points requires a 25 minute Moxibustion (Moxa) treatment daily for 10 consecutive days, or until the baby is confirmed head down. Once the baby turns and is confirmed by a doctor or midwife; stop the Moxa treatment. If the baby does not turn within 10 days, wait for 5 days, then resume an additional 10 days of treatment. See Moxa Handout for more information on proper usage.

Stomach 36 (ST36)

Run your 2nd and 3rd fingers up your shinbone until it starts to flare out (the fingers start to make a “V”) and follow the pointer finger to the outside leg. The point is located towards the outer part of the body, 1 inch from the nub or bump in the shin bone. 3-5 minutes

Both legs:

Go back and forth from leg to leg. Once the point is warmed, move on to the next point. This point is used for boosting both mom’s and baby’s energy to be able to make the turn. 3-5 minutes.



Urinary Bladder 67 (UB67)

This point is 1mm from the pinkie toenail bed (at the very end of an acupuncture channel), so by activating this point it helps to gently nudge the baby to turn their head down to a correct birth-ready position. 20 minutes.

Both toes: Wait until the first point is hot then move to the other toe. Go back and forth from pinkie toe to alternate pinkie toe. 20 minutes.



It is best to move into a reclined comfortable position and have a partner or friend do the accompanying Moxibustion session. This Moxa treatment is highly effective.

Sadly in our day and age, the art of delivering a breech baby vaginally is disappearing. There are numerous benefits of mom having a vaginal birth versus a C-section including faster recovery time, increased maternal and baby bonding, fewer postpartum complications, and less chance of postpartum depression. Using these protocols can support you with a breech baby.

**PUSH San Diego is here to support your wellness journey.
Let's stay connected!**

@PUSH_SAN_DIEGO | WWW.PUSHSANDIEGO.COM