

APPLICATION OF ACUPRESSURE: A CASE STUDY FOR EDUCATION

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Introduction:

Acupressure is an ancient healing art using the fingers to gradually press key healing points which stimulate the body's natural self-curative abilities.

Acupressure was developed in Asia over 5,000 years ago; Acupressure Therapy is effective in the relief of stress-related ailments and is ideal for self-treatment and preventive healthcare because of its amazing ability to boost the System. Acupressure releases tension, increases circulation, reduces pain and helps to develop spirituality and vibrant health, when acupressure points are stimulated; they release muscular tension, promote circulation of blood and enhance the body's life force energy to aid healing.

Objective: The major objective of these case studies is to book is to provide a short overview on acupressure & its benefits through examples

. By working through the case studies any one can understand

the significance of performing acupressure & healing points and use them in appropriate way to get health benefits in day to day life.

Case Study - 1

Name: MR. ASHOK

Issue (0-10 Scale): The Client was a 65-year old man who had a stroke 5 years previously presently complaining of pain and stiffness in the extremities appetite imbalances, headache feels frustrated and highly irritated On a 0-10 scale, client feels this issue is a 10 out of 10.

Treatment Protocol:

I began the treatment by After a 4-week observation period, the participant was programme consisting of 20 minutes of acupressure to four acupoints in the affected lower leg, i started slowly from SP16 to work on appetite imbalances for 3 minutes and i had switched to LV3 for 3 minutes and i continued to perform acupressure on L14 points Outcome measures included plantar flexor spasticity, isometric muscle strength in the lower limbs, walking speed, and functional mobility.

How did the client feel after the treatment was complete?

The client really enjoyed the treatment and said he felt very relaxed. After the 4-week programme, the strength of the participant's knee extensors, ankle dorsiflexors and plantar flexors, walking speed, and Up and Go times had improved. The spasticity level of the affected ankle plantar flexors remained unchanged throughout the study.

and client also appreciated that his mood seems to be much better and he's relieved of headache and improved stability On a 0-10 scale the client felt his issue had reduced to about a level 7 out of 10.

I had performed further 2 sessions over the following 2 weeks to further reduce symptoms.

and further sessions the client had improved state of mental stability and physical stability and the pain had declined to 2 on a 0-10 scale

Case Study - 2

Name: Ms. ANITA

Issue (0-10 Scale): The Client was a 28-year young women who had a recent loss of job and feels very stressful about the future presently complaining of headache, sleeplessness constant worry and fear frustrated and highly irritated On a 0-10 scale, client feels this issue is a 10 out of 10.

Treatment Protocol:

I began the treatment after thorough observation period, the participant was programme consisting of 20 minutes of acupressure Working on the k27 points just applied gentle pressure to the points, which are the last points on the Kidney Meridian, K27 for 20 to 30 seconds for a quick boost or 3 minutes for maximum benefit. i continued this in further sessions and also explained herself to either tap , massage or holding these points gently

How did the client feel after the treatment was complete?

The client really enjoyed the treatment and said she felt very relaxed and client also appreciated that her mood seems to be much better as i had explained that Function of these k27 points The Kidney Meridian in Traditional Chinese Medicine contains root energy or essence and how Energy is pulled up from the earth into The Wellspring of Life – K1 point on the bottom of the foot and flows out K27 (the last point on the Kidney Meridian) to all the other meridians in the body based on the Meridian Flow Wheel.

and client also felt how the energy is re-establishes the flow of Qi throughout the entire body. It also helped to get energy moving in a forward direction and sending energy up to the eyes and brain. and she's relived of headache and improved stability On a 0-10 scale the client felt his issue had reduced to about a level 7 out of 10.

I had performed further 2 sessions over the following 2 weeks to further reduce symptoms.and further sessions the client had improved state of mental stability and physical stability and the pain had declined to 2 on a 0-10 scale and at the end client was also able to locate the points by self and felt very much confident in practicing the same whenever she feels stressed and she can also now work on finding good jobs and concentrate on her life and career .

Case Study - 3

Name: Ms. RIYA

Issue (0-10 Scale): The Client was a 31-year young women who has a past history of asthma and whenever she has episodes of asthma feels palpitated and chest pain and congestion she's really worried and anxious at every attack of asthmas and also feels restless and very tiered and inability perform any activity On a 0-10 scale, client feels this issue is a 10 out of 10.

Treatment Protocol:

I began the treatment after thorough observation period, the participant was programme consisting of 20 minutes of acupressure Working on the CV17 – Sea of Qi Point points just applied gentle pressure to the points, which is the 17th point on the Central Vessel Meridian 20 to 30 seconds for a quick boost or 3 minutes for maximum benefit. i continued this in further sessions and also explained herself to either tap , massage or holding these points gently

How did the client feel after the treatment was complete?

The client really enjoyed the treatment and said she felt very relaxed and client also appreciated that her mood seems to be much better as i had explained that Function of these CV17 points Activating it helps to get energy moving and increases the flow of Qi or energy throughout the entire body. CV17 is also the Alarm Point for the Circulation Sex/Pericardium Meridian that protects and calms the heart. and the client felt very aesthetic she's relived of chest pain , anxiety and palpitations and improved stability and breathing On a 0-10 scale the client felt his issue had reduced to about a level 7 out of 10.

I had performed further 2 sessions over the following 2 weeks to further reduce symptoms.and further sessions the client had improved state of mental stability and physical stability and the pain had declined to 2 on a 0-10 scale and at the end client was also able to locate the points by self and felt very much confident in practicing the same whenever she feels stressed and she can also now perform her daily activity and able to de stress herself after the asthma.