Acupressure Guide for Period and Pelvic Pain

Pelvic Pain Foundation OF AUSTRALIA

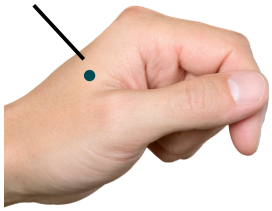
Acupressure uses acupuncture points to support your health without the use of needles. It is something you can do yourself. Just use your finger, a pen, or something small like a bobby pin to press or gently massage the point.

How to do it:

- Press or massage the point firmly for at least 3 minutes
- Do this twice a day, or more if your symptoms come up
- Go with whatever feels best—holding steady pressure or massaging in circles



Hegu LI-4



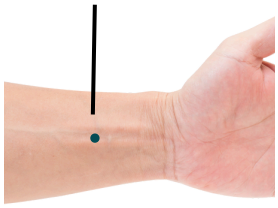
Acupuncture Point: Large Intestine 4
Used for: Pain management and inflammation anywhere in the body, muscular cramps, migraines, high temperatures and hot flushes. Please note, this point is not to be used in pregnancy.
Location: On the top side of the hand, on the web between the thumb and index finger. The point is located on the highest point of the bulge of the muscle, level with the end of the crease.

Taichong LIV-3



Acupuncture Point: Liver 3
Used for: Menstrual cramps, muscular pain, tender breasts, headaches and emotional symptoms such as irritability, stress and frustration. Helps to regulate menstruation and remove tension from the body. Helps with UTI's, PMS, PCOS, Fibroids and Endometriosis.
Location: On the top of the foot between the tendons of the big toe and second toe. The point is located below the crease between the big and second toes and below the first metatarsophalangeal joint.

Neiguan PC-6



Acupuncture Point: Pericardium 6
Used for: Settling emotions, insomnia and sleeping problems, anxiety, racing mind and sadness. Helps to calm emotions with conditions like PMS or PMDD in the lead up to a period. Calms the heart rate, treats nausea, regurgitation and chest tension.
Location: Inside the wrist (palm side) about three finger breadths below the wrist crease, between the two tendons (palmaris longus and flexor carpi radialis).

Sanyinjiao SP-6



Acupuncture Point: Spleen 6
Used for: Relaxing muscles and menstrual cramps, increases energy, helps to regulate the menstrual cycle and manage pain associated with Endometriosis. Regulates urination and hormone production. Treats digestive issues like bloating and IBS. Please note, this point is not to be used in pregnancy.
Location: On the inside of the lower leg (medial side), the point is located 3 finger breadths above the ankle bone (medial malleolus), just off the edge of the tibia bone / shin bone (posterior border of the medial aspect of the tibia).

Xuehai SP-10



Acupuncture Point: Spleen 10
Used for: Extreme sharp pain with periods or ovulation, sharp thigh pain and pelvic floor cramping. Relieves pain associated with gynecological conditions such as periods, cysts, fibroids, Endometriosis, Adenomyosis. Please note, this point is not to be used in pregnancy.
Location: 2 finger breadths above the knee (superior border of the patella), on the inside (medial side) of the thigh, in the middle of the bulge of the vastus medialis muscle.

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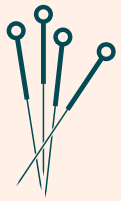
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How to find a skilled and qualified Acupuncturist

Check to see if they are registered with AHPRA:

1. AHPRA is the Australian Health Practitioner Regulation Agency. Make sure your acupuncturist is registered with them. They need at least a Bachelor of Health Science (Acupuncture) to be qualified. You can look them up online to check their registration.
2. To show they're doing regular training and staying up to date, they should also belong to a professional group, like:

- AACMA - Australian Acupuncture & Chinese Medicine Association
- ATMS - Australian Traditional-Medicine Society
- ANTA - Australian Natural Therapists Association
- CMASA - Chinese Medicine & Acupuncture Society of Australia
- FCMA - Federation of Chinese Medicine & Acupuncture Societies of Australia Ltd



What to expect from an Acupuncture treatment

Appointment length: Sessions usually go for around 60 minutes. How often you go depends on your symptoms, but over time the goal is to reduce how often you need to go as things improve.

What's involved: Treatment might include fine needles (acupuncture), cupping, herbal remedies, moxibustion (a warming technique), and advice on food or gentle movement like Tai Chi or Qi Gong.

Cost: If you have private health insurance that covers acupuncture, you might get some money back (a rebate). Fees are similar to seeing a physiotherapist or osteopath. Some places offer cheaper options, like student clinics or concession rates.

Where they work: Acupuncturists might work in a clinic with other health professionals (like physiotherapists or naturopaths) or run their own practice.

Safety: When done by someone properly trained and registered, acupuncture is considered safe and has very few side effects. They follow strict hygiene rules.

Find out more about Acupuncture

https://acupuncture.org.au/
https://www.chinesemedicineboard.gov.au/
https://acupuncturenow.org.au/
https://www.evidencebasedacupuncture.org/

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