



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

Acupressure for Headache

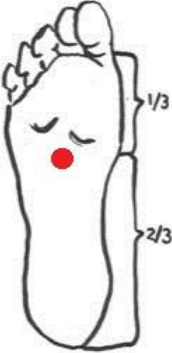


This is a short guide to teach you some gentle acupressure techniques to help manage symptoms of headaches. Acupressure is a gentle, noninvasive way to stimulate acupuncture points on the body. These are great self-care tools you can use on yourself, a loved-one or patient if you are a health care provider.


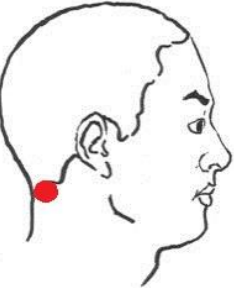
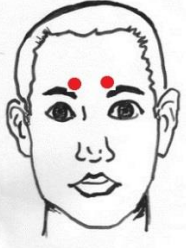
There are exact locations for acupuncture points, however, when doing acupressure you do not need to worry about exact location. You should apply gentle pressure to the area, either pressing straight down, rubbing in a circular motion, or even tapping with the fingertips. At no time should the pressure 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, starting from the feet and working your way up the body to the points on the head. After completing the sequence, it is recommended to massage the point on the bottom of the feet one more time and end there. 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>Ki1 - Located on the sole of the foot, in the depression below the ball of the foot. Using a thumb or knuckle to press into the depression is the easiest way to stimulate this point on yourself or someone else. Both feet can be stimulated simultaneously, or separately.</p> <p>This point can be easily self-stimulated by rolling the sole of the foot on a tennis ball or golf ball.</p>
	<p>Ba Feng - Located on the top of the foot, in the depressions in the webs between the toes. Four points total on each foot. You will often find that some specific areas will be quite tender or sore. Spend more time massaging the points that feel the most sensitive.</p>
	<p>Gb34 – Located on the lateral side (outside) of the lower leg. Find the head of the fibula (the bony prominence just below the knee on the outside of the lower leg). The point is just in front of this bony prominence, in between the fibula and tibia bones of the lower leg. Find the tender spot in the muscle just off the bone.</p>

	<p>Li 4 - In the middle of the muscle on the web of the hand, between the thumb and index finger. This point is easily stimulated by pinching from both sides, into the muscle.</p> <p>*Do not massage this point if you are pregnant.</p>
	<p>Gb 20 – On the back of the head, In the two deep depressions just below the base of the skull. Both sides can be massaged separately or at the same time.</p>
	<p>Ub 2 – Located at the medial (inside) edges of the eyebrows, find the tender spot. This area can be massaged in a small circular motion, and you can continue along the entire length of the eyebrows outward towards the temples. This leads you to your next point below, Tai Yang.</p>



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A line drawing of a human head in profile, facing right. A red dot is placed on the temple area, indicating the location of the Tai Yang acupoint.	<p>Tai Yang - In the depression at the temples. Circular massaging works well. If you tend to clench your teeth, you can also work down from the temples along the muscles of the jaw to release tension.</p>
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