



Acu Rehab Med

Empowering Wellness, Restoring Function

acurehabmed.com

630-926-8889

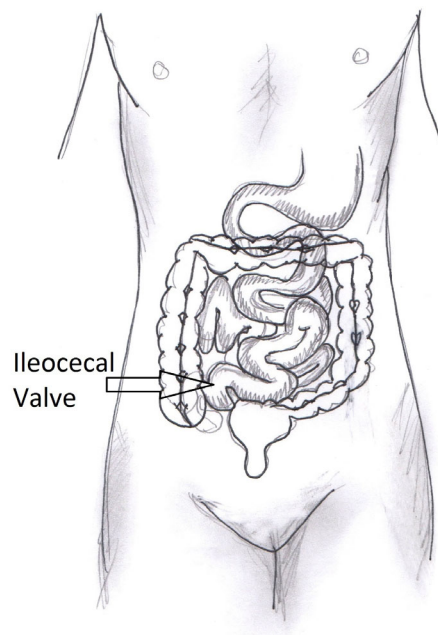
Help for Constipation!

These self-massage techniques are used for constipation and abdominal pain. These strokes help the large intestine function the way it was supposed to and helps elimination (bowel movements) by increasing the motility (internal movement) of food by-products in your intestines.

The Ileocecal Valve

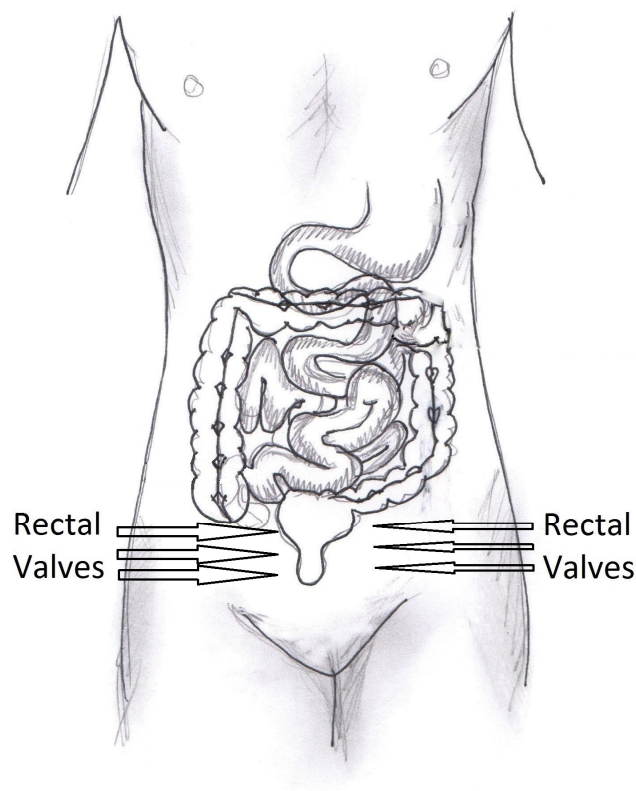
Find the midpoint between the belly button and the right hipbone. The small intestine connects to the large intestine about halfway between these two points. There is a circular valve there that contracts and relaxes to empty the liquid stool from the small intestine into the large intestine. It will be about the size of a dime and feel firm. Don't worry if you can't feel it. Your therapist will help you locate the correct position.

It has a rotational tendency that moves in a clockwise direction. To facilitate, place the pads of your first 2 fingers on ileocecal valve with a light to moderate pressure. Keeping the same pressure SLOWLY rotate your fingers in a counterclockwise direction about ½ way around a circle and then clockwise 10 x each direction finishing with a clockwise rotation.



The Rectal Valves

There are 3-4 small valves in the rectum that help the bowel empty. To stimulate rectal activity locate the lower rectum found in the center of the lower abdomen behind the bladder. Your therapist will help you locate the correct position. Using a moderate pressure that should not be painful, make small **slow** sweeping motions from right to left 10x on the right side of the bladder and then from left to right 10x on the left side of the bladder.



Once you get your valves stimulated to get you bowels moving finish with the ILU Massage.