Memorial Sloan Kettering Cancer Center

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 to watch this video.

This video was published in July 2015. It was last reviewed for accuracy in August 2026.

For more resources, visit www.mskcc.org/pe to search our virtual library.

How to Perform Acupressure for Pain and Headaches - Last updated on August 20, 2026
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