

Acupressure: Edema During Pregnancy

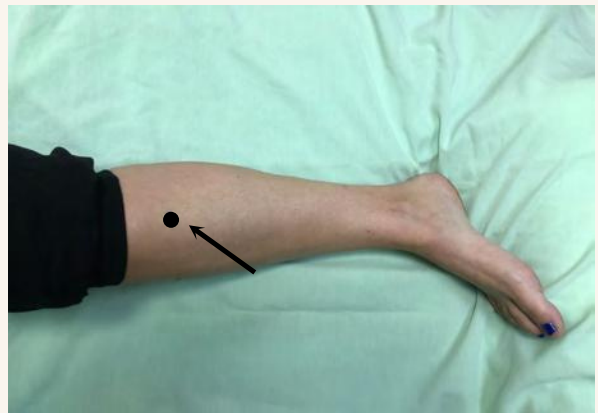
This is a Moxibustion treatment that is used once daily for 7 consecutive days during the second or last trimester of pregnancy. Spend approximately 5 minutes warming each point, or 20 minutes total time. This treatment is exponentially more effective with the use of Moxibustion versus acupressure only. Moxibustion is recommended.

See Moxa Handout for more information on proper usage.

Spleen 9 (SP9)

Run your 2nd and 3rd fingers up your shinbone until it starts to flare out (the fingers start to make a “V”) follow the pointer finger to the inside. There is typically a depression or it might be cold.

Moxa for 5 minutes on each point on both legs, or until a warm spreading sensation is felt.



Stomach 36 (ST36)

Slide 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. The point is located toward the outer part of the body 1 inch from the nub or bump in the shinbone.

Moxa for 5 minutes on each point both legs, or until a warm spreading sensation is felt.



Mild edema can be normal during the last trimester of pregnancy. This means that by the end of the day hands and feet get a little swollen, but are back to normal by morning. If you have a headache along with edema please contact your doctor or midwife immediately, this could be a sign of preeclampsia.

Word to the wise: Rest your feet as much as possible. Rotate your ankles, toes, knees, and hips to increase blood flow. Sleep on your left side. If you typically work all day standing, find a stool, or a way to take an hour off halfway through the day and put your legs up during your break. This helps the fluids recirculate through the rest of your body.

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