

Integrative Modalities to use with your Bone Marrow Aspiration Biopsy

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Passive Progressive Muscle Relaxation

Mind-body medicine therapies, such as Passive Progressive Muscle Relaxation, are effective tools as part of a pain management and anxiety reduction pre-procedure treatment plan.

Passive progressive muscle relaxation is a technique commonly used for eliciting the “relaxation response” and relieving muscular tension. It is easy to learn. It involves relaxing various muscle groups. You will start at your head and move down the body to the feet. You will simply bring your attention to a muscle group and intentionally relax it. The recording will talk you through the process so, you do not have to remember what to do simply follow the directions in the recording.

Listening to the recording two times a day will give your body, and specifically your nervous system and brain, a training effect that reduces anxiety and the pain response. This training effect is similar to what working out with weights does for your muscles.

Guidelines for Progressive Muscle Relaxation before your Bone Marrow Aspiration Biopsy

- Listen to the provided recording, [Passive Progressive Relaxation for Procedures](#), and follow the prompts at least two times per day.

Acupressure

Acupressure is a method to stimulate the same system of acupoints used with acupuncture. Acupressure can be self-administered, especially when used to relieve common discomforts including anxiety and pain.

Guidelines for Acupressure before your Bone Marrow Aspiration Biopsy

- Use your thumb or fingertips to apply gentle, firm pressure to each point.
- Use firm pressure, but do not press so hard that it hurts.
- Use the pad of your fingertips, not your fingernail, on the points.
- Acupoints are located on both left and right sides of the body.
- Press and hold or make circular motions on the acupoint for 1 to 2 minutes.
- Apply acupressure to the points below at least two times per day.

Vaccaria ear seeds will be used on the acupoint called Shen Men. They are small seeds used to provide continuous stimulation to this pressure point in your ear.

- Vaccaria ear seed instructions:
 - The seeds may fall off on their own.
 - If they have not fallen off, remove the Vaccaria seeds after 7 days at home and dispose of them in the trash.
 - If your ear is painful, red, or itchy before your BMA procedure, remove the seed and dispose of it.
 - Continue to perform acupressure on auricular Shen Men for 30 seconds with and without Vaccaria seeds.
 - Vaccaria seeds do not contain metal and are safe to have in place during any medical imaging.

Several sensations can be felt when you are stimulating acupoints. Points can feel sore, achy, or tingly when pressed. These sensations are good feedback that you are on the right point. The amount of pressure to apply to an acupoint depends on the individual. You should not feel pain with acupressure, if you feel sharp pain decrease the amount of pressure you apply.

Acupoint locations and instructions

Auricular (Ear) Shen Men

Location: In the ears in the valley on your upper ear called the triangular fossa.

Note: You can use your thumb behind your ear. You can use a mirror to help locate this acupoint.

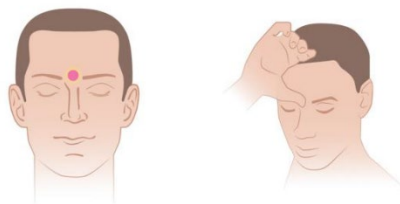
Here is a video to help you locate [Shen Men](#).



Yin Tang (Hall of Impression)

Location: In the middle of your face between the eyebrows.

Note: Use gentle pressure on this acupoint. Here is a video to help you locate [Yin Tang](#) or [Yin Tang](#).



Large Intestine 4 (He Gu or Joining Valley)

Location: In the middle of the soft, fleshy web between the thumbs and forefingers.

Note: Use the thumb and forefinger of your opposite hand to grab the area between the thumb and forefinger.

Here is a video to help you locate [Large Intestine 4](#) or [Large Intestine 4](#).

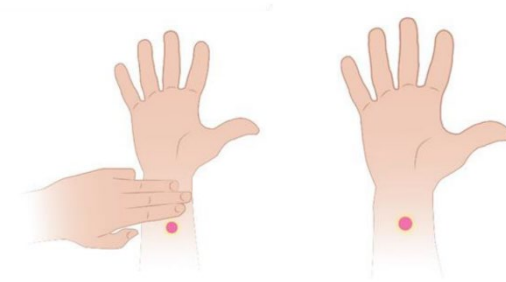
Do not use during pregnancy.



Pericardium 6 (Nei Guan or Inner Gate)

Location: Three fingers below the wrist crease in the center of the arm between two large tendons.

Note: Place three fingers on the palm side of your opposite wrists. Use your thumb of your opposite hand to find the point. Here is a video to help you locate [Pericardium 6](#) or [Pericardium 6](#).



Please contact Heidi Stecher, Integrative Medicine nurse, with any questions at 206.606.5500, ext. 2