

# Acupressure for Bladder Problems

## Acupressure

Acupressure is part of an ancient medical system called traditional Chinese medicine. You can perform acupressure on yourself (self-acupressure) 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, the Qi moves energy freely. When you are in pain, sick or emotionally upset, the Qi can become stuck. Acupressure unblocks this stuck Qi.

## Bladder Problems That May be Helped by Acupressure

Acupressure may help some bladder problems, including:

- difficulty urinating
- reduced bladder control
- dribbling urine
- slow or weak urine stream
- overactive bladder.

## How to Do Acupressure

Doing acupressure on yourself is safe. To apply self-acupressure, do the following.

1. Bring your right foot to your left knee, if you are able.

2. Place your right thumb just in front of your right heel, where the arch of your foot starts. Press this point firmly with your thumb for 30 to 60 seconds. It should feel tender but not painful.



3. Slide your thumb along the arch of your foot toward your toes, pausing to press into each tender point for 30 to 60 seconds. The last tender point will be just below the ball of your foot on your arch.



4. Repeat these steps two more times. Then switch feet to apply acupressure on the opposite side three times.



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## Whom to Call With Questions

Talk with your health care provider if you have questions.