



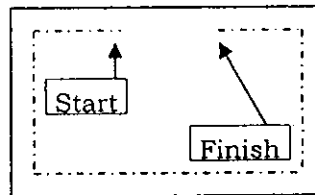
Pressure Point Pillows

Materials

- Fabric (no polyester!) and Matching Thread
- Sewing Needle
- Polyester Stuffing
- Sewing Machine
- Scissors or Rotary Cutters

Directions

- 1) Cut 2 pieces of fabric the same size using scissors or rotary cutters
 - ⇒ Not smaller than 4" x 5"
 - ⇒ Not larger than 8" x 10"
- 2) Place right sides of fabric together and stitch around the edges (LEAVING A HOLE FOR STUFFING).



- 3) Turn right side of fabric to the outside.
- 4) Stuff with polyester stuffing (not too full).
- 5) Hand stitch opening closed.

Finished pillow sizes:
5 X 5
7 X 7
9 X 9
14 X 14

What is a "Pressure Point Pillow" anyway?



Pressure point pillows are used by cancer patients to ease aches and pains when confined to bed or sitting positions for prolonged periods of time. They are also helpful to place under arms after a mastectomy or between the knees when a patient spends a lot of time laying on one side.