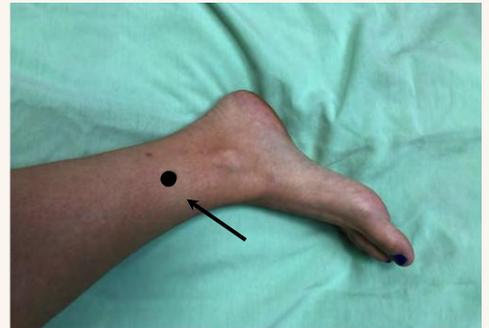


Acupressure: Occiput Posterior Baby

Use these points for malposition of the baby (facing the wrong direction) during the last four weeks of pregnancy (from 38 weeks on) or, this is especially effective during labor and delivery. Occiput Posterior (OP) can cause more painful or longer labor, so try these points to alleviate symptoms.

Spleen 6 (SP6)

This point is located on the inner leg. Cross one ankle over the opposite knee. Place your pinkie finger on the inside tip of the opposite anklebone. Where your pointer finger lands in the soft flesh closer to your core is the correct point. It will typically be very tender. Press the tender spot several times a day for 30-60 seconds.



Urinary Bladder 60 (UB 60)

Be comfortable in the same position for locating this as SP6. Behind your anklebone is a soft spot that dips into a small area where you can squeeze with your thumb and pointer finger. It is the deepest part of the depression and your fingers should easily slip into the right spot. The outer point where your pointer finger landed is UB 60. Press the spot several times a day for 30-60 seconds.



Urinary Bladder 31, 32, 33, and 34 (UB31-43)

Imagine a line from UB 60 to the outer edge of your pinkie toenail. This point is on the line from UB 60 towards 1 millimeter away from the tip of the pinkie toenail bed. This is at the end of an acupuncture channel, so by activating this point, it helps to gently nudge the baby to turn its head down to a correct birth ready position inside the mom's belly. Press the spot with your fingernail several times a day for 30-60 seconds.



Be sure to use all 3 points each time you perform acupressure.

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