

## Abdominal Massage Constipation

Abdominal massage treatment may help to reeducate the muscles that control bowel movements and reduce symptoms of constipation and generalized pelvic and abdominal pain. Time the massage to coincide to when you might usually move your bowels; if possible, try to do it once in the morning. Start with 5 minutes a day. Can do with or without lotion/oil.

- 1) Always do the massage from right to left, in a clockwise motion. 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 from under the left rib cage down to the front of the left hip bone, 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".
- 5) Stroke 10 times from the front of the right hip bone up to the right rib cage, 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 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.

