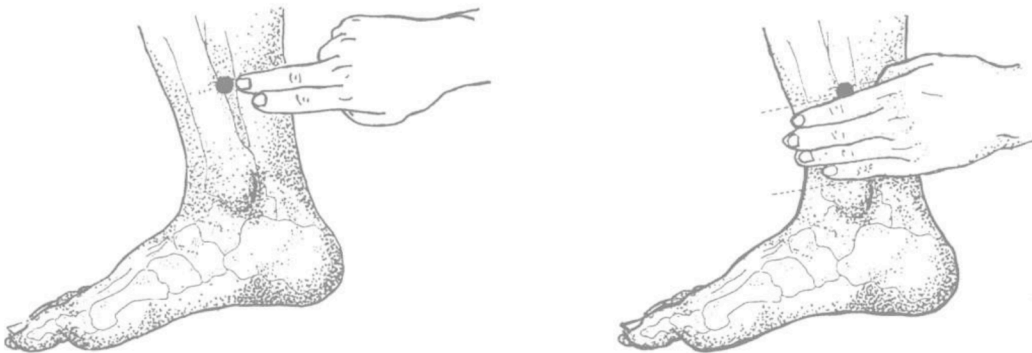


Sanyinjiao SP6

From Debra Betts Acupressure During Labour Handout

Point Location

This acupressure point is located using four of the woman's finger widths above the tip of the medial malleolus (the shin bone on the inside of the ankle). This area will often be tender and the point is found when you slide your finger off the edge of the tibia bone, towards the inside of the leg. It is useful to press on the tibia when first locating this point as pressing on this bone produces a very different sensation from the acupressure point.



During pregnancy, direct or indirect moxa can be used on this acupoint according to instructions provided by your practitioner.

HOWEVER, acupressure and acupuncture must be used with caution.

Strong pressure may only be used to help induce labour - NOT during pregnancy.

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