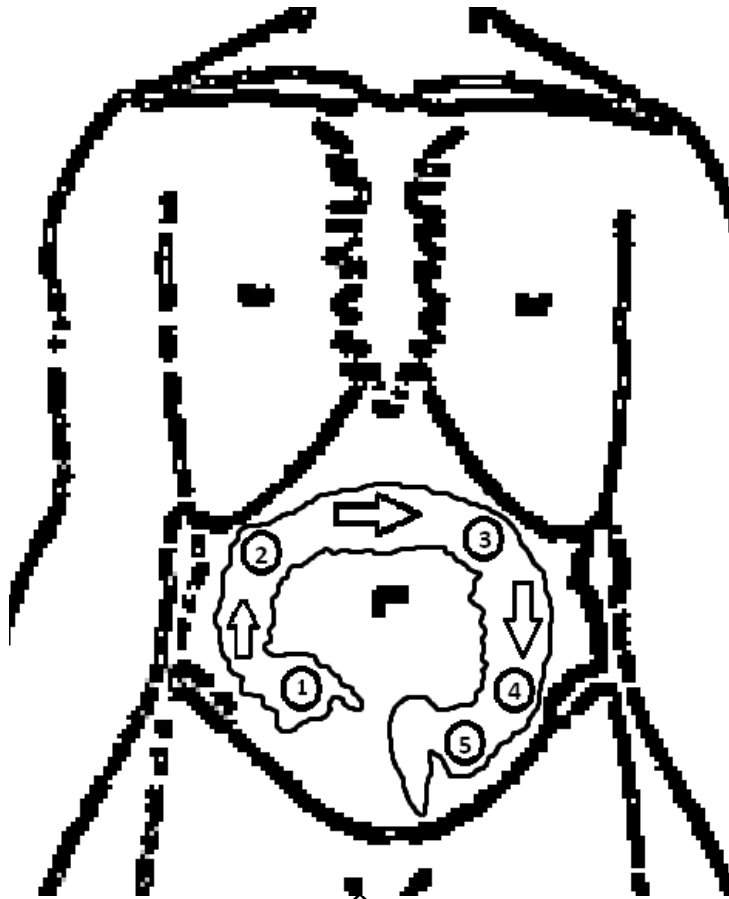


Colon Massage

Instructions:

- Lie on your back
- Start your massage at #1, gently in small semicircular motions
- Continue the massage, following the arrows moving clockwise toward the number 5.
- Repeat ____ times, ____ times per day

Note: The massage should not be painful. If pain occurs, use less pressure. If pain persists with less pressure, discontinue massage and let your therapist know at your next visit.



- Ascending Colon



- Transverse Colon



- Descending Colon