

Breech Baby

The use of these points requires a 25 minute moxibustion (moxa) treatment daily for 10 consecutive days, or until the baby is confirmed head down. Once the baby turns and is confirmed by a doctor or midwife; stop the moxa treatment. If the baby does not turn within 10 days, wait for 5 days, then resume an additional 10 days of treatment. See Moxa Handout for instructions on proper usage.

Point Locations

Stomach 36 (ST36)

3-5 minutes

Location: Run your 2nd & 3rd fingers up your shinbone until it starts to flare out (the fingers start to make a “V”) follow the pointer finger to the outside leg. The point is located towards the outer part of the body, 1 inch from the nub or bump in the shin bone.

Both legs: 3-5 minutes. Go back and forth from leg to leg. Once the point is warmed, move onto the next points. This point is used for boosting both mom’s and baby’s energy to be able to make the turn.



Urinary Bladder 67 (UB67)

20 minutes

Location: This point is 1mm from the pinkie toe nail bed (at the very end of an acupuncture channel), so by activating this point it helps to gently nudge the baby to turn to a head down to a correct birth-ready position inside mom’s belly.

Both toes: 20 minutes. Wait until the first point is hot then move to the other toe. Go back and forth from pinkie toe to alternate pinkie toe.



It is best to have mom reclined in a comfortable position and have her partner or friend do the moxibustion session. Sadly in our day and age the art of delivering a breech baby vaginally is disappearing. There are numerous benefits of mom having a vaginal birth versus a C-section including faster recovery time, increased maternal and baby bonding, less postpartum complications, and less chance of postpartum depression. This moxa treatment has been highly effective in my clinical practice and is very easy to perform.