



PATIENT & CAREGIVER EDUCATION

# How to Perform Acupressure for Pain and Headaches

This video will show you how to perform acupressure for headaches and generalized pain.



Please visit [www.mskcc.org/pe/acupressure\\_headache](http://www.mskcc.org/pe/acupressure_headache) to watch this video.

For more resources, visit [www.mskcc.org/pe](http://www.mskcc.org/pe) to search our virtual library.

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