

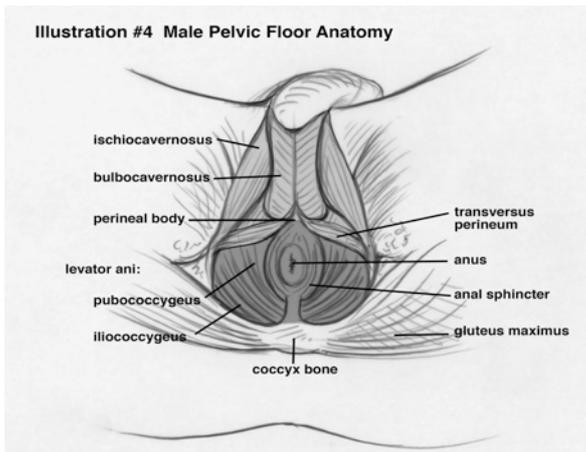


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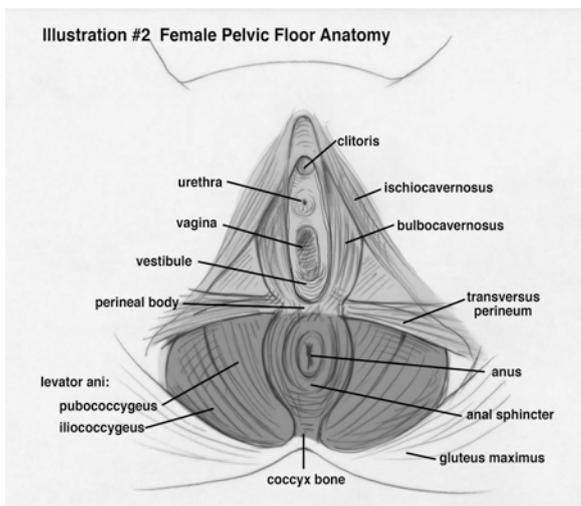
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Internal Pelvic Floor Self-Massage Guide

By: Amy Stein, DPT, BCB-PMD • Author of *Heal Pelvic Pain*



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Wash your hands thoroughly with an antibacterial soap before you do any of the following massages. You may also use a non-latex glove, if that is more comfortable for you. **Please review all illustrations (starting on page 4) prior to starting internal self-massage.**

OUTSIDE of pelvic floor, an area called the perineal body, that portion of muscle and tissue located between the vaginal and anal areas in women and between the genitals and the anus in men, as shown in the diagram. Lie back comfortably with your knees bent and feet flat. Apply a small amount of lubricant to the area; I recommend a natural lubricant that's paraben-free and has no propylene



glycol, which can irritate the tissue. Then, gently apply pressure to the area for 30 to 90 seconds; this helps loosen the tissue and increase blood flow. You can do this with EZ Magic, EZ Fit or with a finger; using the dilator puts less stress on your hands.

Note that this perineal massage is especially helpful before or after sexual activity. For women who may experience pain on penetration, this massage is useful prior to sexual activity. For both men and women, the perineal massage can minimize the tightening or spasming that inevitably occurs after orgasm. (Obviously, limit your sexual activity if it exacerbates your pain symptoms.)

INTERNAL pelvic floor massage— useful to relax and lengthen the muscles of the pelvic floor in men and women.

Intra-vaginal or intra-rectal, use a lubricant that is paraben-free and without propylene glycol. Also, it may be easier and more comfortable to use the EZ Magic dilator. Whether you use your finger or the curved dilator, you will only penetrate from about half an inch to four inches deep. Again, as the pain subsides over time, increase the pressure gradually.

Intra-Vaginal Internal Pelvic Floor Self-Massage—For Women Only. Lie back comfortably with your knees bent, feet flat. Place pillows under both knees if that's more comfortable. Visualize the area you are probing as a clock. Your pubic bone is the 12:00 position, and the anus is at 6:00 ([Illustration A & B](#)); it might help to use a mirror as you visualize the clock. Insert your finger or the curved dilator to a depth of about an inch and start at the 6:00 position. Now move gently and slowly *counterclockwise* to 1:00, probing thoroughly for sore points ([Illustration C](#)). Then go the other way, *clockwise*, testing the area from 6:00 to 11:00 ([Illustration D](#)). When you hit a sore point, apply pressure—very gently, as these muscles and tissues are highly sensitive—for at least 30 and at most 90 seconds. Then move on. You can go as far back into the vaginal canal as four inches to assess the different muscles of the pelvic floor, but be careful to be gentle with yourself.



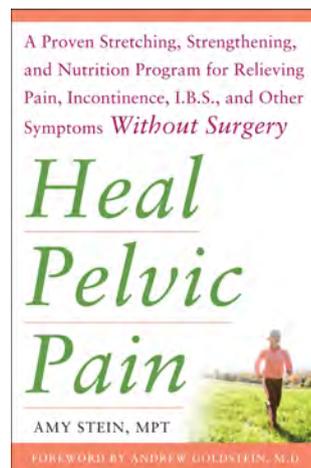
You never want to probe the area between 11 and 1, because the urethra and bladder lie there and they should not be pressed ([Illustration E](#)).

Intra-Rectal Internal Pelvic Floor Self-Massage—The most comfortable position for rectal massage, **in men and women**, is actually side-lying, with a pillow under your head and a pillow between the knees. Alternatively, lie on your back with or without pillows; knees bent, feet flat. Different clock: for the **intra-rectal** massage, the perineal body is at 12:00, and the tailbone is at 6:00 ([Illustration F & G](#)). Insert your finger or the EZ Magic dilator to a depth of about an inch, and start at the 5:00 position. Move your finger or the curved dilator gently and slowly counterclockwise from 5:00 to 1:00, probing thoroughly for sore points ([Illustration H](#)). Then go to the other side, testing the area clockwise from 7:00 to 11:00 ([Illustration I](#)). When you hit a sore point, apply pressure—very gently—for at least 30 and at most 90 seconds. You can go as far back as four inches to assess the different muscles of the pelvic floor. **Men** never want to probe the area between 11:00 and 1:00, because the prostate is there ([Illustration E](#)). **Men and women** should not probe the area between 5:00 and 7:00 because that is the tailbone, and massaging bone can be painful, although it is not harmful to do so ([Illustration J](#)).

EZ Magic dilator may be used warm for trigger point release massage (as previously described), followed by EZ Fit (straight dilator) cold for 10 minutes. Both dilators may be dipped in warm or cold water or used with a lubricant (as described above) for easier insertion.

EZ Fit dilator should be used warm prior to intercourse and cold after intercourse.

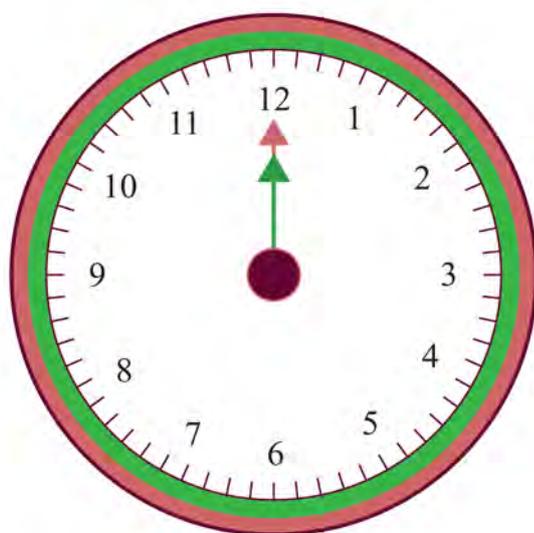
Heal Pelvic Pain (available at www.Amazon.com in paperback or Kindle version) has more extensive massages for the external muscles, as well as stretches and self care techniques. EZ Fit & EZ Magic are available at www.icrelief.com.



Illustrations are lettered and correspond with instructions in this Internal Pelvic Floor Self-Massage Guide. **Please review all illustrations prior to starting internal self-massage.**

Intra-Vaginal Internal Pelvic Floor Self-Massage

The pubic bone is at 12 o'clock.

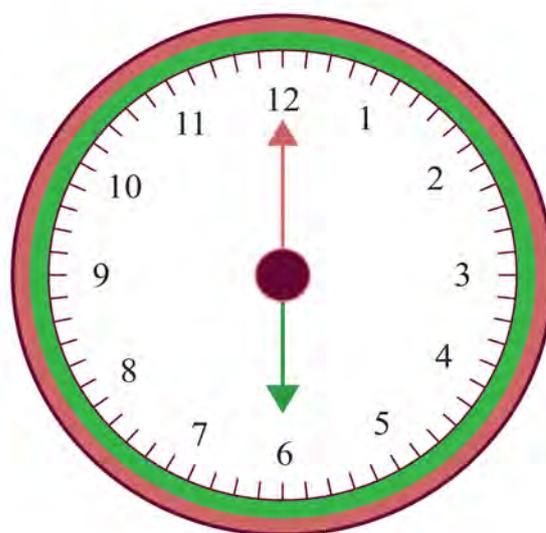


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Illustration A

Intra-Vaginal Internal Pelvic Floor Self-Massage

The anus is at 6 o'clock.

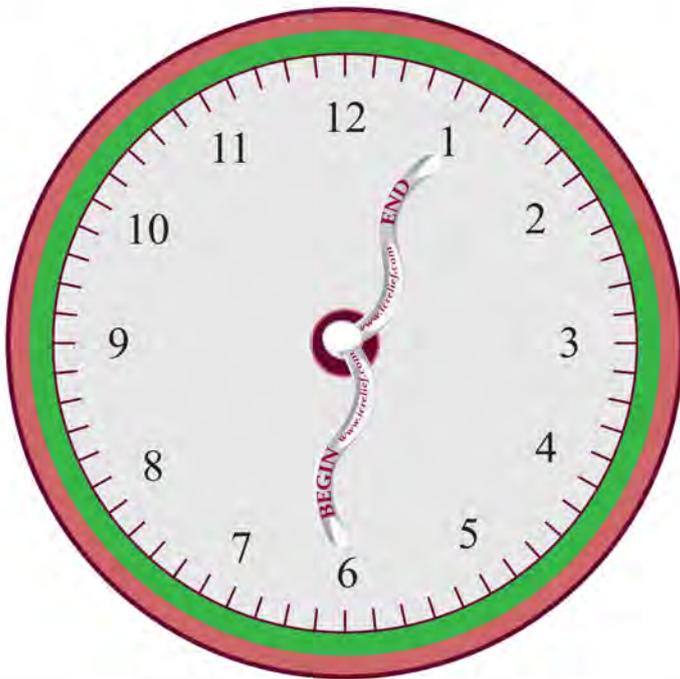


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Illustration B

Intra-Vaginal Internal Pelvic Floor Self-Massage

Insert your finger or curved dilator to a depth of about an inch and start at the 6 o'clock position. Now move gently & slowly counterclockwise to 1 o'clock, probing thoroughly for sore points.

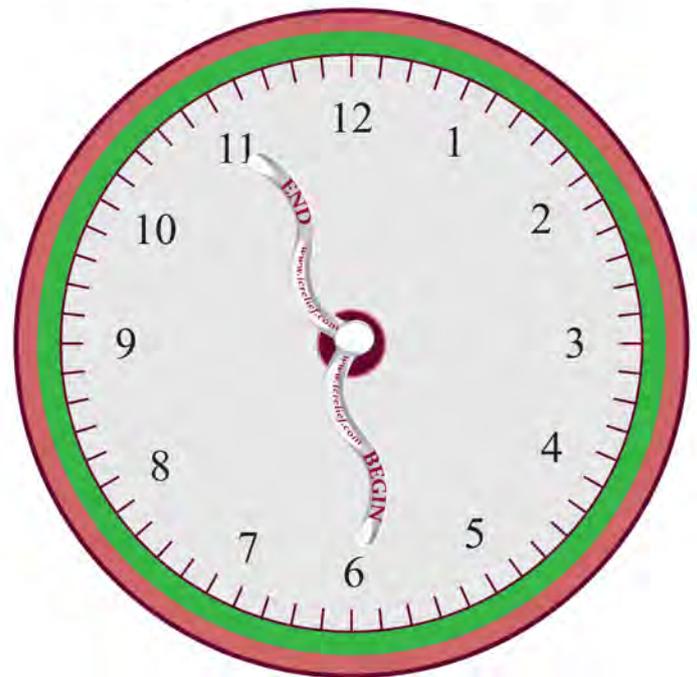


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Illustration C

Intra-Vaginal Internal Pelvic Floor Self-Massage

Insert your finger or curved dilator to a depth of about an inch. Start on the left side, clockwise, testing the area from 6 o'clock to 11 o'clock. When you hit a sore point, apply pressure - very gently, as these muscles and tissues are very sensitive - for at least 30 to 90 seconds. Then move on.



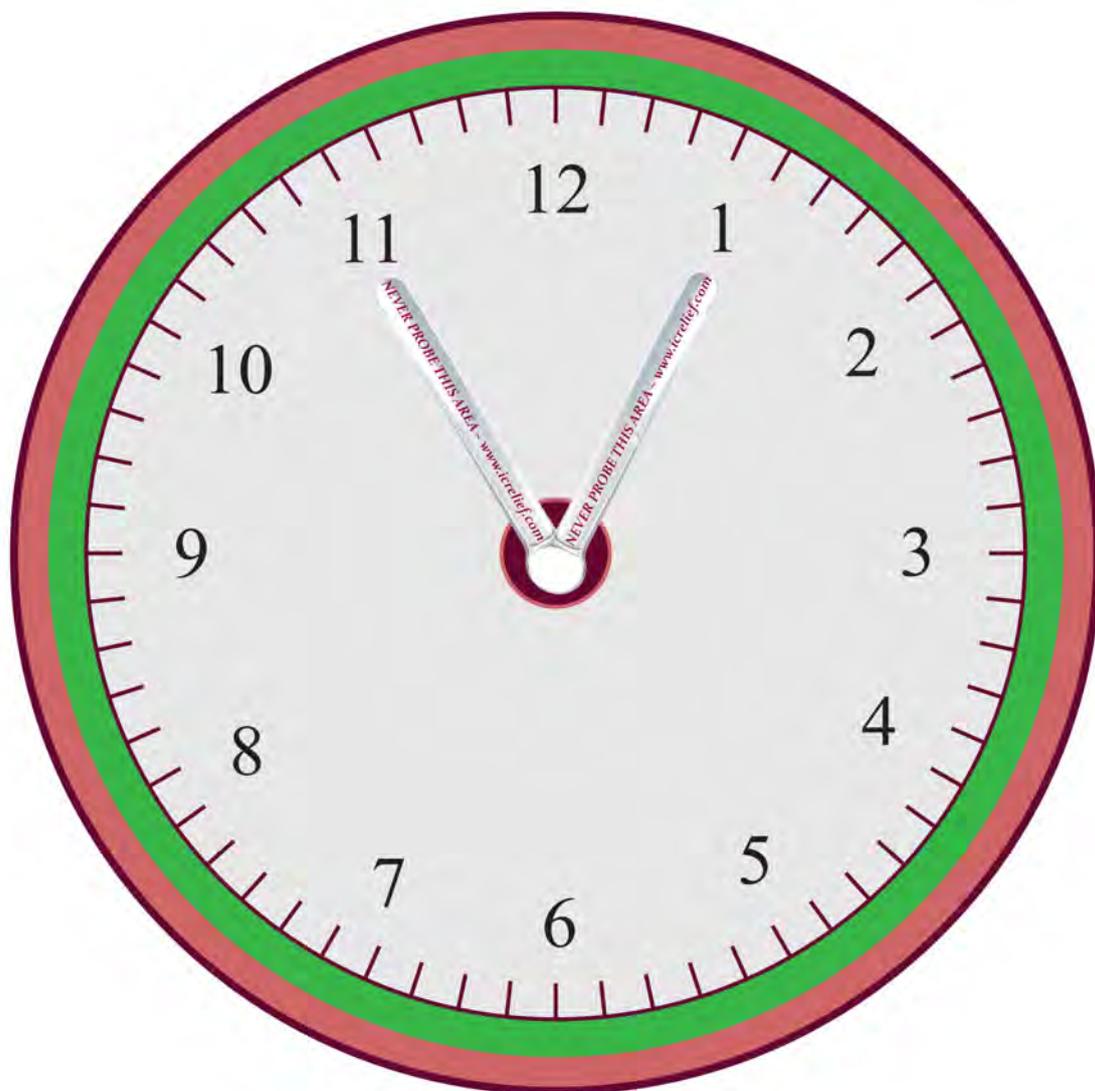
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Illustration D

Illustration E

Internal Pelvic Floor Self-Massage for Men & Women

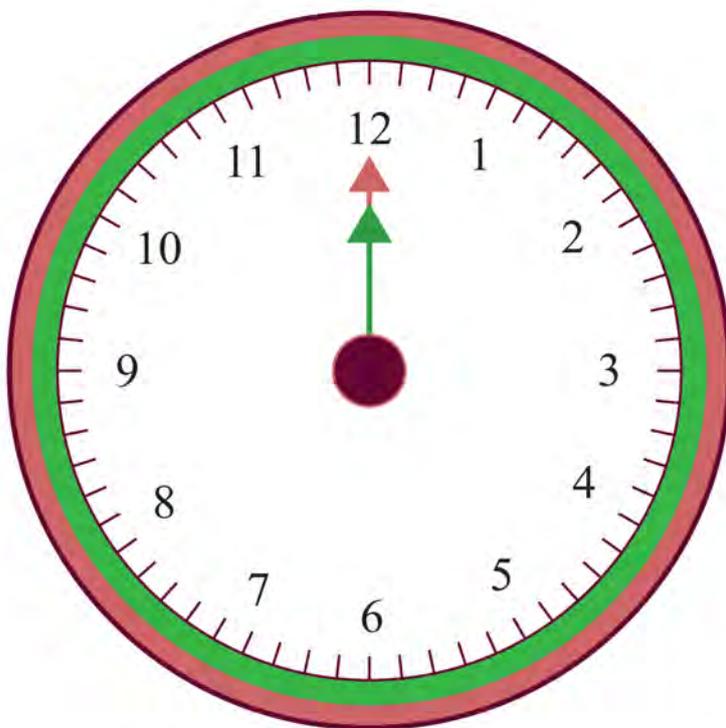
NEVER PROBE THE AREA BETWEEN 11 O'CLOCK AND 1 O'CLOCK; vaginally, the urethra and bladder are there and rectally in men, is the prostate.



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Intra-Rectal Internal Pelvic Floor Self-Massage

The perineal body is at 12 o'clock.

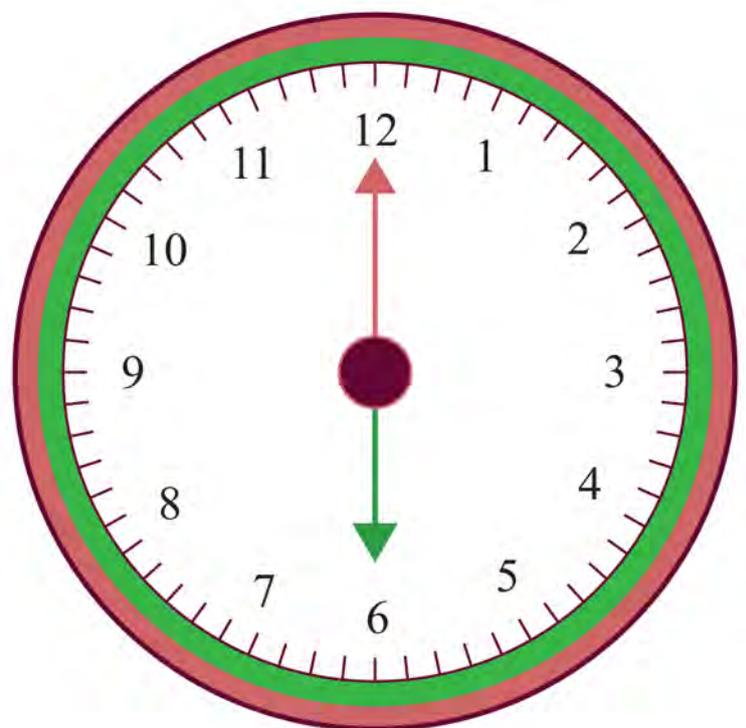


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Illustration F

Intra-Rectal Internal Pelvic Floor Self-Massage

The tailbone is at 6 o'clock.

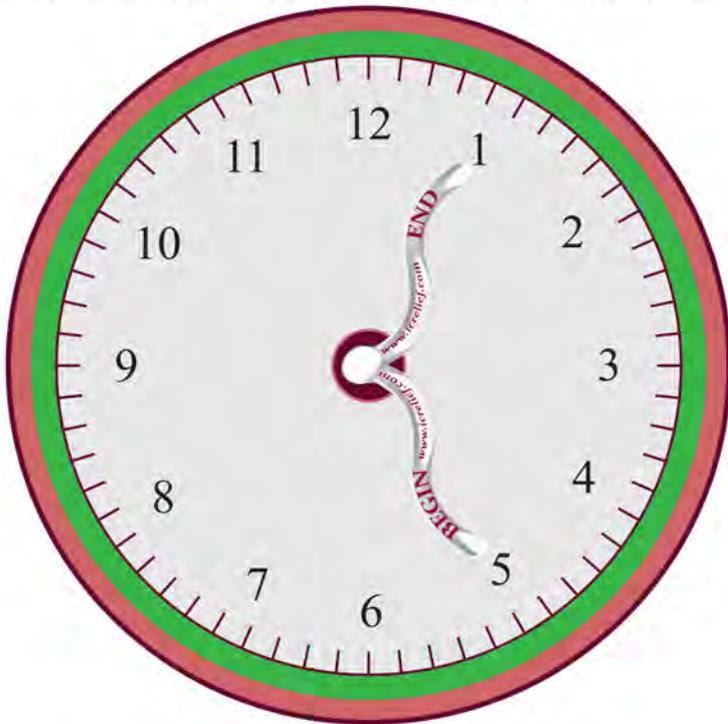


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Illustration G

Intra-Rectal Internal Pelvic Floor Self-Massage

Start at the 5 o'clock position, move your finger or the curved dilator gently and slowly counterclockwise from 5 o'clock to 1 o'clock. Probe thoroughly for sore points. When you hit a sore point, apply gentle pressure for at least 30 to 90 seconds.

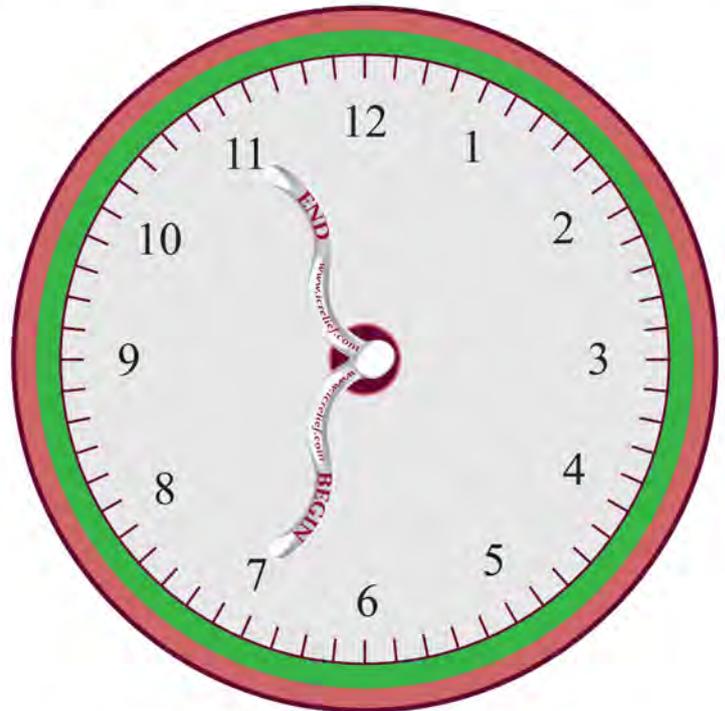


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Illustration H

Intra-Rectal Internal Pelvic Floor Self-Massage

At the 7 o'clock position, move your finger or the curved dilator gently and slowly clockwise from 7 o'clock to 11 o'clock. Probe thoroughly for sore points. When you hit a sore point, apply gentle pressure for at least 30 to 90 seconds.

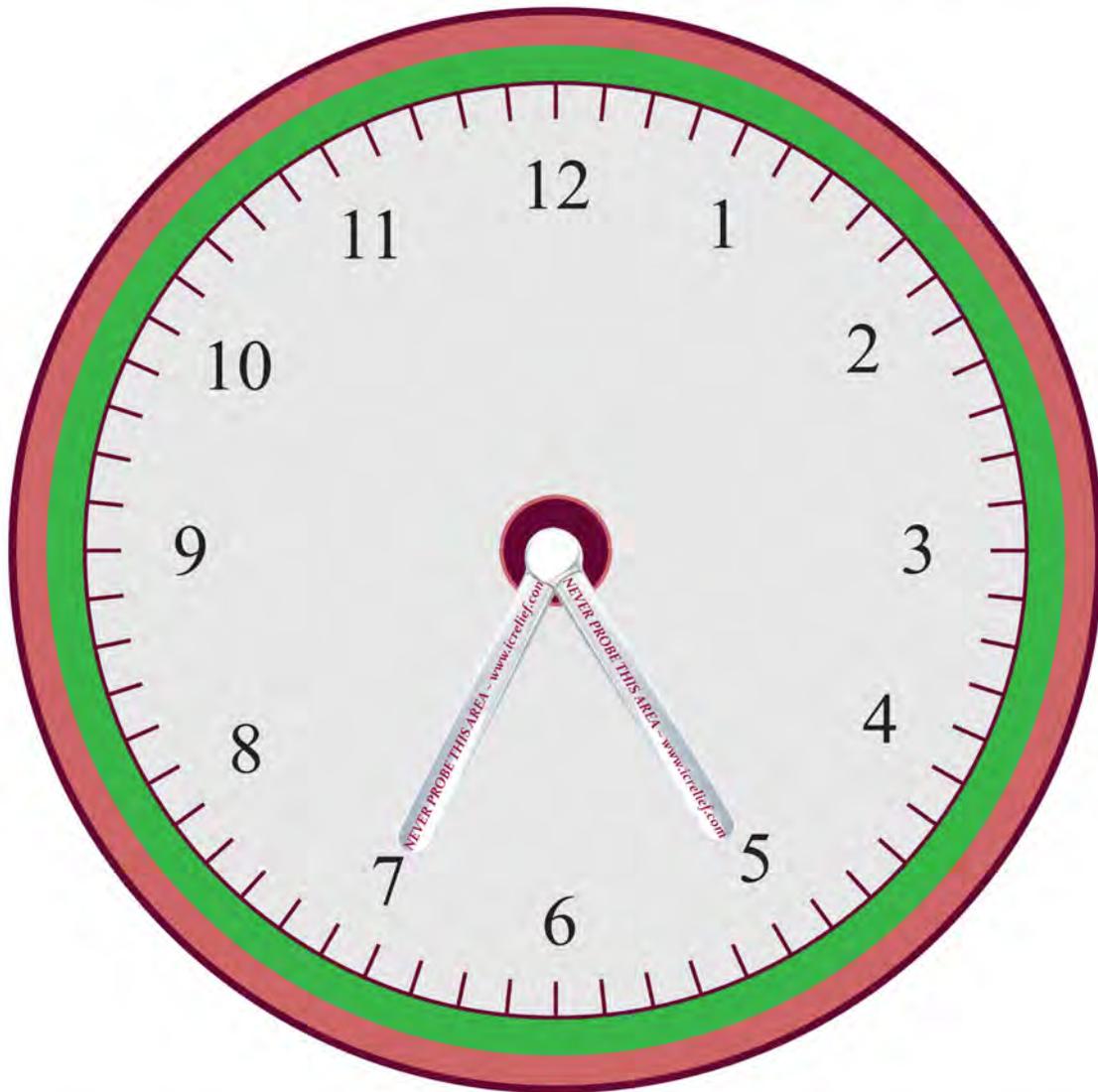


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Illustration I

Internal Pelvic Floor Self-Massage for Men & Women

NEVER PROBE THE AREA BETWEEN 5 O’CLOCK AND 7 O’CLOCK **RECTALLY!** Massaging the tailbone can be painful.



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Illustration J