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Meridian energy pen for headaches

Image not available forColour: Acupressure is a form of complementary or alternative medicine. The following are the same fundamental principles as acupuncture. Acupressure and acupuncture involve stimulating pressure points along energy lines passing through the body. Acupuncturists call them meridian lines. Unlike acupuncture, which uses thin needles, acupretura involves applying physical pressure to activate pressure points. Many people believe that complementary therapies are an effective treatment for everyday pain and pain. This article outlines current research on acupressure for headaches. We also provide some simple acupressure techniques that you can try at home. Headache pain is a common experience. According to a 2018 article, tension-type headaches affect about 40% of people worldwide, with migraines affecting about 10% of people worldwide. Practitioners of acupressure claim that activating the following pressure points can help relieve headaches:The third eyeShare on PinterestPeople can find a third pressure point of the eye between the eyebrows. Stimulate the third pressure point of the eye by applying constant pressure or gentle massaging with circular movements. Drilling bambooShare on PinterestThis pair of pressure points sits on the inside of each eyebrow, where the nasal bridge meets the brow bone. Using both index fingers, apply the same pressure on both sides. Alternatively, stimulate one point at a time, alternating between the sides. Consciousness DoorShare at PinterestThis pressure points sit in hollow spaces on both sides of the spine, just below the base of the skull. Activate these points by applying solid pressure with the index and middle fingers of both hands. Alternatively, weaves your fingers behind your head and press your thumbs into the hollow spaces at the base of the skull. Massaging the door of consciousness of pressure points can also help relieve neck pain. Shoulder wellShare on PinterestU shoulder well pressure point sits about halfway between the shoulder joint and the base of the neck. Use the index and middle fingers of the opposite hand to apply firm but gentle pressure to this point. Don't forget to do the same on the opposite side. Activating the pressure point on the well of the shoulders can help relieve stiffness or tension in the muscles of the shoulders and neck. This could help relieve tension headaches. Union valleyShare on Pinteresta person will find a valley of union or hegu pressure point on loose skin between the thumb and forefinger. Pinch this pressure point between the thumb and forefinger of the opposite hand. Either hold the pressure point of the Union Valley or massage it by moving your thumb in small circles. Repeat this process on the opposite hand. Few scientific studies have assessed the effectiveness of acupressure for treating headaches. Of the studies that exist, most use small sample sizes and do not have proper controls. However the body of scientific research focuses on the effects of massage therapy and compression therapy to treat symptoms of pain and headache. Both types of therapy include stimulating myofascial trigger points. These are very sensitive areas in the skeletal muscle that can contribute to tension-type headaches. Massage therapy for tense headachesOne small study from 2015 investigated the effects of massage therapy in 56 adult participants who had two or more tension-type headaches per week. Over 6 weeks, some of the participants received massage therapy and others received placebo therapy. Massage therapy is aimed at stimulating myofascial trigger points in the head, neck, shoulders and upper back. Participants from both groups reported a decrease in the frequency of headache tension. However, there was no significant difference between the two groups. The authors concluded that clinical improvements are sometimes due to the placebo effect. However, the group that had massage therapy reported a significant reduction in pain compared to placebo. The study suggests that massage therapy may help relieve tension headache pain. A 2017 study looked at the effects of massage therapy on people with myofascial pain syndrome (MPS). MPS is a type of skeletal muscle disorder that can cause muscle pain, tenderness and tension headaches. Researchers divided the participants into three groups: those receiving massage therapy, those who received placebo treatment, and those who received no treatment. People in the massage therapy group received two 45-minute massages a week for 6 weeks. Participants in the massage group showed significantly increased levels of pain tolerance at myofascial trigger points. Participants in the other two groups did not show this response. The study concludes that massage therapy could be useful in reducing myofascial pain and associated headaches. Compression therapy for cervicogenic headachesCervicogenic headaches are due to disruption of the cervical spine. A small 2017 study looked at the efficacy of a type of compression therapy for participants with cervicogenic headaches. 9 participants in the treatment group received four ischemia compression sessions, while 10 participants in the control group received no treatment. Ischemia compression involves applying consistent pressure on myofascial triggers to gradually reduce sensitivity in these areas. At the end of the study, the treatment group reported a significant decrease in headache intensity, frequency and duration. This suggests that ischemia compression can help relieve cervicogenic headaches. However, researchers must conduct further extensive studies to support this claim. Migraine acupressure Findings from a 2019 study suggest that self-used acupressure reduces fatigue among people with Fatigue is a common side effect of migraines. This can significantly reduce a person's quality of life, affect daily functioning and even cause headaches in the future. Divide into PinterestA person may benefit from deep breathing during acupressure to further relax the body. People who want to use acupressure techniques to treat headaches can benefit from: sitting or standing in a comfortable and relaxed position when performing acupressure, consistent pressure when activating acupressure that shows deep breathing to help relax treatments to relax the body if new pain or worsening symptoms People appear can talk to their doctor if they have any questions about including acupressure in their treatment program. People can also work with a trained massage therapist or reflexologist to learn more about acupressure points. Professionals can show people which acupressure points can benefit the most from them, and how to activate them. There are very few scientific studies exploring the effects of acupressure for headache pain. However, a limited number of studies show that acupressure-like therapies can be effective in relieving headaches. However, further studies are needed to substantiate this claim. Acupression can serve as a safe and effective complementary treatment for people who have recurrent headaches. People may want to talk to their doctor before starting new forms of treatment. We are committed to delivering the best cancer care and your safety remains a top priority. With this in mind, we have set out many new procedures, including a limited visitor policy. This is just another way of ensuring your safety and that of our personnel. Read more This information explains how to use acupressure to reduce pain and headaches. Acupressure is an ancient healing art based on traditional Chinese acupuncture medicine. With acupression, you put pressure on certain places on the body. These places are called sharp spots. Pressing these points can help relieve muscle tension and promote blood circulation. It can also alleviate many common side effects of chemotherapy. You can do acupressure at home using your fingers to apply pressure to different sharp spots. Watch this video or follow the steps below to learn how to do acuity to reduce pain and headaches. Pressure point LI-4 (Hegu) Figure 1. Finding space between the left thumb and forefinger Pressure point LI-4, also called Hegu, is located between the base of the thumb and forefinger. She's doing acupressure at this place to relieve pain and headaches. Use your right thumb and forefinger to find space on your left hand between the base of your left thumb and forefinger (see Figure 1). Click down on this point for 5 minutes. Shing your thumb in a circle until Pressure. Be firm, but don't push so hard It hurts. Repeat the procedure on your right hand. You can do acupressure several times a day, or as often as it takes for your symptoms to go. To learn more about other therapies available at Memorial Sloan Kettering (MSK), call the Integrative Medicine Service at 646-888-0800 or visf our website: www.msccc.org/IntegrativeMedicine. Sometimes it seems that all triptans, cold wraps and coffee in the world are not enough to relieve migraine pain. If that sounds familiar, maybe you should learn something about the sharp leg. It's a natural, relatively safe method of pain relief for you to try. But first: what is it? You may have heard people raving about the benefits of acupuncture treatment for all kinds of health problems, from back pain to chronic migraine headaches, but did you know that acupressure works the same way - without all these scary needles? Like acupuncture, acupuncture is an alternative medicine technique based on the traditional Chinese concept of Qi, a life energy that flows through the body in pathways called meridians. This tradition attributes various diseases and diseases to blockages in the flow of Qi. The purpose of acupuncture and acupuncture is to clean these blockages and return your body to its natural state. But what is acupressure special? Well, like a massage. This includes applying pressure to certain parts of the body called acupressure points (or sharp spots for short). What points you focus on depends on what pain you try to treat, which brings us to our next part. Acupressure is said to benefit people dealing with depression, anxiety, nausea, chemotherapy side effects, and many other conditions. The idea is that any physical or emotional pain can be partially alleviated by acupression, so it is almost understood that it can be beneficial for migraines - especially when you consider that it is free, usually safe for most people, and simple enough that you could even perform it on yourself during migraines. Let's mention that the scientific evidence for the effectiveness of acupressure is quite inconclusive. A 2011 review published in the journal Pain and Symptom Treatment noted that 35 of the 43 studies have shown that acupressures have alleviated symptoms of various ailments, but that many of these studies may be biased. More research is likely to be needed before scientists can decide if the benefits of acupressure are real work or just another example of the placebo effect. Scientific studies aside, there is a lot of anecdotal evidence in favor of acupressure. Since it does not come with negative side effects, giving it a try is relatively risk-free. Acupression is intended to provide instant relief, so you can try it out during a migarin attack. I can't imagine you can remember the pressure points when you're in a rush Yes, we got it. Fortunately, someone else can do it for you without reducing its effects if you show them how. The good news is, if you want to try this, it's very easy. All it involves is comfortable, closing your eyes and massaging the pressure point with circular motions for 15 to 20 seconds. You should use firm pressure, but don't press so hard it's painful. (This makes it a great option for those endless minutes before your acute medicine kicks in.) To relieve migraines, the most important pressure point to know how to relieve headache pain is the space between the base of the thumb and forefinger. For those who want to be experts in acuity, it is called LI-4 (also known as Hegu). Other potentially useful points include your inner wrist, on the same side as your thumb (LU-9), and the back of your jaw, just below your ear (SJ-17). If your migraine attacks come with nausea, you can also try depression between the leg muscles and the lower leg bones, just below the knee (ST-36). Check out our handy reference guide below if you're having trouble finding it. You're wondering if this is risky to try? Rest assured that acupressure is a relatively safe way to relieve pain, and can usually be used many times a day without causing harm. But that doesn't mean you shouldn't be careful. Do not put pressure on areas where you have burns, infections, infectious skin diseases or active cancer. Pregnant women should consult a doctor before using acupressure because some points are believed to cause contractions. People with common diseases such as rheumatoid arthritis should also speak to their healthcare professional before attempting acupression. To end all this, acupressures are a natural, simple and relatively safe method for pain relief, but this should not be your primary treatment for any serious conditions or diseases, including migraine. Many sufferers control migraines by combining alternative treatments and prescription drugs. The information in this article is not a substitute for professional medical advice, diagnosis or treatment. You should not rely on the content in this article for certain medical advice. If you have any questions or concerns, talk to your doctor. Photo by Toa Hefitba at Unsplash. The nesplash.

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