Acupressure for Male Sexual Health: A Patient's Guide

What is acupressure?

Acupressure is a technique from Traditional Chinese Medicine that uses finger pressure on specific points of the body. It is like acupuncture but without needles. You can do it yourself at home.

Does it work?

Research shows promise, especially for improving sexual performance and sperm quality when used alongside medical care. One study found an 18% improvement in sexual performance with acupressure. Other studies (using acupuncture) show benefits for sperm count, movement, and testosterone when done for 12 weeks. However, results vary from person to person.

Important: Acupressure is a complement to medical care, not a replacement. Always see a doctor first to check for underlying problems.

Key Pressure Points (Do 2–3 times daily)

Point	Where to Find It	What It Helps
CV4	2–3 finger-widths below belly button	Energy, blood flow to pelvis, erections
SP6	4 finger-widths above inner ankle bone	Hormones, low desire
LV3	On top of foot, between 1st & 2nd toes	Stress, erectile function
KI1	Center of the sole (the "bubbling spring" point)	Vitality, fatigue-related low libido
GV20	Top of the head (midline)	Stress, anxiety, mental blocks
Lower back	The bony area at base of spine	Pelvic nerve stimulation
ST36	4 finger-widths below kneecap, outside shin bone	Overall energy and hormones
CV6	1.5 finger-widths directly below the center of the navel	Ttonifying overall Qi

How to press:

- Use thumb or fingertip
- Press firmly but not painfully (mild ache is fine)
- Hold for 30–60 seconds while breathing slowly
- Can use circular motion or steady pressure
- Repeat 2–3 times per day

Safety Warnings – Do NOT Use Acupressure If You Have:

- Fever or active infection

- Bleeding disorder or take blood thinners (e.g., warfarin, aspirin daily)
- Recent pelvic or abdominal surgery (within 6 weeks)
- Skin infection, wound, or rash at the pressure point
- Severe uncontrolled high blood pressure
- Hernia in the groin or belly area

Stop acupressure and see a doctor if you feel:

- Dizziness or nausea
- Sharp pain (not just mild ache)
- Unusual bruising

Tips for Best Results

- Be consistent – do it daily for at least 8–12 weeks
- Combine with healthy lifestyle: exercise, good sleep, less alcohol, no smoking
- Eat antioxidant-rich foods: nuts, seeds, tomatoes, berries, zinc-rich foods (oysters, beef)
- Manage stress – acupressure works better when you are relaxed
- Drink water after each session

When to See a Doctor (Not Just Use Acupressure)

- Sudden inability to get an erection
- Testicle pain, lump, or swelling
- Blood in your semen
- Trying for a baby for over 12 months without success (6 months if over 35)
- Signs of low testosterone: low energy, depression, loss of muscle, hot flashes

Quick Summary

Question	Answer
Can I do it myself?	Yes
How often?	2–3 times daily
How long to see results?	8–12 weeks for sperm; libido may improve sooner
Is it safe?	Yes for most healthy men – see warnings above
Does it replace doctor visits?	No – always get checked first

This handout is for educational purposes. Discuss any new therapy with your healthcare provider before starting.