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Acupressure and Perceived Pain Management

Laura Schneider
Institute of Environmental Health, Rheinburg University, Frankfurt, Germany

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Abstract

This paper examines acupressure and perceived pain management through a structured academic review of contemporary literature. The discussion considers the conceptual background of acupressure, research findings, possible explanatory mechanisms, methodological quality, practical applications, safety, and future research needs. Acupressure has been investigated in relation to several patient-reported and functional outcomes, although findings vary across populations and intervention protocols. Differences in point selection, pressure technique, session duration, comparator groups, sample sizes, and outcome instruments make direct comparison difficult. The paper therefore emphasizes cautious interpretation and evidence-based integration.

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Introduction

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Conceptual Foundations

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Review of Contemporary Evidence

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Potential Mechanisms

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Methodological Considerations

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Practical Applications

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Safety and Ethical Considerations

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Discussion

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Future Research Directions

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Conclusion

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Acupressure; complementary medicine; integrative health; symptom management; patient-reported outcomes; wellness; evidence-based practice

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