

Acupressure for Constipation

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 and create a sense of calm and peace.

How Acupressure Works

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

How to Do Acupressure

The following acupressure points may help to relieve constipation.

Thumb point

- Press your thumb and pointer finger of one hand together. Notice the bulge in the muscle between your thumb and pointer finger on the back of your hand.
- Press the thumb of your other hand into the muscle and slightly under the bone. Relax your thumb. It should feel tender.
- Apply gentle pressure with your thumb for 1 to 2 minutes. Release. Repeat on your other hand.

Arm point

- Put one arm out, with the palm of your hand facing up.
- Bend your elbow slightly and notice the crease that forms.
- Use your thumb on your other hand to follow the crease to where it ends toward the thumb side of your arm.
- You will feel a tender spot on the muscle at the end of the crease. Straighten your arm.
- Press the tender spot for 1 to 2 minutes, while taking some deep, relaxed breaths.
- Release. Repeat on other arm.



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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.

Other Ways to Relieve Constipation

- Chew sugarless gum.
- Take small sips of warm water or herbal tea.
- Do not have caffeine, ice water or ice chips.
- Eat high-fiber foods such as vegetables, fruits, bran cereal, beans, peas, popcorn or nuts.
- Do not eat starchy carbohydrates (pasta, potatoes, rice), meat, dairy foods (cheese, yogurt, milk), or high-fat, greasy foods (fried foods).
- Go for a walk (be physically active).

Whom to Call With Questions

Talk with your health care provider if you have questions.