

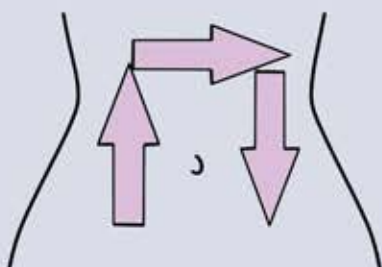
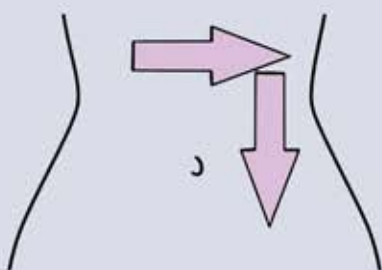
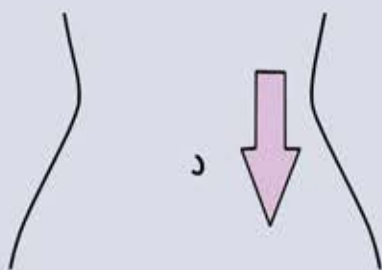


ILU Abdominal Massage

Benefits:

- Encourage and speed up the movement of stool through the large intestine
- Increase the frequency of bowel movements
- Reduce pain and discomfort

Technique



Aim to complete this 1-2 x daily



I

- Place firm pressure with your hand under the left side of your rib cage.
- Maintain the pressure as you move your hand down towards your left hip bone.
- Repeat this 10 times.



L

- Now move your hand to under the right side of your rib cage, placing firm pressure as above
- Maintain the pressure as you move your hand across your upper stomach to the left side of your rib cage and down towards your left hip bone
- Repeat this 10 times



U

- Move your hand to your right hip bone and place firm pressure into the right-side of your stomach
- Maintain the pressure as you move your hand up to under the right side of your rib cage, across to the left side of the rib cage and down towards the left hip bone
- Repeat this 10 times

Finish with moving your hand in small circular movements around the belly button for 1-2 minutes