

# Being in Touch

PAIN RELIEF AT YOUR FINGERTIPS



# About the Aging and Integrative Pain Assessment and Management Initiative (AI-PAMI)



AI-PAMI is a comprehensive project addressing non-opioid pain management in adults ages 50 and older living in Northeast Florida. The overall goal of AI-PAMI is the advancement of innovative pain education and patient care through the development of provider and patient workshops focused on integrative pain management.

Funding provided by Florida Blue Foundation and the Florida Medical Malpractice Joint Underwriting Association.

Visit [pami.emergency.med.jax.ufl.edu](http://pami.emergency.med.jax.ufl.edu) to learn more.

Contact PAMI at [pami@jax.ufl.edu](mailto:pami@jax.ufl.edu) or 904-244-4986.

## *Catherine Cerulli, M.Ed.*

University of Vermont  
Medical Center Integrative  
Practitioner providing  
instruction for patients,  
family caregivers, and staff

University of Vermont  
guest lecturer in the  
School of Nursing

Family caregiver for a  
loved one with chronic  
illness



# *Touch: A language without words*

Comforting touch is one of the most intuitive ways we use our hands.

Learning specific techniques can increase your ability to more effectively relieve pain and create a sense of ease.



# The ABC's of Compassionate Self-Care

## **Awareness & Attitude**

What are you aware of in this moment?  
How might you describe your attitude?

## **Breath & Body**

What do you notice about your breathing?  
Is any body part "talking" to you?

## **Choice & Care**

How might you choose to relieve tension?  
In what ways might you care?



# Ancient traditions meet modern science

**ACUPRESSURE:** the art and science of applying finger pressure to specific acupoints to restore balance and harmony within the body, mind, and spirit.

**JIN SHIN JYUSTU®:** a Japanese healing art utilizing finger holds and acupressure points. Emphasis is upon mindful breathing and compassionate awareness.

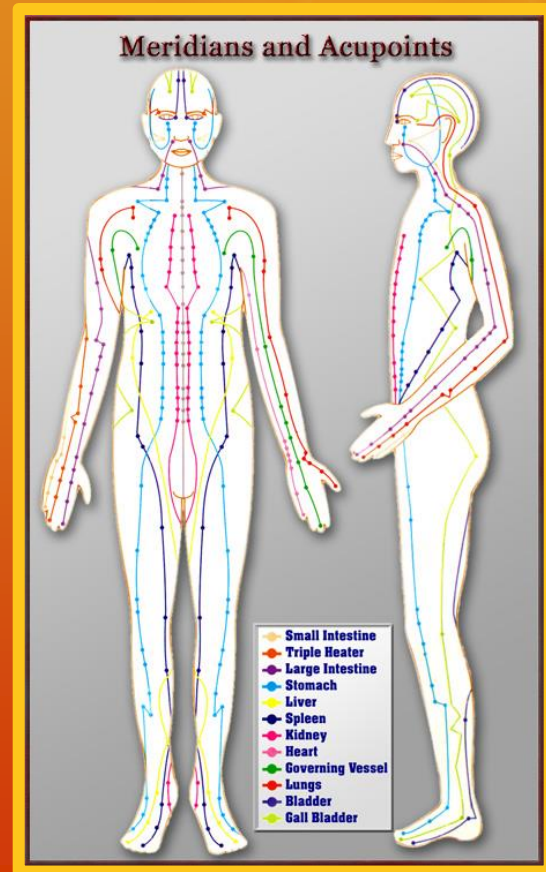
Studies have shown acupressure can relieve pain, reduce anxiety and so much more.



# Meridians - the Body's Energy Pathways

For thousands of years, in Asian healing traditions, specific points were stimulated to address physical, mental and emotional distress.

You will learn to use acupressure and mindful breathing to relax, increase your sense of well being, and relieve pain.



# Acupressure Hand Massage

Effectively create more ease  
in the hands, arms, shoulders!

Flex both hands. Notice degree  
of flexibility. Exhale deeply.

Use thumb and index finger and  
gently squeeze down the side of  
each finger from palm to tip at  
least 3 times. Gently rotate each  
finger. Squeeze the tips if  
desired.

Massage the webs between the  
fingers. Use your thumb to  
massage the palm.

Flex and compare to the hand  
which has not been massaged.  
Notice a difference? Repeat with  
other hand.





# Finger Holds and Conscious Breaths

Hold a finger with ease.

Breathe. Slowly exhale by mouth 3-5 times. Drop your shoulders as you exhale.

For extra benefit, smile slightly with each inhalation.

Explore what works best for you. Allow your intuition to guide you. Focus on just one finger or one hand or all fingers, both hands.



# Jin Shin Jyutsu®

## Fingers Associated with Emotions

Each finger is associated with emotions as well as parts of the body adversely affected by those emotions over time.

Many have found this technique is particularly helpful if you have trouble getting to or staying asleep.

If you want to easily remember which finger is associated with the particular emotion, think:

Get rid of **W**orry: **F A S T**



# Potent Acu-point for Pain Relief

## LI 4 (Large Intestine 4)

"Web" between thumb & index finger

Used to relieve tension and pain in head, face, and neck as well as toothaches.

LI4 is located on the highest spot of the muscle when the thumb and index fingers are brought close together.

Find the point. Press into it with comfortably deep pressure for as you exhale. Release. Repeat.

Contraindicated for pregnant women as can induce labor.



# Potent Acu-points for Anxiety Relief

## PC 8 (Pericardium 8) Center of the palm

Used to calm anxiety, relieve tension and stress.

Make a fist. Note point where middle fingertip touches the center of the palm.

With one hand under the other, place thumb of the bottom hand in the center of the upper hand palm.

Slowly exert light pressure as you exhale. Can also massage in a circular motion. Continue for 1-2 minutes.



# Potent Acu-points for Anxiety Relief

## HT 7 (Heart 7)

Outer wrist under radial bone

Used for addressing anxiety, worry, stress and insomnia.

Find the hollow underneath the radial wrist bone.

Press this point steadily for several minutes while focusing on long, slow exhalations.

Drop your shoulders as you exhale. On the inhalation, relax your jaw and lift the corners of your mouth.



# Relieving Pain, Anxiety & More: Resources & Research

Chen, YW & Wang, HH. (2014). The effectiveness of acupressure on relieving pain: a systemic review. *Pain Management Nursing*, 15, 539-50.

Eun, JL., & Frazier, S. (2011) The efficacy of acupressure for symptom management: A systematic review. *Journal of Pain Management*, 42, 589-603.

Hsieh, LL, et al. (2010). Effect of acupressure and trigger points in treating headache: a randomized controlled trial. *American Journal of Chinese Medicine*, 38, 1-14.

Lamke, D.,et al. (2014). "Not just a theory" - The relationship between Jin Shin Jyutsu® self-care training for nurses and stress, physical health, emotional health, and caring efficacy. *Journal of Holistic Nursing*, 32, 278-289.

Ravinder, J. et al. (2015). Self regulation of breathing as a primary treatment of anxiety. *Applied Psychophysiological Biofeedback*, 40, 107-15.

Savage, BM, et al. (2017). Humor, laughter, learning, and health! A brief review. *Advances in Physiology Education*, 41, 341-347.

# Continue to Explore Being in Touch

Thank you for joining me in this exploration of specific ways you can literally be in touch with yourself and with others.

I encourage you to use the ABCs of compassionate care to create a foundation for relieving pain.

Be curious. Notice which of these acupressure techniques give you the most relief depending upon the day's circumstances.

Above all, continue to deeply exhale, drop your shoulders, and smile as you increase your ability to manage pain and anxiety .



# Thank you for participating in Being in Touch



For more information about the wealth of resources, funded by by Florida Blue Foundation and the Florida Medical Malpractice Joint Underwriting Association, and provided by PAMI:

## CONTACT US

Phone: 904-244-4986

Email: [pami@jax.ufl.edu](mailto:pami@jax.ufl.edu)

Website: [pami.emergency.med.jax.ufl.edu](http://pami.emergency.med.jax.ufl.edu)



Search us using:  
[@ufpami](https://www.linkedin.com/company/ufpami)