

WOMB MASSAGE

<p>Ensure your client's bladder is empty. Explain what will happen. Ensure their knees are bent with either a bolster or several pillows.</p>	
<p>Place your hands over your client's belly and take 3 deep breaths together. Be aware and appreciative of how anxious they may be feeling. Always work with your client's breath. Observe and encourage breathing into abdomen, not chest.</p>	
<p>Before applying any oil, gently palpate the abdomen. Is there any tenderness, hardness or scar tissue?</p> <p>To locate the uterus: With your hands together and relaxed find the pubic bone. Straight off the bone and down is the bladder. Move a fraction up to the softer part. Gently apply pressure on each out breath and sink as deeply as is possible. Keeping the depth, pull back until you reach a resistance – this is the uterus. Note how back you have pulled. If more than 3 fingers widths back the uterus is retroverted.</p> <p>Now move your fingertips to one side on the hip bone. As you come off the hip bone you will feel a dip (iliac crest). Move out of the dip into the softer part, keeping low towards the pubic bone. Once again gently apply pressure on each out breath and sink as deeply as is possible. Keeping the depth, pull back until you reach a resistance – this is the side of the uterus. Note how far across you have pulled. Repeat on the other side and compare tightness.</p>	
<p>Massage the uterus Apply oil and massage abdomen in clockwise movements. Using small circular movements, gently massage the lower abdomen, introducing touch and assessing any tenderness.</p>	
<p>Continue these movements introducing depth and scooping up. In between moves apply large circular movements to entire abdomen.</p>	<p style="text-align: center;">ONLY GO AS DEEP AS IS COMFORTABLE FOR YOUR CLIENT AND FOR ANY PATHOLOGIES</p>

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<p>Emotional Armouring</p> <p>Once again place your fingertips in the middle of the upper abdominal area covering the span between xiphoid process and umbilicus. On the out breath gently apply pressure. Start to rock maintaining the depth for several minutes. If your client starts to cry, stop and hold the space.</p>	
<p>Massage in small increments around the outer rim of the umbilicus. Place two fingers and allow to gently sink down as far as the client's body will allow. Each area will be different – some very soft and giving, some very tight. When reached the appropriate depth apply small, slow circular movements. This should be done in a meditative way and at least for 30secs.</p>	
<p>Place both hands/fingers either side of the uterus and sink down to a deep level (this may take some time). Massage uterus with fingers and thumbs very slowly. You may use a thin cloth over the lower abdomen if you find your fingers sliding. Gently lift. Repeat on other side.</p>	
<p>Finally place clients hands on lower abdomen. Cover the area to keep warm. Place one hand on top of client's and the other hand on Conception Meridian. Gently rock and make a connection.</p> <p>(Conception Meridian is from the sternum down to the pubic bone).</p>	

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Contraindications

- 3 days prior to and during menstrual bleeding, you may continue doing the upper belly massage if you wish.
- During first trimester of pregnancy.
- After any abdominal surgery, you must wait until the tissue has healed, and the doctor has cleared your client for a deep massage. For example with a cesarean birth or a hysterectomy, 8-10 weeks after surgery is usually recommended.
- If taking any analgesics which may mask discomfort and pain.
- If they have a coil fitted.
- If they have an infection.

For Diaphragm stretches avoid if gastric band is in place

Only ever go as deep as is comfortable for your client. Communication is key. Sometimes client's will put up with discomfort, however, caution should be taken when pathologies such as endometriosis and ovarian cysts have been diagnosed.

WOMB MASSAGE CRIB SHEET

- 1. Observe, Breath, Palpate**
- 2. Find position of uterus**
- 3. Apply oil – large circular movements (clockwise)
Small circular movements from Hip bone to Hip bone (and back again)**
- 4. Emotional armouring – between xyphoid process and umbilicus and
small circular movements around umbilicus**
- 6. Cover lower belly with cloth (if need be). Stretch and lift uterus**
- 7. Cover and connect with conception meridian**