



Abdominal-Sacral Massage Self-Help

Self-Help Massage Techniques

The intention of this massage is to improve the flow of blood, lymph, nerve impulses and energy to your abdomen, ensuring good absorption of nutrients and an efficient elimination system.

You will find this massage more comfortable if your finger nails are short.

Step 1

- First of all ensure your bladder is empty.
- Lie down (on your back) with knees bent.
- Place your hands on your belly and breathe deeply and slowly for a few moments until you feel relaxed.

Step 2

- Apply a little oil or cream to your hands and belly. Gently, using circular movements, massage all around your belly, below your rib cage., ensuring your belly is soft with oil. Now, focusing on below your bellybutton, apply small circular movements from hip bone to hip. Do this a few times to help relax this area.
- With your hands together and relaxed find your pubic bone. Take a breath in and as you breathe out slowly slide off the top of the bone pressing as deeply as it is comfortable for you into the soft tissue and move your hands towards your bellybutton.
- Repeat this movement from your pubic bone to just below your bellybutton 3 times.

Step 3

- With the same hand position, move your fingertips to one side on your hip bone. As you come off your hip bone you will feel a dip. Move approx 2 finger widths in. Take a breath in and as you breathe out slowly press as deeply as it is comfortable and move your fingers diagonally across towards the centre of your lower belly. Repeat this 3 times.
- Do the same on the other side. Repeat this 3 times.
- Do another 2 rounds of all these movements (ie 9 up, 9 left across, 9 right across).

Step 4

- Now applying small circular movements go around your entire belly, slowly and methodically, going deeper and deeper on each circuit. Give special attention to the lower, descending colon.

Step 5

When you have finished, gently place your hands on your lower belly; close your eyes. Feel your uterus in your hands. Talk to her, love her and enjoy this special moment with each other.

You're bound to feel you are not doing it right! It's ok, it will all fall into place with a little practice. Don't worry too much about the breathing either, that will all happen naturally. Breathing just helps you to relax your muscles and make the movement easier. You will only feel better. You're not doing any harm. You may feel a little sore/bruised the first few days - that's your body just getting used to this new form of "exercise". Go easy on the depth until the soreness subsides.

After Care

- Drink plenty of water to help flush out any toxins and support the healing process.
- Repeat the self –help massage every day except 3 days prior to and during your period or if you are trying to get pregnant follow the instructions your therapist has given you.
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Please watch out for changes in the way you feel. Perhaps keep a diary and note if any of your symptoms have improved?

You may experience new sensations as the flow of blood, lymph and energy improves. Sometimes this can cause mild cramp-like feelings, this should subside over the next day or so – your uterus is just enjoying the new space to stretch out in!

You may see some spotting or discharge, this is your uterus letting go of fluids she no longer needs.

They may be heavier bleeding, clots, mucous with the next couple of periods. This is just “old stuff” being released from the lining of your uterus.

The massage may also release some stored emotions. We say “our issues are in our tissues”. If you are having emotional changes and you are finding it difficult to cope, please contact your therapist. Treat yourself gently. Take walks; soak in a bath; call a friend. Try to avoid alcohol.

When to Avoid the Massage

- 3 days prior to and during your menstrual bleeding.
- During pregnancy. Please contact your therapist for more information.
- After any abdominal surgery, you must wait until the tissue has healed, and your doctor has cleared you for a deep massage. For example with a cesarean birth or a hysterectomy, 8-10 weeks after surgery is usually recommended.
- If you are taking any strong analgesics which may mask discomfort and pain.
- If you have an IUD (coil). You may do the upper belly work.
- If you have an infection.
- If you experience intense pain or discomfort during the massage or have a sudden onset of abdominal pain, please contact your therapist or your doctor.