

PATIENT INFORMATION

Self-abdominal Massage

What is it for?

Abdominal massage has been used for many years to help digestion. It is also thought to improve overall health and wellness

Research has shown it can:

- Help relax your stomach muscles that in turn can help digestion and relieve constipation
- Speed up the time for stool to move through the intestines to the anus
- Relieve pain associated with cramps, wind and bloating
- Alleviate menstrual pain and cramping

Is it safe?

Generally, abdominal massage is safe for most people, provided it is done in a gentle and safe manner. It is advisable to not eat any large or spicy food for a few hours before and after an abdominal massage.

It is not suitable for patients with:

- Abdominal wound of less than 6weeks
- Unstable spinal injuries
- Pregnancy

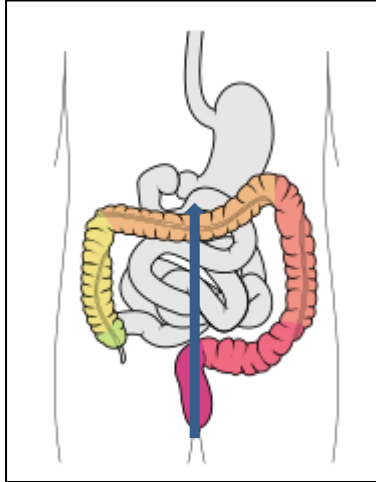
How to perform self-abdominal massage:

1. Lie on your back, you may find it more comfortable to have a pillow under your knees
2. Overlap your hands on your lower belly and hold them there as you focus on your breathing for a few minutes
3. Apply suitable massage oil over your tummy and warm your hands by rubbing them together for 30seconds
4. There are four basic strokes: stroking, effleurage, kneading and vibration

Step 1 – Stroking

Place both hands at the bottom of your tummy and with the flat of your hands stroke upwards towards your rib cage.

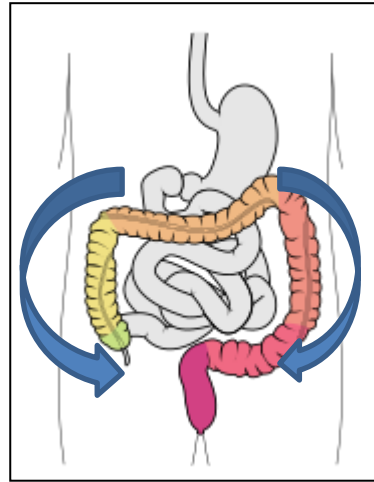
Repeat 10times



Step 2 – Stroking

Place both hands on small of back. Move hands forwards over top of hips and down both sides of pelvis towards groin.

Repeat 10times

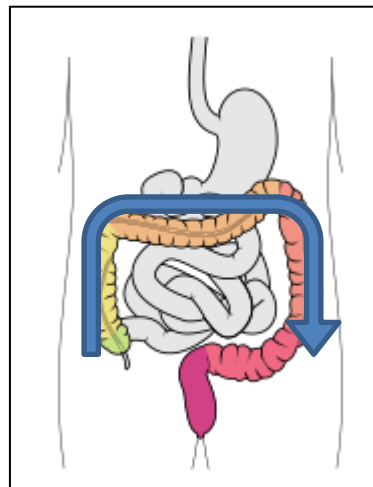


Step 3 – Effleurage

This massage is in a clockwise direction following the direction of the large intestines. Imagine squeezing toothpaste out of a tube.

You can use one or two hands. Start in the lower right groin and slide your hand up the abdomen towards the ribcage, then across the abdomen and then down the left hand wall towards the lower left groin. This should be a firm, deep pressure throughout.

Continue for 2minutes

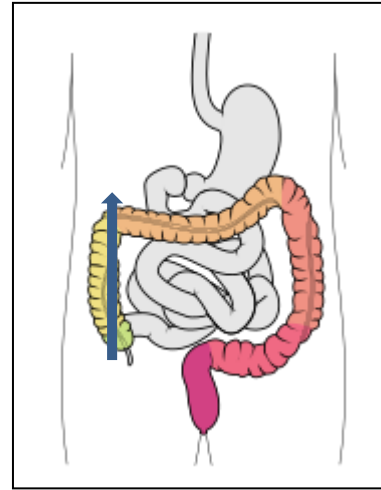
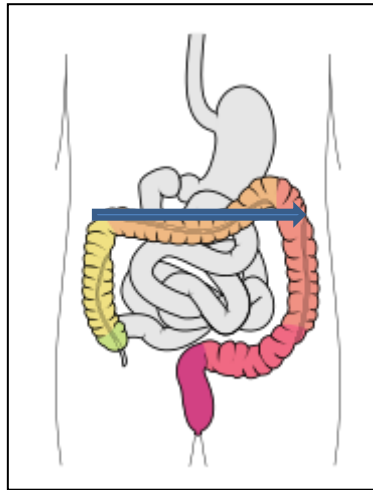
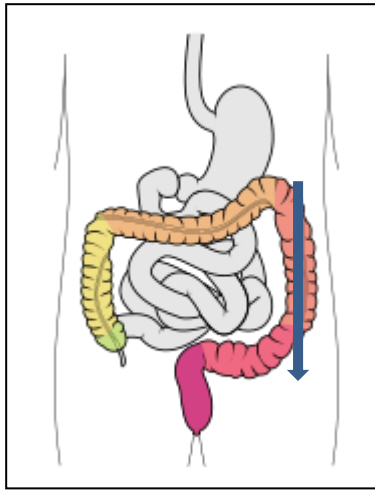


Step 4 – Kneading

You can use one or two hands in a fist. Start on the upper left abdomen just below your ribs. Slowly roll your fist in deep circular movements as you move slowly down towards your left groin. Aim for 8-10circles as you move down. Repeat from top to bottom 10times.

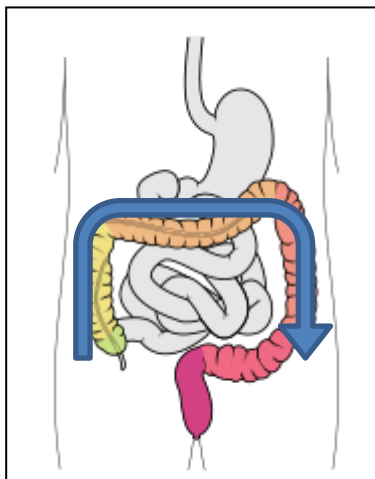
Now repeat across the top, starting on the upper right abdomen just below the ribs, circling across towards the upper left abdomen. Repeat across the top 10times.

Now repeat on the other side, starting on the right lower groin, circling upwards towards the right ribcage. Repeat from bottom to top 10times.



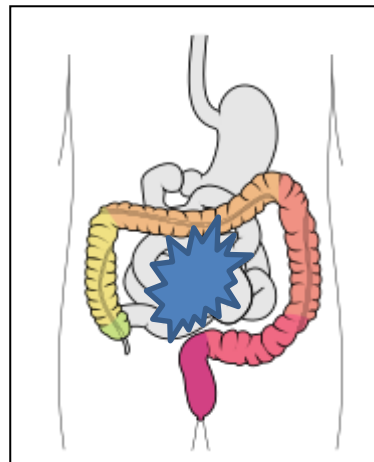
Step 5 – Effleurage

Repeat Step 3 for 2minutes



Step 6 – Vibrations

Place one hand over the other, palms down. Apply a downward pressure and at the same time make small shakes over the abdomen. Repeat 10times



For further assistance or to receive this information in a different format, please contact the department which created this leaflet.