

LARGE AND SMALL INTESTINE MASSAGE

Day 1 – Wet Massage

Step 1

Observation and Palpation

Tap around the large intestine and listen for different sounds

Apply small amount of oil and massage in large circular, clockwise movements, covering from hip bone to rib cage.

Step 2

Now below the umbilicus, massage in small circular increments from hip bone to hip bone, gently applying scooping actions to the uterus whilst increasing in depth. Only go as deep as is comfortable for your client.

Step 3

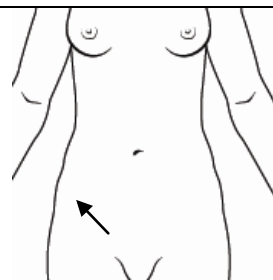
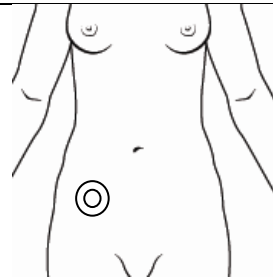
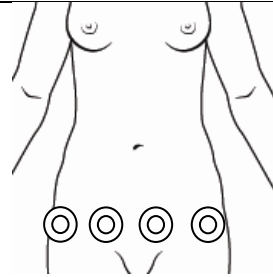
Locate the ileo-caecal valve - from ASIS, about halfway in diagonally towards the umbilicus. Gently press down and apply small clockwise circular movements. Stimulate trigger point – just above right elbow (see ileo caecal handout)

Step 4

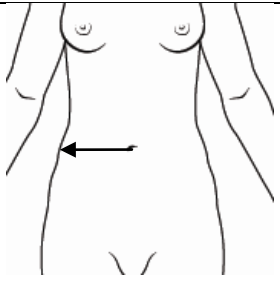
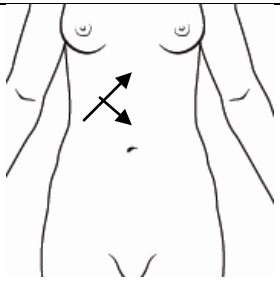
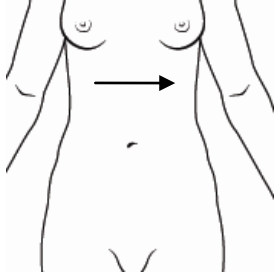
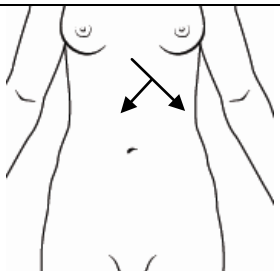
Massage colon in 8 increments, starting with ascending colon. Using fingers, fist or palm

1. caecum to side of abdomen (parallel to right hip bone).

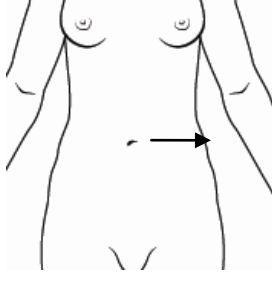
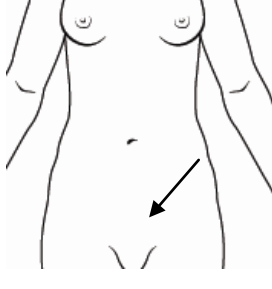
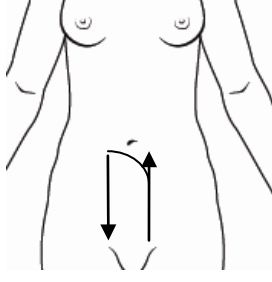
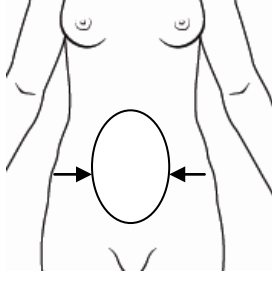
Using finger tips feel for ascending colon and massage. Place palm, apply pressure and massage along towards side of abdomen.



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<p>2. right side of abdomen (between hip and ribcage) Place one hand underneath towards client's spine between rib cage and hip bone, palm up. Place the other palm directly over, apply pressure and push towards your other arm.</p> <p>Place fist, apply pressure and twist one way, then the other (corkscrew action)</p>	
<p>3. below right rib cage Place one hand on the table and lean in using your body weight. Place other palm below rib cage, apply pressure and push across to midline</p> <p>Place palm, apply pressure, push halfway and slide down, pulling down diaphragm.</p>	
<p>4. transverse (from right rib to left rib) Place one hand on the table and lean in using your body weight. Place other palm, apply pressure and push across</p>	
<p>5. below left rib cage Same movement as the right rib</p>	

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<p>6. left side of abdomen Same movement as right side</p>	
<p>7. sigmoid colon (parallel to left hip bone) Using finger tips feel for descending colon and massage. Place palm, apply pressure and massage down towards pubic bone</p>	
<p>8. rectal loop (from midline beneath umbilicus, straight up, around umbilicus and down) Using finger pads massage up towards umbilicus, around and then down towards pubic bone. (not to be used during a bleed).</p>	
<p>Step 5 Repeat Step 1 doing large circular massage movements</p>	
<p>Step 6 Massage small intestine, using slow kneading movements.</p> <p>Use fingers to be more specific and work in increments to break down any adhesions.</p>	
<p>Finish with Step 1. Place one hand gently on the belly and one on the breastbone. Hold for a few seconds to connect the conception meridian.</p>	<p>CONTRAINDICATIONS For Diaphragm stretches avoid if gastric band in place For Inflammatory pathologies go very gently in first sessions to ascertain client's threshold. Do not do Step 2 during a bleed Not to be done during 1st trimester of pregnancy</p>