

Acupressure Pen

Rescue Drill

Training Drill

Systems Impacted:



Structures/Nerves Stimulated:

Sensory Receptors (Type-A, Type-C), Peripheral Nerves, Spinal Cord, Vagus Nerve, Brainstem, Thalamus, Parietal Lobe, Insular Cortex, Limbic System

Setup:

- Sit or lie comfortably so the abdomen is accessible to reach

Action:

- Holding the acupressure pen in one hand, and holding another hand over the stomach organ. Touch the pen to the abdomen and move it up & down, side-to-side around the stomach and abdomen

Cues:

- Practice for 30 seconds to 5 minutes
- Stop the drill if there is any pain or other threat response
- You should feel some gurgling and gut motility happening, or ease of breathing during the drill

Modifications &

Progressions:

- Instead of holding the stomach, place two fingers behind the ear where the cartilage of the ear meets the cranium. Then continue using the pen on the abdomen.
- Test whether right ear or left ear touch reassesses better.