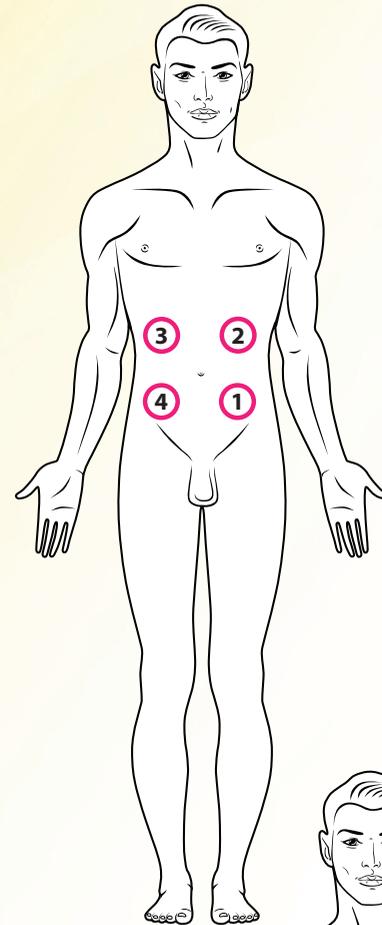


ABDOMINAL MASSAGE Treatment Protocol

5—10 Minutes

SUPINE

1. Using sun and moon technique, rotate your hands in a clockwise direction on the belly beginning in the lower right quadrant. Lift hands off the body or use very light pressure when returning from the descending colon to the ascending colon. (2 - 5 minutes)
2. Light compressions beginning in the left lower quadrant of the belly, moving to the upper left quadrant, upper right quadrant and finishing with the lower right quadrant. Compressions should be gentle, depressing the surface tissue no more than 1/4 to 1/2 inch. (2 minutes)



GUIDELINES

Indications: Client complains of gas pain or constipation.

Pressure: Touch Level 1 to 2.

Touch Guidelines: Slow strokes in a clockwise direction beginning in the lower right quadrant of the abdomen.

Client Self Care: Continue sun and moon strokes 3 times a day for 5 minutes each session.

CONTRAINDICATIONS

Recent surgery to the abdominal area.

Metastasis to the liver, stomach or other abdominal organs.

Diverticulitis or other intestinal disorder.

Do NOT perform an abdominal massage on someone who has diarrhea.

