



Femoral Massage

Women: perform from end of menses to ovulation or retrieval date if undergoing IVF. Do not perform during menses, if pregnant, and after transfer date of IVF. Do 2-3 times each leg (separately), 1-2 times per day.

Men: perform daily. Do 2-3 times each leg (separately), 1-2 times per day.

This massage increases the blood flow to the pelvic organs, providing more nourishment to the uterus and ovaries, testes and penis.

Compress the femoral artery with your fingers, fairly heavy pressure will be required. When you feel the flow has ceased, hold for 30 seconds.

The femoral artery can be located level with your pubic bone, just beneath the crease in your groin between your thigh and lower abdomen.

The blood will then back up and increase the pressure gradient in the iliac arteries which forces more blood into the pelvic arteries. This floods the pelvic organs and genitals with more blood.

When the hold is released, you should feel a sensation of warmth rushing down your legs as the blood supply returns to the lower extremities.

Do not perform this exercise if you:

- are pregnant
- have high blood pressure
- have heart disease or circulatory problems (aneurisms, varicose veins, phlebitis, thrombosis)
- have a history of strokes
- or detached retinas