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Rolling Pin Massage is a simple yet very effective home care exercise to bring back circulation and lymphatic fluids to the abdominal cavity. Rolling Pin is good for all Gynecological issues including: Endometriosis, Infertility, Cysts and fibroids, Chronic infections, Lymphatic Congestion in the Pelvis, and Chronic Constipation.

### **Instructions**

This exercise utilizes a wooden rolling pin that is rolled upwards on the inside aspect of the thigh. You should be sitting up with leg slightly bent and the knee resting on a pillow. The rolling pin is placed above the knee and rolled upwards toward the groin. ***It is important that the rolling motion will be done only in an upward direction and not up and down.*** The pressure on the inner thigh should be light to moderate. It is not necessary to press too hard and inflict pain or bruise the area. Optimally, this exercise should be done ***twice a day for three minutes on each inner thigh.***