

Abdominal Self Massage

Massaging your stomach can help to move stool along the inside of your colon. It may help relieve symptoms of tightness, pressure, cramping and bloating.

- Start on the right side of your stomach down by the bone of your pelvis. Rub in a circular motion lightly up to the right side till you reach your rib bones. Move straight across to the left side. Work your way down to the left to the hip bone and back up to the belly button for 2-3 minutes.
- Rub with your fingertips in a circular motion. You may press a little deeper with your fingers. Spend about 1 minute moving from the right hip bone to the right ribs then 1 minute across the middle (gently) and then 1 minute down to the left bone by your pelvis to the belly button.
- Repeat rub, always in clockwise motion, for 10 minutes.



Disclaimer: This document contains information and/or instructional materials developed by the University of Michigan Health System (UMHS) for the typical patient with your condition. It may include links to online content that was not created by UMHS and for which UMHS does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

Author: Terri O'Neill RN, BSN
Reviewers: Jenifer Crawford RN, BSN

Patient Education by [University of Michigan Health System](#) is licensed under a [Creative Commons Attribution-NonCommercial-ShareAlike 3.0 Unported License](#). Last Revised 09/2014