

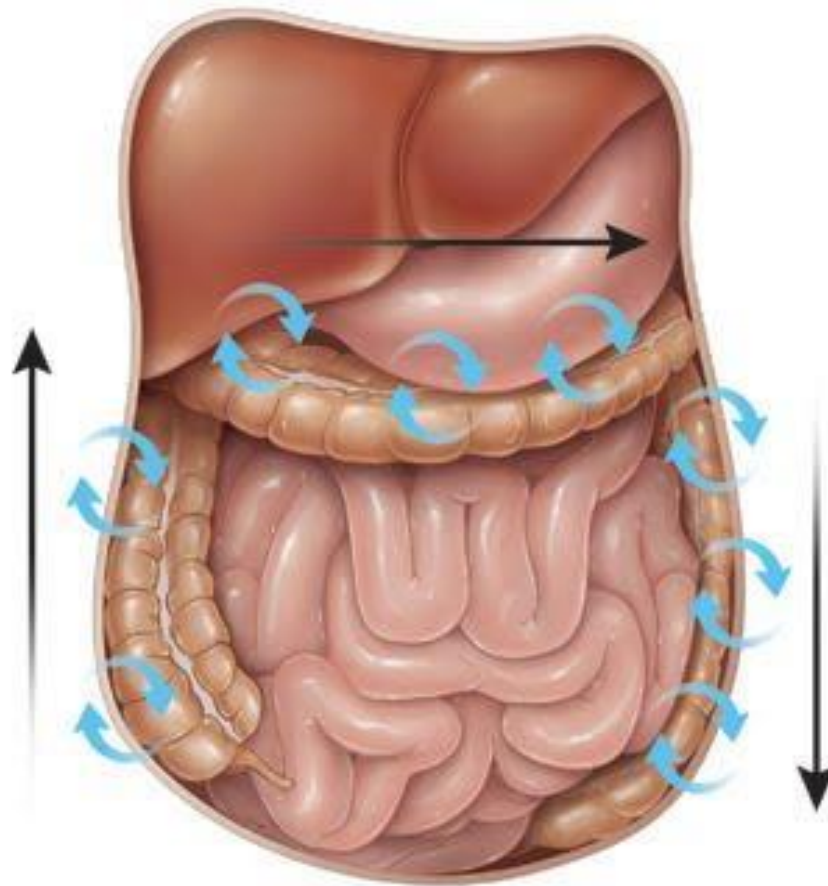
# Whole Body

## THE POSTPARTUM PROJECT

### **Bowel Massage**

**Purpose:** To assist with bowel motility

Lie on your back with your knees out straight. Starting at the right lower abdominal area use the pads of your fingers and press while making small clockwise and counterclockwise circle. Then move your fingers up approximately 2-3 inches towards the rib cage following the arrows in the image below. Repeat until you reach your left hip bone.



\*\*This exercise is not prescribed. It is intended to be educational and is not a substitute for an exam by a physical therapist. If you would like a prescribed program based on your individual needs, we can be reached at:

618-967-5539 \* [www.wholebodyfix.com](http://www.wholebodyfix.com) \* 406 West US Highway 40, Troy, IL