

ILU ("I LOVE YOU") BOWEL MASSAGE

The ILU massage is an effective technique that you can use at home, by yourself or with a partner, to help with bowel dysfunction, constipation and abdominal/pelvic pain. The massage follows the path of the large intestine. It helps to promote motility as well as decrease gas and discomfort.

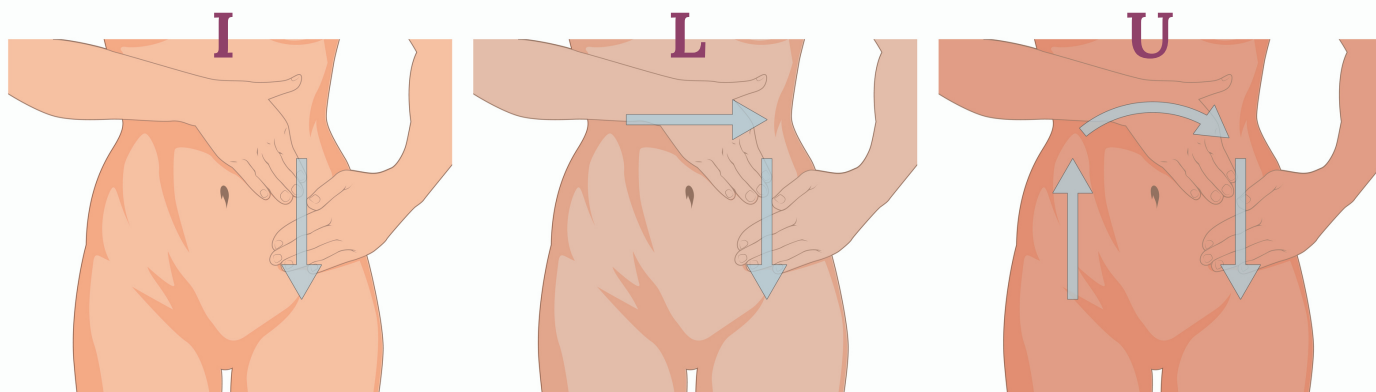
For this technique you use soft strokes. This is a gentle technique to stimulate the nerves that help the bowels function and you do not need to push hard for it to be effective. Using lotion on your belly can help the strokes glide more easily.



Remember that the bowel is slow to adapt, and consistency is key.

HOW TO DO THE ILU MASSAGE:

- Form the letter “I” by stroking from under the left rib down to inside of your left hip bone. Repeat 10x.
- Now form the letter “L” by stroking from under the right rib cage across to under the left rib cage and down to the inside of the left hip bone. Repeat 10 times.
- Last form the letter “U” by starting inside the right hip, stroking up to under the right ribcage, across to the left ribcage and down to the inside of the left hip. Repeat 10 times.



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The use of abdominal massage to treat chronic constipation, Sinclair, 2011, Journal of Bodywork and Movement Therapy

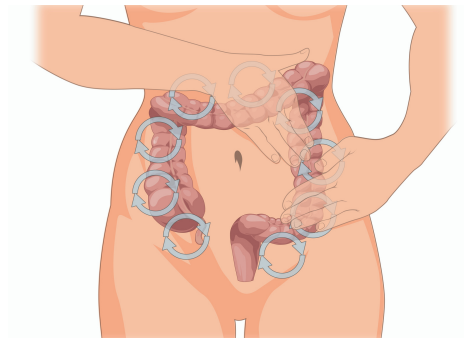
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For this technique you will begin with small circles and continue with gentle strokes. This is a gentle technique to stimulate the bowels and you do not need to push hard for it to be effective. Using lotion on your belly can help the strokes glide more easily.

WARM UP:

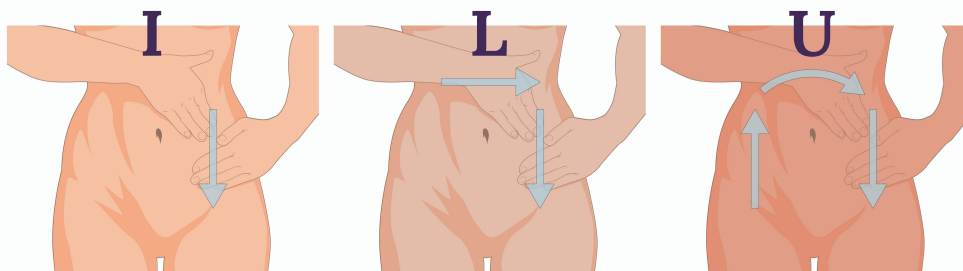
Begin on the inside of your right hip bone and make clockwise circles moving up to your right ribcage, across towards your left rib cage, and then down to the inside of your left hip.



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THE ILU TECHNIQUE:

- Next form the letter “I” by stroking from under the left rib down to inside of your left hip bone. Repeat 10x.
- Now form the letter “L” by stroking from under the right rib cage across to under the left rib cage and down to the inside of the left hip bone. Repeat 10 times.
- Last form the letter “U” by starting inside the right hip, stroking up to under the right ribcage, across to the left ribcage and down to the inside of the left hip. Repeat 10 times.



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