

Using Acupressure Wristbands for Upset Stomach (Nausea)

Acupressure

Acupressure is part of an ancient medical system called traditional Chinese medicine. You can perform acupressure on yourself to help restore balance to your body, mind and spirit. It can help to reduce stress, anxiety, pain and an upset stomach (nausea).

How Acupressure Works

Acupressure moves Qi (pronounced “chee”) energy through your body along channels. When you are healthy, the Qi moves energy freely. When you are in pain, sick or emotionally upset, the Qi can become stuck. Acupressure unblocks this stuck Qi.

Acupressure Wristbands

Acupressure wristbands are made of elastic. Each wristband has a plastic button that needs to be placed on the wrist point to work properly. You must wear one wristband on each wrist.

The wristbands work by applying gentle pressure on the wrist points to decrease upset stomach (nausea). You may start feeling better within 5 minutes of putting on the wristbands.

Acupressure wristbands are safe for adults and children. They can be put on when you have an upset stomach or worn during surgery. (They do not contain metal.) You can wash and reuse the wristbands.

How to Do Acupressure Using a Wristband

Put a wristband on one of your wrists. Slide it up toward your elbow.

Wrist point

A. Turn your palm of one hand palm-side-up. Notice the crease that forms when you slightly bend your hand toward the ceiling.

B. Place your pointer, middle and ring fingers of your other hand up to the crease closest to your palm. Your pointer finger will be on the wrist point.



C. Exchange your pointer finger for your thumb on the wrist point. There may be tenderness on the point.



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D. Slide the wristband down your arm until the button is placed on the wrist point. It is important that the wristband is placed correctly.



E. Repeat with another wristband on your other wrist.

Tip: You can also apply gentle pressure over the button for a greater effect.

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Who Should Not Do Acupressure

Do not do acupressure if you have a condition that could be made worse by applying pressure such as having an IV in that area, bruising, arthritis or bone disease.

Do not stop taking your current medicines.

Whom to Call With Questions

If you have questions about acupressure or acupressure wristbands, ask your health care provider.