

Abdominal Self Massage

Massaging your stomach can help to move stool along the inside of your colon. It may help relieve symptoms of tightness, pressure, cramping and bloating.

- Start on the right side of your stomach down by the bone of your pelvis. Rub in a circular motion lightly up to the right side till you reach your rib bones. Move straight across to the left side. Work your way down to the left to the hip bone and back up to the belly button for 2-3 minutes.
- Rub with your fingertips in a circular motion. You may press a little deeper with your fingers. Spend about 1 minute moving from the right hip bone to the right ribs then 1 minute across the middle (gently) and then 1 minute down to the left bone by your pelvis to the belly button.
- Repeat rub, always in clockwise motion, for 10 minutes.



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