

# Pelvic Wand Instructions

To relieve pelvic floor muscle tightness, spasm or pain, either vaginally or rectally, we recommend using a pelvic wand. Pelvic wands are ergonomically designed to assist you in reaching both the deeper and superficial pelvic floor muscles.

Areas of restriction may be painful, tender, highly sensitive or they may even refer pain to other areas of the body. As with all principles of self-treatment, work gently and slowly. You should never feel more pain or soreness during self-treatment than you did when you were being treated by your therapist.

Various brands are available for purchase and your therapist may have some personal recommendations. We recommend products from Intimate Rose (Visit our Amazon storefront or the company directly at [www.intimaterose.com](http://www.intimaterose.com)) or the Crystal Wand ([www.comprehensivetherapy.com](http://www.comprehensivetherapy.com)).

## Instructions

- Please wash your wand well with soap and warm water before use.
- The Intimate Rose wand has a slimmer end designed for rectal use, however either end can be used vaginally or rectally.
- Apply an ample amount of water-based lubricant to the end you are using. If desired, you can also place a glove over the end of the wand and then apply lubricant.
- Lie in a supine or semi-reclined position. You may like to place pillows under your knees to reduce the tension in your pelvic floor.
- Insert the end of the wand gently into the vagina or rectum.
- Imagine you are inserting the wand into the middle of a clock, where the pubic symphysis (pubic bone) is at 12 o'clock and your coccyx (tailbone) is at 6 o'clock.
- Using a lever type action, gently apply pressure throughout the pelvic floor, assessing from superficial to the deep layers.
- When tenderness is experienced, maintain gentle pressure with the wand until you feel a softening or lessening of the tenderness. Stay in that area for at least 2 minutes, working up to 10 minutes or until you feel the tissues relax.
- Be gentle at 12 o'clock due to the location of the prostate and urethra.
- Gently continue to explore and when another area of tenderness has been found, follow the principles above.
- You may also want to try moving your leg/s to further engage or relax the muscles you are working on.
- Ensure you thoroughly wash the wand with soap and warm water before storing it away.