

# Touch Techniques

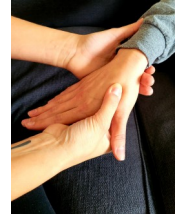
## Pressure Points For Stalled Labor and Pain Relief

Press firmly using thumb for 5 minutes at a time, every hour on each spot during early labor, during contractions, or every 30 minutes (hold for 15 seconds and repeat 5 times).



PC8 - Make a fist, it's where the tip of your middle finger touches your palm

LI4 - Back of the hand, deep between the webbing of thumb and pointer finger



SP6 - It's about the distance of four finger widths above the inner ankle bone

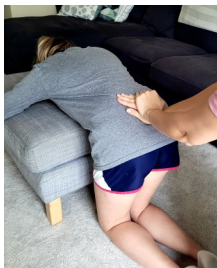
## Massage and Touch For Pain Relief and Relaxation

Use birthing person's preference for pressure. Always ask, as it changes from one contraction to the next.

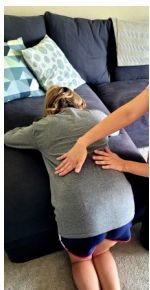


Common massage spots include hand, back, neck, and feet

Use fingertips lightly across back, arms, stomach, and legs



For counter pressure, be sure to press firmly during contractions for pain relief. Sacral counter pressure may be done with hands or tennis ball.



Lightly crisscross fingers across back for relaxation

Perform double hip squeeze with great pressure on both hips. Excellent for back labor pain.

