

SBO Home Management

If you think you are beginning to obstruct, you must use your judgment and call your doctor or go to the hospital if needed. Most patients report some benefit if they go on a clear liquid diet until their symptoms resolve.

Some things to try at home are:

- A moist heating pad (20 minutes on/off) to the abdomen or a warm bath x 20 minutes
- Relaxation techniques/meditation to “relax your gut”
- Compression of the abdomen....essentially scooping the abdominal contents with your hands; let the pinky side of both hands sink into both sides of your abdomen as far as they’ll go. Then gently bring them toward each other. Hold the organs together for a minimum of two to five minutes to allow the abdomen and intestines to relax if it is in spasm. You can do this in sitting and scoop with your hands and bend forward to compress everything together. Or, you can have a family member do this and you can rest in a semi-reclined or lying down position. ALWAYS release your hold very slowly to avoid recurrence of spasm.

On a daily basis, you should try to work on any firm areas in your abdomen between your ribs and pelvis. You might aim for 10 minutes of self treatment a day, perhaps even twice a day if possible. You should not have any more pain or discomfort than you had when having treatment here. You should not feel more soreness than you did when you had treatment here. You can use a tennis ball (or other ball) or a massage tool and lie on your tummy. This will help to release the tissues. You should relax there for a minimum of 2 minutes and up to 10 minutes. You can also use both hands, one hand and a massage tool, or just a massage tool, to work on yourself while in a reclined position or in sitting. Or, a family member can treat you. You will need to hold a release for a minimum of 2 minutes and up to 10 minutes if you are able. You can sink in to the tissues and push straight back, as well as pushing in from the sides; or you can stretch your hands apart, stretching into the direction it feels tight or restricted. Allow yourself to follow the release in the direction the tissues release, but continue to hold the same pressure until you hold it for a minimum of 2 to 5 minutes. ALWAYS release your pressure slowly so the tissues don’t reflexively tighten back up.

On a daily basis you may also roll up a towel or blanket, lie on your back and place the towel in the small of your back (where your low back arches), raising your arms overhead. You can also lie on your side with the roll at your waist (the top leg will be extended and the top arm should be extended over the head to add to the stretch). If you lie on your right side, stretch your left arm overhead and your left leg out straight. Stretch both sides. Do all stretches for 2 to 10 minutes.

Please email us or call us if you have any questions. We will be happy to assist you as needed!

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