



A collaboration among the University of Minnesota,
University of Minnesota Physicians and Fairview Health Services

Acupressure for Nausea


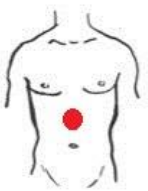

This is a short guide to teach you some gentle acupressure techniques to help manage nausea. Acupressure is a gentle, noninvasive way to stimulate acupuncture points on the body. These are great self-care tools you can use on yourself, a loved-one or patient if you are a health care provider.

There are exact locations for acupuncture points, however, when doing acupressure you do not need to worry about exact location. You should apply gentle pressure to the area, either pressing straight down, rubbing in a circular motion, or even tapping with the fingertips. At no time should the pressure be painful. However, you may feel some tenderness or soreness in the area of the point. This is a normal reaction and often means you are in the correct location.

It is recommended to perform acupressure on this sequence of points to help manage nausea from any cause. Spend anywhere from a few seconds to a few minutes on each point. As you move along the body, you may take extra time at any location where you feel is needed. You may skip points along the way, and try different combinations to see what feels good for your individual body and situation. You can do this several times throughout the day. Throughout the entire process, maintain gentle and relaxed deep breathing.

*The content of this hand out is not intended to diagnose, treat, or cure any disease, nor is it a substitute for medical care. If at any time you are experiencing pain or discomfort associated with this practice, please discontinue and consult with your physician.



	<p>Pc 6 - Between the tendons on the inside of the wrist, located three finger widths above the crease of the wrist. This point is easily stimulated by wrapping your four fingers around the back of the wrist and using your thumb to press the point between the tendons. If you have a hard time feeling the tendons, making a fist will help you find them.</p>
	<p>Ren 12 – Approximately midway between the bottom of the sternum and the navel.</p>
	<p>St 36 - Approximately four finger widths below the bottom edge of the knee cap, just off the lateral (outside) edge of the bone (tibia) in the tender spot of the muscle.</p>



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An anatomical line drawing of a human foot from a medial perspective. A red dot is placed on the medial arch of the foot, specifically in the depression below the bony prominence of the first metatarsal bone.	<p>Sp 4 – On the medial (inside) edge of the foot, in the depression below the bony prominence of the first metatarsal bone. You can easily massage along the inside edge of the entire arch of the foot towards the big toe to activate this point.</p>
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