



## Abdominal Massage

Abdominal massage treatment may help to re-educate the muscles that control bowel movements and reduce symptoms of constipation, indigestion and generalized pelvic and abdominal pain.

It helps if you are able to do your massage to coincide to when you might usually move your bowels; while any time, for example in bed, works as well.

Drinking a cup of a hot beverage before you perform your massage helps to encourage the bowel movement. Even two weeks of massaging can make all the difference.

Below are the steps for you to give yourself this specific massage. We suggest you massage 1-2 times daily, for 10-15 minutes each time. Always do the massage beginning on the left, in a clockwise motion.

- 1 Lay down on the floor or on a firm mattress.
- 2 Bend your knees toward your chest in order to ease the tension of the abdomen and reduce any pain you may have when pressing on tender spots.
- 3 Start by forming the letter "I" by stroking with moderate pressure (Knuckles or bent thumb work well) from under the left ribcage down to the front of the left hipbone, 10 times.
- 4 Next, form the letter "L" by stroking with moderate pressure from the right side of the ribcage, underneath the ribcage to the left, and down to the front of the left hipbone, forming the letter "L". 10 times
- 5 Stroke 10 times from the front of the right hipbone up to the right ribcage, across to the left ribcage, and down to the left hip bone, forming the letter "U". These strokes follow the path of the large intestine, helping to calm it if it is irritated, and supporting the natural peristalsis thus increasing the motility (movement) of food in your gut.
- 6 Finish with 1-2 minutes of a clockwise circular massage 2-3 inches away from the belly button to stimulate the small intestine.
7. Rest for 5 minutes if possible to allow your intestines to settle.