

Apply firm pressure on both sides of the body

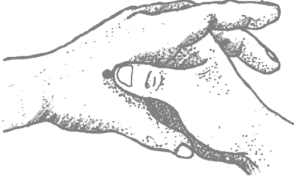
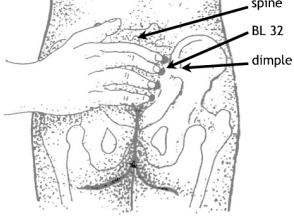
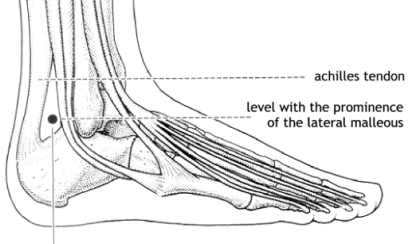
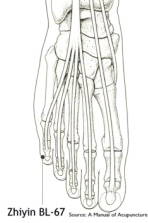
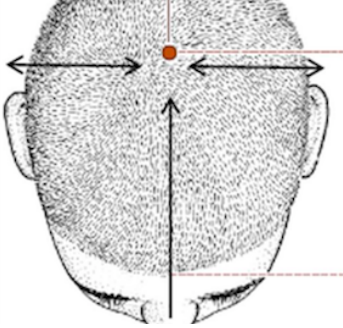
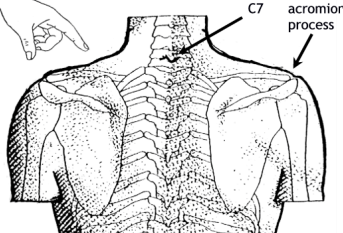
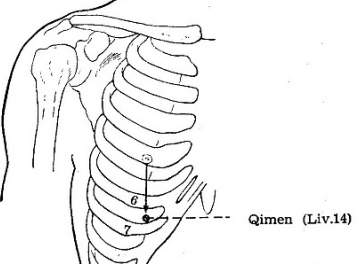
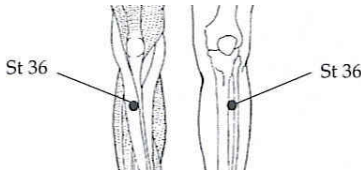
NATURAL PROMOTION OF LABOR		
SP6: 1-2 mins every hour	LI4: 1-2 mins every hour	UB32: 3-5 mins 3+ per day
		
MALPOSITION BABY INCLUDING OCCIPUT POSTERIOR (OP)		
UB60: 3-5 mins	SP6: 3-5 mins	UB67: 3-5 mins
 Kunlun BL-60 Source: A Manual of Acupuncture		 Zhiyin BL-67 Source: A Manual of Acupuncture
2ND STAGE OF LABOR - PUSHING		RETAINED PLACENTA
DU20: Holding	GB21: Strong downward pressure	LIV14: Firm downward pressure 1-2 mins
		 Qimen (Liv.14)
NAUSEA	CALMING/GROUNDING	ENERGY
PC6: Firm pressure	KID1: Holding	ST36: Press and Rub in-between surges
		

Image credits:

Debra Betts - Acupuncture and Acupressure for Pregnancy and Childbirth
 Peter Deadman, A Manual of Acupuncture

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