

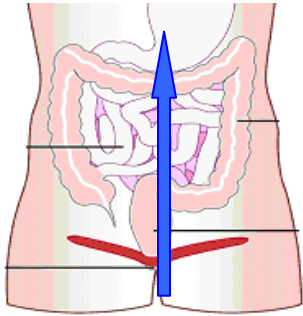
Abdominal Massage Quick reference guide

- STEP 1** Stroke upwards to relax the abdominal muscles, in case of hiatus hernia or reflux stroke down.
- STEP 2** Stroke from lumbar, to stimulate vagus nerve, which tells the bowel to wake up. Stroke from small of back, round and down inside of iliac crests, finish stroke at groin. Do ten strokes.
- STEP 3** Effleurage (toothpaste stroke). Do this in a clockwise direction to stimulate bowel directions to move faecal matter Along. Do this stroke for two minutes.

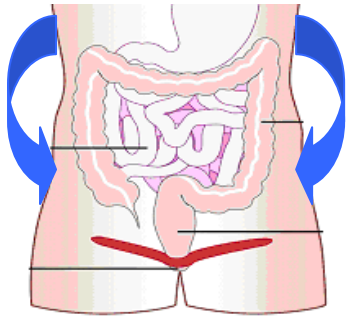
Heart of Massage, the kneading helps to propel the faecal matter along the colon to load the rectum

- STEP 4** Palmar Kneading, Descending colon (down pipe) for 2 minutes.
- STEP 5** Palmar kneading, up ascending colon (up pipe) for 2 minutes.
- STEP 6** Repeat steps 4 (down pipe) for 2 minutes.
- STEP 7** Repeat step 3 for further 2 minutes.
- STEP 8** Stroking to relax abdominal muscles and to help body to know the massage is ending. Do this ten times.
- STEP 9** Vibrations over umbilicus to relieve flatus (wind). Do this four times.

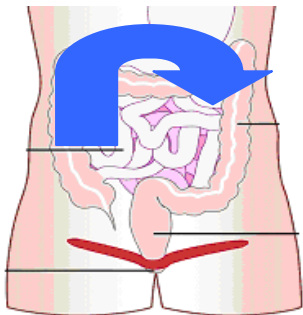
STEP 1 Stroke upwards to relax



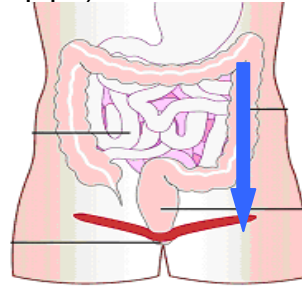
STEP 2 Stroke from lumbar, to stimulate vagus nerve (x10)



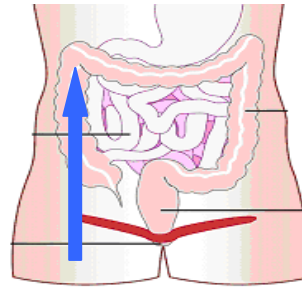
STEP 3 Effleurage (toothpaste stroke) for 2 minutes



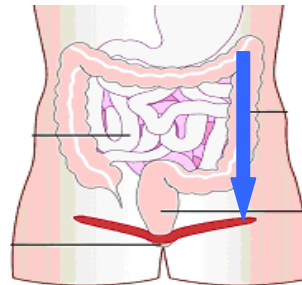
STEP 4 Palmar Kneading, Descending colon (down pipe) for 2 minutes



STEP 5 Palmar kneading, up ascending colon (up pipe) for 2 minutes

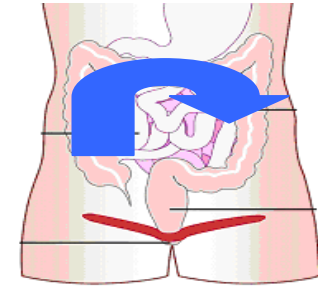


STEP 6 Repeat steps 4 (down pipe) for 2 minutes

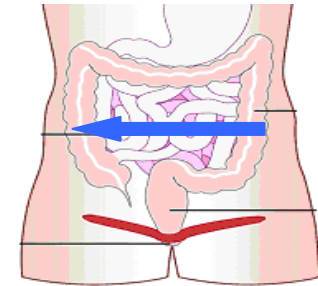


**Abdominal Massage
Quick reference guide**

STEP 7 Repeat step 3 for further 2 minutes.



STEP 8 Stroking to relax (x10)



STEP 9 Vibrations over umbilicus (x4)

