



Acupressure For Postpartum Pain

Acupressure is very effective for pain issues for new moms/birthing parents.

This can be from vaginal pain, c-section, or breast pain. It is great to use strong pressure on these two acupressure points for 1-2 minutes, 3 or more times daily. Do this on both sides of the body. You can press any time you feel pain. Add in ear seeds for greater results. These points will be very tender and you should press through any discomfort on the point to help relieve the pain

It is safe, easy to use and free with the help of a friend!

ACUPRESSURE POINTS

LARGE INTESTINE 4

On the 2nd finger at the top of the hand, between the 2nd and 3rd hand bone



SPLEEN 21

On the side of the body, between the 6th and the 7th rib, typically where the bra strap lies.



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